

MENTAL HEALTH MEETS HIP-HOP 2025

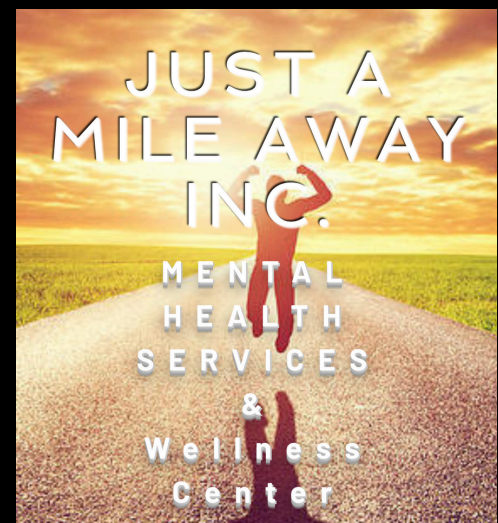
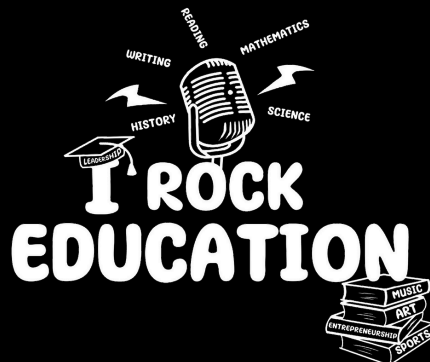


SATURDAY JANUARY 25, 2025

HAROLD WASHINGTON CULTURAL CENTER
4701 S. MARTIN LUTHER KING DR.

PRESENTED BY JUST A MILE AWAY MENTAL HEALTH SERVICES INC. THE
HAROLD WASHINGTON CULTURAL CENTER & I ROCK EDUCATION

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www.mentalhealthmeetshipop.com

MENTAL HEALTH MEETS HIP-HOP 2025



DR. OBARI CARTMEN

PhD Clinical & Community Psychology

Dr. Obari Cartmen received his undergraduate degree from Hampton University and a Ph.D in clinical and community psychology from Georgia State University. He has worked as a therapist in a variety of settings ranging from a family center to women's prison. He has worked as a professor of psychology at Georgia State University and the Carruthers Center for Inner City Studies at Northeastern University.



DR. OZELL ADAMS

Licensed Clinical Professional Counselor

Dr. Adams is licensed in Illinois as a Licensed Clinical Professional Counselor with 10 years of professional work experience. He attended Concordia University Chicago where he attained a Masters in Clinical Mental Health Counseling. Shortly after he attended and completed the Illinois School of Psychology for my Doctoral Degree.



DR. AMANDA LONG

Psychologist

As a native of the Chicago-land area, I am ecstatic about offering quality, evidence-based therapeutic care to members of my community.

Dr. Long received her Ph.D. in counseling psychology from the University of Houston, Masters of Arts (MA) in community counseling from Loyola University Chicago, and Bachelor of Science (BS) in psychology from the University of Illinois at Urbana-Champaign.



REGINALD CARTER

Licensed Professional Counselor

Licensed Professional Counselor with over a decade of experience working in diverse mental health settings. He holds a Master of Arts in Counseling, specializing in Clinical Rehabilitation Counseling, and a Master of Science in Sport and Human Performance. Reginald is dedicated his career to helping individuals and communities.



Zachariah Austin

Nutritionist

*BA in Nutritional Sciences
Certified Nutritionist and Functional Exercise Trainer*

born and raised on the South Side of Chicago. My life changed when I focused on the things that I can control, that started with the food that I eat. This inspired me to break the cycle of ill-informed food consumption that leads to many issues; the biggest is its effect on mental health. I have 15 years of experience in nutrition.



Sam Sparks

Entrepreneur

Brew Coffee Shop

*Public figure.
Serial Entrepreneur,
LegacyLiving LLC. ARooft &
4Walls LLC. TheBrewPodcast,
CelebrityStylist, Speaker*



Starr

Mental Performance Coach

Connect The Stars

Starr is a proud member of Alpha Kappa Alpha Sorority Incorporated, a sports mom of 2 and currently pursuing her Ph.D. in Psychology and the founder of Connect the Stars Management agency.



Goalden Chyld

Artist

Unity Movement

*Chicago rapper and activist
@goalden_chyld has been making a powerful impact in the community through his music and actions.*

MENTAL HEALTH MEETS HIP-HOP 2025



Taco

Hip-Hop artist



Big Mouf' Bo

Artist, Netflix Rhytm & Flow



Ky From the Chi

Artist CPS Student



Zia Jenaye

Artist



KHI

Artist, CPS Student



Kylee P.

CPS Student



Vo

Hip-Hop artist panelist



John Bleu

Artist Panelist



Korporate

Artist, Comedian, Curator



Sinatris

Hip-Hop Artist



SPENZO

Hip-Hop artist



DLOW

Hip-Hop artist



AK OF DO OR DIE

Hip-Hop artist



**DARRO WOODS OF 3
PIECE RELOADED**

Artist



Fyb Jmane

Artist



Zion Ali

Artist



Amari Blaze

Artist



AmbDirk

Artist



SbgMalik

Artist



Gr8Thinkaz

Artist



Dj Cymba

Dj



The CAN- Host

IHeart Radio, WGCI



Big Twon Host

Champs social influencer



Dj KCesar

DJ



Ms. Dean Shena Jones

i rock education

The Educational Rapper

Elevating Youth Through Education and Rhythm

Ms. Dean Shena Jones, affectionately known as the “Educational Rapper,” is not just the Dean of Students for John B. Drake Elementary but also a passionate advocate for youth empowerment. Combining her leadership skills with a love for music, she uses rap to connect with students, making education engaging, relatable, and inspiring.

Her lyrical messages focus on self-discipline, resilience, and the importance of academic excellence. Whether she’s on stage at a school assembly or in a classroom, her raps resonate with young minds, breaking down complex lessons into rhythms and rhymes they can understand and remember.



Mz. Taty

Founder

In 2019, Mz. Taty founded Mental Health Meets Hip-Hop, a groundbreaking initiative that merges the therapeutic aspects of mental health advocacy with the expressive energy of hip-hop culture. She started the program as a way to address the growing mental health needs of youth and communities of color. Recognizing that traditional approaches often failed to resonate with these groups, combining her expertise in mental health with her talent as a performer, Mz. Taty created a platform that uses hip-hop as a tool to spark conversations, foster healing, and promote mental health resources in an engaging and culturally relevant ways. MHMH in 2023 was introduced in Ghana, Africa with Dr. Dorothy Tillman II at Dorothy Jeanius STEAM CAMP at the University of Environment Sustainability and Development. Not only did this organization spread ways across the waters it is homegrown and rooted in Chicago Culture.

Through live performances, workshops, and community showcases, Mental Health Meets Hip-Hop has reached thousands, providing education, resources, and a safe space for individuals to share their stories. Mz. Taty's unique ability to connect with audiences through her music and advocacy has solidified her as a trailblazer in the mental health and arts space. Her work continues to inspire individuals to embrace their mental health journeys with confidence and creativity.



Dr. Dorothy Jean Tillman II

Mental Wellness Professional

Dr. Dorothy Jean Tillman II, also known as "DJ," is an extraordinary young leader who earned her Doctorate in Integrated Behavioral Health from Arizona State University at just 17 years old, making global headlines for her academic achievements.

Starting college at age 10, she completed her associate degree by 2016 and went on to earn a Bachelor's in Humanities and a Master's in Environmental and Sustainable Science, becoming the youngest in her field. A dynamic public speaker, Dr. Tillman has addressed thousands at high-profile events, including the ASU commencement and the City of Aurora's Martin Luther King Jr. Day celebration, and was featured in major outlets like The New York Times and Good Morning America. She is the founder of the Dorothyjeanius STEAM Leadership Institute, which operates labs in Chicago and Cape Town, and works to inspire youth through STEAM education, publishing books and giving talks on sustainability. Recognized with numerous awards, including the Black Enterprise 40 Under 40 in Tech and the Phenomenal Woman Award from the Black Women's Expo, Dr. Tillman was also honored with the title Ankobea Amma Akuffo by a Ghanaian royal, where she serves as an advisor on youth STEAM programs. Her motto, "Leading by Examples of Excellence," reflects her lifelong commitment to empowering others and shaping the future through education and innovation.

MENTAL HEALTH MEETS HIP-HOP 2025



EVENT FLOW

Saturday, January 25 6p-9p

MIXER/CYPHER

AmbDirk, Smb Malik, Amari Blaze
Cypher (The Gr8Thinkaz)
Dj Cymba

6pm

LIVE PERFORMANCE

TACO with live band , BIG MOUF BO
CPS STUDENTS KY FROM THE CHI, KHI, ZIA
JENAYE

7pm

PANEL 1

FUELING THE FUTURE: How Mental Health, Nutrition, and Creativity Empower Today's Youth

This panel will explore the intersection of Mental Health, Nutrition, and Creativity.

Panelist: Zachariyah Austin Nutritionist, Reginald Carter (Licensed Professional Counselor), Kylee Paul - Chicago Public School student

Fyb Jmane- Comedian/Actor/Songwriter/Whoops/Podcast Host

Live Performances

Dlow, Spenzo

8pm

PANEL 2

BEHIND THE SPOTLIGHT: Managing Stress and Staying Grounded in Hip-Hop Industry

This Panel wil focus the mental and emotional challenges faced by artist in the hip-hop industry, offering advice to youth following a similar path. Panelist: Koporate, Vo, Sinatris, John Bleu

Live Performances

ZION ALI

Panel 3

Healing Through Connection

This panel will explore how spirituality, grief, and relationships intersect to support holistic healing and personal growth. The divese perspectives of the panelist will inspire attendees to find stregthn in connetion, embrace, vulnerability, and navigate the complexities of mental halht with a sense of purpose and clarity. Panelist: Dr. Amanada Long, Sam Sparks, Dr. Ozell Adams, Goalden Chyld.

AK of Do or Die/ Darro
Woods of 3 piece Reloaded

close out

9pm

RESOURCES



**Need Immediate Help?
Call 911**

**Go To The
Nearest Emergency Room**

**Crisis Textline: Text
CONNECT to 741741**

**National Suicide
Prevention Lifeline
(800)273-8255**

**National Runaway
Switchboard
1-800-786-2929**

**Child Abuse Hotline
1-800-252-2873**

**Domestic Violence Crisis
Line
1-800-603-4357**

**Chicago Rape Crisis
Hotline
1-888-293-2080**

**Cook County Jail Mental
Health Hotline
773-674-2273**

Help For Veterans

**800-273-8255 Press 1
Veterans Crisis Line
or
Text 838255**

**Go to the nearest VA
Medical Center
800-799-4889**

**Jesse Brown VA Medical
Center
312-569-8387**

**800-799-4889 Crisis Line
for Deaf & Hearing
Impaired**

**Helpline
833-626-4244**

**National Helpline
(Substance Abuse And
Mental Health)
800-662-4357**

Clinical Trials

**866-615-6464
National Institute of
Mental Health**

NIMHinfo@nih.gov

**Northwestern
Memorial Hospital
312-926-2000**

**Suburban Clinical
Research
312-268-0023**

**Chicago Research
Center
773-282-9845**

**Great Lakes
Clinical Trials
773-275-3500**

RESOURCES/ WARMING CENTERS



**CHICAGO - LOWER NORTH
DEPARTMENT OF HUMAN
SERVICES**

2650 WEST FULTON STREET
CHICAGO, IL 60612-2154

**CHICAGO - OGDEN
DEPARTMENT OF HUMAN
SERVICES**

3920 W. OGDEN
CHICAGO, IL 60623 2495

**SKOKIE - NORTHERN
DEPARTMENT OF HUMAN
SERVICES**

8001 N. LINCOLN
SKOKIE, IL 60077

**COOK COUNTY - HUMBOLDT
PARK
DEPARTMENT OF HUMAN
SERVICES**

2753 W. North Avenue
CHICAGO, IL 60647

**CHICAGO - ENGLEWOOD
DEPARTMENT OF HUMAN
SERVICES**

5323 SOUTH WESTERN AVE
CHICAGO, IL 60609-5436

**MELROSE PARK - WEST
SUBURBAN
DEPARTMENT OF HUMAN
SERVICES**

2701 WEST LAKE STREET
MELROSE PARK, IL 60160-
3800

**CHICAGO MIDSOUTH SATELLITE
OFFICE
DEPARTMENT OF HUMAN
SERVICES**

4313 S. ASHLAND
CHICAGO, IL 60609

**CHICAGO - MID SOUTH
DEPARTMENT OF HUMAN
SERVICES**

1642 W. 59TH ST
CHICAGO, IL 60636-1735

**CHICAGO - ROSELAND
DEPARTMENT OF HUMAN
SERVICES**

11203 S. ELLIS AVE
CHICAGO, IL 60628-4696

**CHICAGO - NORTH PULASKI
DEPARTMENT OF HUMAN SERVICES
(DRS)**

743 N. PULASKI ROAD
CHICAGO, IL 60624

**CHICAGO - WOODLAWN
DEPARTMENT OF HUMAN
SERVICES**

915 EAST 63RD STREET
CHICAGO, IL 60637-3609

**CHICAGO - CALUMET PARK
DEPARTMENT OF HUMAN
SERVICES**

831 WEST 119TH STREET
CHICAGO, IL 60643-5274

**CHICAGO - NORTHWEST
DEPARTMENT OF HUMAN
SERVICES**

4105 WEST CHICAGO AVE
CHICAGO, IL 60651-3698

**SOUTH SUBURBAN - BLUE
ISLAND
DEPARTMENT OF HUMAN
SERVICES**

3301 WIRETON RD
BLUE ISLAND, IL 60406

**HINSDALE OASIS
TOLLWAY**

NORTH OF I-55
HINSDALE, IL
60521

**CHICAGO - NORTHSIDE
DEPARTMENT OF HUMAN
SERVICES**

6200 N. HIAWATHA
CHICAGO, IL 60646

**CHICAGO SOUTHEAST
DEPARTMENT OF HUMAN SERVICES**

8001 S. Cottage Grove
CHICAGO, IL 60619

**COOK COUNTY - SOUTHEAST
DEPARTMENT OF HUMAN SERVICES**

8001 S. Cottage Grove
CHICAGO, IL 60619

**CHICAGO SOUTHLAND
LINCOLN OASIS
TOLLWAY**

WEST OF ILLINOIS ROUTE 394
SOUTH HOLLAND, IL 60473