



NEWS RELEASE

FOR IMMEDIATE RELEASE

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CHRC presents Minority Health Month event to highlight post-traumatic stress disorder

Cincinnati, OH – The Cincinnati Human Relations Commission (CHRC) will host a Minority Health Month event on April 20-21 titled *Understanding the Impact of Trauma: Approaches to Prevent Post-Traumatic Stress Disorder*. The event will be held at the Carl Lindner YMCA and will be free and open to the public.

Understanding the Impact of Trauma will work toward having a positive impact on the health knowledge of various minority groups in Southwest Ohio by promoting healthy lifestyles and practices. The workshop series will also teach strategies to reduce the impact of psychological trauma after exposure to an event that would have the potential to result in a diagnosis for Post-Traumatic Stress Disorder (PTSD).

The program will feature two speakers. Jennifer Williams, president and CEO of J.E. Williams and Associates, LLC, is a leader in the OCMH's efforts to end health disparities that includes projects addressing reducing traumatic injuries, infant mortality, post-partum depression and developing ways to increase the overall health of pre-conception parents. Patricia McCollum, licensed social worker and adjunct professor at the University of Cincinnati, facilitates the Off-the-Streets program. This program utilizes the TAMAR Recovery Model for females who have been convicted of prostitution who also suffer from mental health issues and substance abuse.

Funding and support are provided by the Ohio Commission on Minority Health, the City of Cincinnati and CHRC.

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