

Collaborating to Heal, Lift, and Activate Our Communities

Conference Guide







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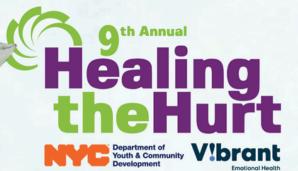


Collaborating to Heal, Lift, and Activate Our Communities

The theme "Collaborating to Heal, Lift, and Activate Our Communities" emphasizes the collective effort needed to address societal challenges and promote positive change.

- Healing: Acknowledges the need to address wounds, whether physical, emotional, or societal, within communities. Healing involves fostering empathy, understanding, and support to overcome past traumas and build resilience.
- Lifting: Refers to uplifting individuals and communities by providing opportunities for growth, empowerment, and advancement. This may involve addressing systemic barriers, advocating for equity and justice, and promoting inclusivity and diversity.
- Activating: Encourages action and engagement to effect meaningful change.
 Activation involves mobilizing resources, empowering community members to participate in decision-making processes, and fostering a culture of collaboration and innovation.

By emphasizing collaboration, the theme underscores the importance of working together across sectors and backgrounds to create sustainable solutions and build stronger, resilient communities. It recognizes that no single entity or approach can address complex challenges alone and highlights the value of partnerships, collective wisdom, and shared responsibility in creating a better future for all.



Conference Agenda

Friday, May 17, 2024

Conference Agenda

8:30 AM - Breakfast and Networking 9:00 AM

9:00 AM - Master of Ceremonies

9:15 AM

9:15 AM - Welcome and Open Remarks

9:30 AM

9:35 AM - Keynote Address

10:25 AM

10:25 AM - Refreshment Break

10:40 AM

10:40 AM - Morning Breakout Workshops

11:55 AM

12:00 PM - Lunch and Networking

1:00 PM

1:00 PM - Refreshment Break

1:05 PM

1:05 PM - Afternoon Workshops

2:20 PM

2:20 PM - Refreshment Break

2:30 PM

2:30 PM - Closing Remarks and Q&A

2:45 PM

2:45 PM - Conference Wrap-Up

3:00 PM



We need your feedback!
Submit your general
evaluation after scanning
the QR code below





May 17, 2024

8:30 a.m. - Pre-Conference Breakfast and Networking

9:00 a.m. – Master of Ceremonies - Denice Williams, Deputy Commissioner of Planning, Program Integration and Evaluation (PPIE), NYC Department of Youth and Community Development (DYCD)

9:15 a.m. - Welcome and Opening Remarks

9:30 a.m. Keith S. Howard, Commissioner, NYC Department of Youth and Community Development Krystalyn Kass, Assistant Vice President, Vibrant Emotional Health

9:35 a.m. - Keynote Address

10:25 a.m. Dr. Anna Ortega-Williams, LMSW, Ph.D, Assistant Professor, Silberman School of Social Work at Hunter College, City University of New York

10:25 a.m. - Transition & Refreshments Break 10:40 a.m.

10:40 a.m. - Breakout Workshops 11:55 a.m. In-Person:

- Engaging Young Men of Color in Mental Health Services is Suicide Prevention
 - Facilitator: Damon Watson, MPH
- Trauma-Informed Practices and Healing-Centered Engagement
 - Facilitator: Nicole Hamilton
- The Healing Canvas: Creative Approaches to Wellness
 - Facilitator: Linda Turner, LCAT, LPAT, ATR-BC
- Catalyzing Healing & Collective Wellness in Troubling Times
 - Facilitator: Anna Ortega-Williams, LMSW, Ph.D.

Virtual:

- Building Resilience: Crafting Trauma-Informed Programs for Youth Empowerment
 - Facilitator: Sherina Davis
- Uncovering the Needs of Runaway and Homeless Youth (Panel Workshop)
 - Moderators: Gian Peralta & Derrick Stoudymire
 - Panelists: Safe Horizon, Covenant House, Rising Ground, SCO Family Services, Children's Village
- Qi Gong: Cultivating Life Energy
 - Facilitator: Michelle Quiba
- Invitation to Ease: Leadership and Well-being
 - Facilitator: Melba J. Nicholson Sullivan, Ph.D.





Conference Agenda, continued May 17, 2024

12:00 p.m. - Lunch and Networking Break 1:00 p.m.

1:00 p.m. - Transition & Refreshments Break 1:05 p.m.

1:05 p.m. – Afternoon Workshops 2:20 p.m. *In-Person:*

- Engaging Young Men of Color in Mental Health Services is Suicide Prevention
 - Facilitator: Damon Watson, MPH
- Trauma-Informed Practices and Healing-Centered Engagement
 - Facilitator: Nicole Hamilton
- The Healing Canvas: Creative Approaches to Wellness
 - Facilitator: Linda Turner, LCAT, LPAT, ATR-BC
- Catalyzing Healing & Collective Wellness in Troubling Times
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Virtual:

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- Qi Gong: Cultivating Life Energy
 - Facilitator: Michelle Quiba
- · Invitation to Ease: Leadership and Well-being
 - Facilitator: Melba J. Nicholson Sullivan, Ph.D.

2:20 p.m. - Transition & Refreshments Break 2:30 p.m.

2:30 p.m. - Closing Remarks and Q&A

2:45 p.m. - Conference Wrap-Up 3:00 p.m.





Introducing Our Keynote Speaker



Dr. Anna Ortega-Williams

Dr. Anna Ortega-Williams is an award-winning Black social work scholar, practitioner, researcher, and organizer that is inspired by the healing alchemy of social action, youth development & well-being. Dr. Ortega-Williams is an Assistant Professor at the Silberman School of Social Work at Hunter College at the City University of New York. As a social work educator, she is committed to uncovering trauma recovery interventions that push the boundary of where micro-level clinical practice ends and macro-level practice begins. Her approach to social work centers cultural humility, anti-racist, intersectional, and anti-oppressive frameworks. Dr. Ortega-William's area of research focuses on historical trauma, posttraumatic growth, land-based healing, and social action in trauma recovery.

She has been a social worker since 2001 and has provided individual, group and family counseling, in addition to working as a director, program developer, capacity builder and evaluator, for community-based organizations. Her work has been informed by local, national and global social movements; in particular, Black youth-led responses to interrupting racism and systemic violence. She received her Bachelor's degree from the City University of New York, Hunter College, Master's degree from the State University of New York, Stony Brook, and PhD in Social Work from Fordham University's Graduate School of Social Service. Dr. Ortega-Williams' recent accomplishments include being selected as the 2021 Junior Faculty Award from the national accrediting body of social work, the Council on Social Work Education (CSWE) for outstanding scholarship in the areas of race, ethnic, and cultural diversity. Dr. Ortega-Williams' research was also spotlighted by two national organizations, the American Psychological Association as well as the Society for Research on Adolescence. She was also selected as a midcareer leader by the National Association of Social Workers-NYC Chapter. Dr. Ortega-Williams was also honored to be chosen in a competitive juried selected for a TED-style talk called Brief and Brilliant at the Society for Social Work and Research (SSWR).

Lastly, she has been selected as the keynote speaker for the Canadian Association of Social Workers (CASWE-ACFTS) for their annual program meeting, in 2024. As a Black, queer mom, activist and organizer, born and raised in low-income public housing in the Bronx, NY, with culturals roots in the Carolinas and Barbados, she believes social work practice can promote joy, healing, imagination and hope when it is rooted in transforming social and economic injustice and protecting human rights.







Keith Howard,

Commissioner, NYC Department of Youth and Community Development (DYCD)

Keith Howard was appointed Commissioner of the NYC Department of Youth and Community Development (DYCD) by Mayor Eric Adams in June 2022. Commissioner Howard formerly served as NYC Department of Transportation (DOT) Associate Deputy Commissioner of the Sidewalk Inspection Management Division. He also was an Adjunct Professor at Queens College and the Joseph S. Murphy Institute for Worker Education and Labor Studies. Commissioner Howard has dedicated 30 years of his professional career to public service and held various senior level positions in New York City government. While education and career are priorities in his life, there

are more layers. As a child, he was taught by his parents about the importance of service to the community. So, in the summer of 2002, Commissioner Howard started the non-profit Harlem Group.

The organization sponsored health fairs with government agencies and community-based organizations in the Bronx, Brooklyn, and Staten Island. In collaboration with Health Plus Incorporated, the Harlem Group successfully enrolled over 100 families in free health care programs underwritten by the New York State government. As a member of Alpha Phi Alpha Fraternity, Inc., the first Black Greek fraternity, Commissioner Howard has seen the need to build on the fraternity and a commitment to community service by creating a non-profit organization called Servants of All (SOA). For ten years, SOA has escorted more than 700 underprivileged high school and middle school students on college tours to Historically Black Colleges and Universities (HBCUs). The goal of the tours is to bring college awareness to students who may not have the resources or access to visit college campuses across the country.

Commissioner Howard is married and the father of two young adults. He is a proud alumnus of John Jay College, where he was awarded a bachelor's degree as well as a master's degree in public administration.



Krystalyn Kass

Krystalyn is a dedicated lifelong learner with a profound commitment to improving the human experience through education. With a passion for translating theory into action, Krystalyn obtained a Master's degree in Psychology and a Master's degree in Education and Special Education for grades K-6. Her experience includes teaching elementary and middle school students, with a focus on childhood development and positive psychology. She has served as a School Principal and high school Dean of Academics. As an Associate Director of Education, Krystalyn developed and facilitated online courses as well as conducted research for organizations devoted to promoting mental well-being.

At Vibrant, she creates emotionally healthy environments by bridging the gap between research and practice. Her focus is on building the capacity of organizational leaders who share her commitment to drive positive change.







Denice Williams

Denice is a native New Yorker dedicated to disrupting policies, practices, and procedures that obstruct the advancement of BIPOC people and their opportunity to live their best lives. Denice has devoted her professional life in service to others in nonprofit and government settings. Currently, she serves as Deputy Commissioner for the NYC Department of Youth and Community Development overseeing the Division of Planning, Program Integration and Evaluation (PPIE). PPIE's mandate is to maximize DYCD investments and improve the customer experience and individual and community outcomes through streamlined, coordinated service delivery.



Nicole Hamilton

Nicole Hamilton (she/her) is a radical educator, trainer, curriculum designer, youth worker, circle keeper, and community builder. Nicole, who is also the Founder of Culturvate Consulting, believes that working in close partnership with schools and organizations builds the trust, transparency, and accountability needed to do the hard work of shifting culture. Nicole brings over a decade of experience in direct service provision from her roles as a Program Director of a multi-site after-school program, Director of School-Based Programs and Partnerships, and a teacher. In her work, she has supported the positive transformation of organizations, programs, and schools by leading staff and young people towards a common goal of creating a safer, more equitable, and affirming anti-racist and inclusive culture.



Linda Turner

Linda Turner is a NYC-based Visual Artist and Licensed Creative Arts Psychotherapist (LCAT) who has worked with a wide range of individuals and groups for 20+ years. Currently, Linda is in private practice treating adults who struggle with complex trauma, anxiety, and depression. Prior to this, she with youth for many years through the Chinatown YMCA, as well as at Catholic Charities, where she was an art therapist and then clinical supervisor. Linda served on the board of NYCCAT (NY Coalition of Creative Arts Therapists) and is president of the LCAT Advocacy Coalition. As a workshop facilitator, Linda is passionate about reconnecting us to the profound value and impact of the creative process. She also has a robust mixed-media art-making practice of her own.







Michelle Quiba

Michelle Quiba was a competitive collegiate dancer, choreographer, and abuse survivor. A Personal Trainer and Group Instructor for over 10 years, she teaches at Pratt Institute, Crunch Signature Gyms, Spotify, and Sephardic Community Center. Michelle was drawn to forms like Qigong, Tai Chi, Yoga, and Somatics, and learned how they shared a similar focus on awareness and reflection. Her mission is to help others tap into the wisdom of their own body, and experience the healing power of movement. WholeisticFitness.com



Damon Watson

Damon Watson, MPH, LPC (he/him), is a planner and healer currently working as the Program Director for The Fellowship Initiative. Damon has been with Vibrant over 6 years, starting as a Specialized Counselor for the SAMHSA OASAS helpline and the National Football League (NFL) lifeline and growing into supervisory and agency-wide leadership roles. He is a 1st generation college graduate from rural central Virginia and holds a dual bachelor's degree in Psychology and Health & Physical Education from Morehouse College and a Master's degree in Public Health from the University of Virginia with a concentration in Health Policy and Community Advocacy. Damon has been developing person-centered programs with mental health nonprofits for 15 years, with education-based work ranging from

counseling in the public school system to implementing and running a private school dedicated to the emotional and academic well-being of adolescents and young adults. In his current role, he collaborates with national and local community programs to provide holistic support to the black and brown young men they serve through local TFI programs. Damon leads a fantastic team of advocates and healers nationwide to provide TFI fellows with resources to support their continued psychological growth. Damon's commitment to his work honors the power of our individual identities, especially our subjugated identities, as a means to envision a world in which we intentionally disrupt and dismantle cultures of white supremacy that continue to cause harm.







Dr. Melba Nicholson Sullivan

Melba Nicholson Sullivan, PhD is a licensed clinical-community psychologist, executive coach, and performing artist. She is CEO of Freedom Flow Solutions, LLC, which reduces workplace stress, and promotes employee well-being so that organizations (and their leaders) thrive. Doc Nic is a commitment to individual and collective power. She specializes in understanding how organizations promote human rights. Additional areas of expertise include stress and trauma, leadership and management, and professional development. Doc Nic has more than 30 years of mental health organizational leadership and training. She served as Director of Community Programs for The Family Institute at Northwestern University, Director of Training for the Bellevue Program for Survivors of Torture, and Clinical Director for Ackerman Institute for the Family in New York City. She earned her PhD from the University of Illinois at Urbana-Champaign, studied psychology and theater arts at Howard University, and specialized in trauma and global mental health at Duke University and Harvard University respectively. In addition to her academic and theater background, Doc Nic facilitates contemplative practices that have been passed through generations of people of culture for millennia

www.freedomflowsolutions.com https://www.linkedin.com/in/drmelbasullivan



Sherina T. Davis

Sherina T. Davis is from Barbados, West Indies. Sherina is a scholar, facilitator, coach, and training consultant. She defines her role as being a guiding light in a revolutionary era and is the link that fuses the theoretical with the tangible. She feels it is her moral responsibility to work toward combating oppressive entities that oppress people. Sherina supposes' that a person's actions speak to that person's spirit and character. She believes that her active involvement in the community and nationally promotes moral agency. She supposes that we all have unlimited possibilities. She supports clients through a holistic approach [Spirit, Body, and Mind] in creating space for conversations that support clients to take effective actions in personal and professional transformation, achieving potent results and their vision







Racquel Jones

Racquel Jones, LMSW is a Licensed Masters Level Social Worker in the State of New York, who brings 15+ years of experience specializing with individuals, groups and families. After receiving her Master's degree from Fordham University Graduate school of social work, she has dedicated her life to serving, ministering, teaching and counseling at-risk populations who did not have access to adequate mental health care with a concentration on families and children. For the past 5 years, as an adjunct professor at York College in New York state, Ms. Jones has an increased passion, awareness and appreciation for intervention strategies that seek to empower various populations at the personal and political levels of their lives.



Jason Manizza

Jason Manizza is a Licensed Mental Health Counselor, registered to practice in New York State. Jason graduated, with distinction, from Mercy College with a Master of Science in Mental Health Counseling. Currently, as a team member of The Children's Village, Jason spends his time providing clinical services to adolescent, female-identified youth who are experiencing homelessness or have abruptly exited an abusive living environment in search of safety, nurturance, and an increasing ability to positively develop and thrive. In 10/2020, Jason was recognized as a "Mental Health Hero" by the New York City Mayor's Office of Community Mental Health.



Sebastien Vante,

Assistant Vice President, Safe Horizon - Streetwork;

Sebastien Vante is the National Community Health worker Advisor for Wellness Equity Alliance a Public Health Startup aimed at addressing social determinants of health and is the Associate Vice President of Streetwork Programs at Safe Horizon as part of The nation's largest victim services advocacy organization, Safe Horizon Streetwork Project delivers comprehensive case management, daytime respite, and crisis shelter services for thousands of Runaway and Homeless Youths in NYC each year. Using client-centered practice, trauma-informed care, and harm reduction frameworks, Sebastien has nearly 15 years of experience working with juvenile justice system-involved and at-risk individuals, LGBTQIA communities, and unaccompanied, chronically unhoused youths.







Renata Alexis,

Senior Vice President of Residential Services, Covenant House;

Senior Vice President of Residential Services, Covenant House; Renata is a leader with a passion for youth and community. She has had over 21 years of progressive leadership experience working with homeless and at-risk young people. Her portfolio most recently includes her serving as the Senior Vice President of Residential Services for Covenant House New York crisis and transitional housing programs. Renata holds a degree of Psychology and Sociology from St. John's University.



Rose Yasonia LMSW,

Program Director, Independence Inn Programs & Brooklyn Youth Center, SCO;

Rose Yasonia leads SCO's initiatives that focus on housing stability and youth development for New York City's runaway and homeless youth. She oversees SCO's six Independence Inns, a transitional independent living program that provides shelter and support for young people ages 16 to 20. In addition, she manages the Brooklyn Youth Center, a 24-hour refuge that enables at-risk and homeless youth to access food, clothing, showers, laundry, case management services, and referrals for emergency shelter. Rose is a fierce advocate for youth and is deeply committed to helping them acquire skills that will prepare them to be self-sufficient. She joined SCO Family of Services in 2007 as an Intake Coordinator for the Independence Inns and has taken on positions of increased scope and responsibility during her tenure, including Program Supervisor and Assistant Director. Under her leadership, Rose oversaw the expansion of the Independence Inn Program, doubling the number of sites within just a few years. In addition, she is recognized for her compassion and skillful management of the 24-hour Brooklyn Youth Center which has expanded services to meet the needs of migrant youth in the region. Rose earned her bachelor's degree from Syracuse University and her master's degree from Columbia University School of Social Work. She is a Licensed Master Social Worker.





Moderators



Gian Peralta,
Senior Program Manager DYCD



Derrick Stoudymire,
Program Manager DYCD





In-Person Workshop Descriptions

Catalyzing Healing & Collective Wellness in Troubling Times
Facilitated by Anna Ortega-Williams, Ph.D.

<u>Workshop Description:</u> How do we promote healing, wellness, and sustainability in times ravaged by war, climate crises, and increasing instability? Dr. Anna Ortega-Williams will use frameworks, such as historical trauma and posttraumatic growth to unearth expanded pathways to well-being. We will draw upon the wisdom of intergenerational land-based healing work in community gardens in NYC as well as the organizing led by Black youth for racial equity and social justice in the United States.

<u>Learning Objectives:</u> Clarify benefits, challenges, opportunities, and unique obstacles to youth development in our times.

- Identify classic positive youth development strategies that are essential and those that need to be "remixed"
- Using the presented frameworks, practice remixing one youth development strategy to meet the needs and opportunities in the participant's organizational and community context.

The Healing Canvas: Creative Approaches to Wellness Facilitated by Linda Turner

<u>Workshop Description:</u> This workshop aims to utilize art and guided imagery as effective tools for stress reduction and trauma healing. Through engaging activities and discussion, participants will learn practical strategies to explore their emotional well-being. Join us for an inspiring session that will nurture resilience and foster healing through creativity.

<u>Learning Objectives:</u> By the end of the workshop, participants will:

- Understand the benefits of the healing arts
- Have utilized simple visual art techniques that can be used for oneself and with others
- Have had the opportunity to express thoughts/feelings through the creative process



Engaging Young Men of Color in Mental Health Services is Suicide Prevention Facilitated by Damon Watson

<u>Workshop Description:</u> There is a mental health emergency happening with young masculine bodies of color. This workshop will discuss how this emergency impacts young black and brown boys. Engaging in conversations around anti-black racism, redefining masculinity, stigma, and culturally responsive care will help increase our ability to support young black and brown boys. Learn skills for working with black and brown boys in crisis and holistic approaches to improve mental health access/resources and reduce barriers to address their mental health needs using culturally responsive approaches.

Learning Objectives:

- Describe how young black and brown boys' mental health is challenged by racism.
- Understand and describe how negative perceptions are barriers to appropriate treatment
- Describe successful treatment types for young black and brown boys, both traditional and innovative.

Trauma-Informed Practices and Healing-Centered Engagement Facilitated by Nicole Hamilton

<u>Workshop Description:</u> In this session, we will unpack how trauma impacts youth, and engage with asset-based strategies to support healthy youth development and create healing-centered environments.

Learning Objectives:

- Unpack trauma and the different ways it can show up;
- Grounding in 4 Practices of Healing-Centered Engagement;
- Connect the dots between healing-centered engagement, cultural sustainability, and a restorative framework;
- Uplift examples of where a shift to a healing-centered lens is needed in your youth-serving community.





Virtual Workshop Descriptions

Invitation to Ease: Leadership and Well-being Facilitated by Melba J. Nicholson Sullivan, Ph.D.

<u>Workshop Description:</u> Invitation to Ease: Leadership and Well-Being will be a virtual interactive workshop. Through didactics, small and large group discussions participants learn individual, relational, and organizational tools that can be immediately implemented. Psychological principles, body-based practices, and theater arts are woven throughout the workshop to access the wisdom that sits in every participants' seat.

Learning Objectives:

- 1. Explore personal survival strategies and thriving practices that shape the leadership of organizations navigating the impact of trauma experienced when working with communities affected by gun violence and subway surfing
- 2. Describe a strategic organizational framework for reducing workplace stress and promoting wellbeing when working with asylum seekers and other systems-involved clients
- 3. Implement simple well-being practices that promote employee engagement

Qi Gong: Cultivating Life Energy Facilitated by Michelle Quiba

<u>Workshop Description:</u> Cultivate strength, harmony, and health through slow, silken movement. This workshop teaches you a traditional qigong sequence – The Eight Brocades – alongside essential qigong philosophy. For centuries, practitioners have used these eight silken forms to balance vital energy, align with the natural world, support the body's organs and meridian systems, and live grounded, centered healthy lives.

Learning Objectives: Five elements/phases of qigong: Wood, fire, earth, metal, and water

- Understand the benefits of the healing arts
- Have utilized simple visual art techniques that can be used for oneself and with others
- Have had the opportunity to express thoughts/feelings through the creative process

5 qualities of Breathing in Qigong

- Song 松/鬆 Relaxed
- Zheng 正: Aligned
- Yuan 圆: Round/Centred
- Tong 通: Connect, open
- Zhong 中: Middle, balanced

Five key movement principles in gigong:

- Long (长chang)
- Slow (慢man)
- Fine (细 xi)
- Even (均 jun)
- Deep (深 shen)



Building Resilience: Crafting Trauma-Informed Programs for Youth Empowerment Sherina Davis

<u>Workshop Description:</u> Through video clips, a didactic lecture, large and small group discussions, and self-reflection, participants will learn about the manifestations of stress and vicarious trauma and build trauma-informed, resiliency, and well-being practices.

Learning Objectives:

- Provide shared language around the connection between stress, trauma, and vicarious trauma
- Support your ability to recognize your own and your staff's vicarious trauma and develop coping strategies
- Support your ability to recognize your own resilience and vicarious resiliency and help your staff do the same, including enhancing trauma-informed community care.

Uncovering the Needs of Runaway and Homeless Youth [RHY]

Moderators: Giana Peralta, Senior Program Manager DYCD, and Derrick

Stoudymire, Program Manager DYCD

<u>Workshop Description:</u> An expert panel will discuss the unique social, emotional, and developmental needs of this population and share best practices. DYCD funds the largest system of services for runaway and homeless youth in the country. The session will explain the RHY continuum of resources and highlight how to access the programs.

Panelists:

- Sebastien Vante, Assistant Vice President, Safe Horizon Streetwork
- Renata Alexis, Senior Vice President of Residential Services, Covenant House
- Racquel Jones LMSW, Program Director 24 Hour Drop-In Center, Rising Ground
- Rose Yasonia LMSW, Program Director, Independence Inn Programs & Brooklyn Youth Center, SCO
- Jason Manizza LMHC, Clinical Coordinator, Children's Village May's Place



Special Thanks to Our Healing The Hurt 2024 Planning Committee



Celinda Wu



Daniel Ng



Eduardo Laboy



Hetheru Shango



Mark Benavides



Paula Calby



Krystalyn Kass



Luisanna Gomez Almonte



Mahalia Sutherland-Ugarte



Rhodesia Humphrey



Shameela Ramprasad



Taejha Richardson



Jennifer Thompson



Tarsha Black



Cicely Calixte



David Aglialoro



Reginald Gibson