

SHARED EXPERIENCES

Health & Wellness
Mental Health &
the African-American Community

Mental Health and the African American Community is a long overdue discussion. African Americans have long avoided the discussion of mental wellness despite having dealt with racism, discrimination, economic inequity, social injustice, and being treated as “less than human” since being part of the American experiment.

This discussion is an effort to begin having the conversation about mental health, removing the shame about seeking help, when to consider help, and where to find resources.



Our Guest: Dr. Jennifer Edwards. Dr. Edwards is a practicing NJ psychiatrist. She currently provides exceptional care for children, adolescents, young adults and their families. Dr. Edwards has a well-respected career in mental wellness and substance abuse treatment. Dr. Edwards mission is to combat the stigma and misinformation about mental health that prevents people from getting needed. For Dr. Edward’s full bio visit se.IMpossiblemall.com/se20201029.pdf

Date: 10/22/2029 **Time:** 07:00PM – 08:30PM **Where:** Online
Register: www.blackmall.biz/eventmgr

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Distinguished Guest

Dr. Jennifer Edwards

Born in Kingston, Jamaica and raised in Brooklyn, New York, Jennifer Edwards, MD is a highly skilled psychiatrist with almost 30 years of dedicated experience. For the last 12 years she has built a successful private practice in Middletown, New Jersey. She also serves as a consultant to a therapeutic middle school and high school, and a local University where she provides treatment to both undergraduate and graduate students.

Prior to starting her private practice, Dr. Edwards provided exceptional care for children, adolescents, young adults and their families in various inpatient and outpatient settings and juvenile detention centers. Additionally, Dr. Edwards held the titles of Medical Director for a Partial Hospital and Intensive Outpatient Treatment Programs and Medical Director for an outpatient Adolescent Substance and Alcohol Rehab program.

Dr. Edwards is a graduate of Holy Cross College (B.A.) and New York Medical College (M.D.). She completed a residency in psychiatry at St. Vincent's University Medical Center in New York and a fellowship in child and adolescent psychiatry at the University of Medicine and Dentistry in Newark, New Jersey (UMDNJ).

Dr. Edwards is well respected in the community, continually earning awards and recognition, including: receiving the Tony Dowling Advocacy Award from the Mental Health Association of Monmouth County; being named as one of "America's Top Psychiatrists" from the Consumer's Research Council of America; and being included as one of "New Jersey's Favorite Kid's Doc" by the New Jersey Family Magazine.

In addition to practicing medicine, throughout her tenure, Dr. Edwards has made it part of her mission to combat the stigma and misinformation of mental health. Her ultimate goal is to help to break down the walls that prevent people from getting much needed help. Accordingly, she utilizes the any opportunities when she can to educate the public and other professionals about psychiatric issues and treatment for families.

In her spare time, Dr. Edwards is an avid reader and a writer of poetry. She is a self-published author of a poetry book. She also enjoys spending time with friends and family, especially her daughter, son-in-law and new grandson.