



Anatomy of a Crisis: Impact of Racism on Public Health in America

Episode 6: Supporting Mental Health in the Black Community

Join our host Denesha Snell and therapists Tanise Smith and Centurion Johnson, founders of Journey Embraced KC, as they discuss trauma in the Black community, Black mental health practitioners, and access to mental health services.

Kansas City Public Library in partnership with the Kansas City, Missouri Health Department

Host: [Denesha Snell](#), Member, Library Board of Trustees and Program Director, American Public Square

Denesha Snell, a Kansas City native, is program director for American Public Square. Denesha has devoted her career to address community issues including parent advocacy, cultural diversity, causes of health disparities, violence prevention and improving relationships with community and civic partners. She holds a BS from Tennessee State University and a Master of Education from Rockhurst University.

Guests: Tanise Smith and Centurion Johnson, Therapists and founders of [Journey Embraced KC](#)

Tanise Smith is a licensed professional counselor with over 17 years of experience in the helping field. Tanise attended Avila University where she received a bachelor's degree in Criminal Justice Studies and a master's degree in Counseling Psychology. Prior to establishing Journey Embraced LLC, Tanise worked in the field of community mental health where she provided clinical support to children and adults with psychiatric needs. Presently, Tanise finds passion in supporting individuals navigating depression, anxiety and relationship toxicity. Tanise has helped hundreds of people of color to unpack trauma, identify strengths and achieve a purpose-filled life.

Centurion Johnson is a psychotherapist and counselor who focuses on black male trauma patterns, couples counseling, and family systems therapy. With over 10 years of psychiatric, case management, treatment planning and behavioral health experience, Centurion's goal is one that aims to restore and preserve the power in African American individuals and families.

- Black male trauma and how it perpetuates negative outcomes. Therapy focuses on resetting or aligning actions that repair damage from childhood that result in adult limitations such as: a limited emotional range, depressive thoughts, and survivalistic attitudes.
- Couples therapy focuses on teaching couples the skills to be successful and connected through value building, synergy optimization (the process of bringing the 2 individuals to a centralized single system).
- Family Systems therapy is used to align members with clear values and positions that increase self worth, self esteem, and better outlooks for familial and individual growth.

References:

For non-emergency mental health crisis support call:

Johnson County, KS: 1-913-268-0156

Jackson County, MO 1-888-279-2132

National Suicide Hotline: 1-800-273-8255

Kansas Crisis Hotline 1-888-363-2287

[Racism and Mental Health](#)

[Adverse Childhood Experiences \(ACEs\)](#)

[Journey Embraced KC](#)

[Kansas City Public Library Reading and Resource List](#)

Production/Credits

Editing: Denesha Snell, David LaCrone

Podcast Artwork: Jennifer Su



Original Artwork: [Lizbeth Alvarez](#) is an art studio major at UMKC. She chose this career because it's important for her to do what she loves and show others about art. She's an aspiring teacher because and loves to see the creativity of others and how we can use art to communicate and express ourselves. She is working on completing her portfolio and looks forward to new experiences and opportunities.

Development Committee: Kamera Meaney (co-chair), Jeni Starr (co-chair), Russell Anderson, Quint Hall, Cheryl Hampton, Amelia McDaniel, Monica Miller, Rita Strickland