**PARTICIPANT BIOS:**

**Rachel H. Daniels, MSW, LCSW, YT 200, MT 100**

For over 20 years, Rachel has practiced social work with passion and commitment, working to improve systems serving thousands of individuals, families, college students, professionals, and multidisciplinary teams.  Rachel earned her Bachelor of Social Work degree from USM and Master of Social Work degree from JSU. Born and raised in Jackson, Mississippi, Rachel has served in roles including as a child protection investigator, forensic interviewer interviewing over 1700 suspected victims or witnesses of child maltreatment, and she has been deemed an expert witness in several courts in Mississippi.

As a leader, Rachel has served in roles including as program director, director of program services, a mental health commissioner for Hinds Behavioral Health in 2008-09, she assisted in the development of a statewide forensic interviewer peer review program and Mississippi’s multidisciplinary team enhancement project.  Education is a value of Rachels and she has been trained as part of the Child Advocacy Studies Training statewide team, taught as part of the ChildFirst Mississippi forensic interviewing faculty, been an adjunct professor in the social work department at JSU for over 10 years teaching several social work courses, been a field instructor for social work students since 2009, and she has presented, trained, or facilitated workshops over 200 times in the state and beyond.

Rachel was licensed in Mississippi as a certified social worker in 2017 and as a lifelong learner, she has completed a compassion fatigue certificate, train-the-trainer program on building resiliency in professionals, and she has been certified as a 200-hour trauma-informed yoga teacher and 100-hour meditation teacher. Rachel has created an educational and awareness workshop for beginners considering yoga called YogaWe Breathe. In October 2023, Rachel was interviewed for the Medium article titled “Breaking the Black Stigma: Mental Health.” Collaboratively, Rachel has served on several committees and is a member of Delta Sigma Theta Sorority, Inc. In 2023, Rachel was named a trauma champion at the Mississippi Trauma-Informed Care Conference. As the business owner of Consulting, Counseling, & Meditation with Rachel, opened in 2019, Rachel offers preventative, hopeful, empowering, motivational, inclusive, trauma and culturally responsive mental health and wellness services including telemental health counseling for college students and professionals.She offers a safe space for college students just like you to support you to the freedom you seek.

**Shannon M. Moore, PhD**

Dr. Shannon M. Moore is a licensed clinical psychologist with over 15 years of experience in the field of mental health. She holds a Doctorate in Clinical Psychology (Ph.D.) from Jackson State University in Jackson, Mississippi and has specialized training in cognitive-behavioral therapy (CBT), clinical hypnosis, integrated mental health, critical incident stress management, and problem-solving therapy. Currently, Dr. Moore serves as a visiting assistant professor and director of clinical training at Jackson State University.

Dr. Moore is known for her empathy and commitment to helping individuals reach their treatment goals. Her clinical expertise includes working with anxiety disorders, depression, relationship issues, anger management, chronic pain management and sleep disorders. She uses evidence-based techniques and patient-centered treatment plans to meet the individual needs of clients.

In addition to her clinical practice, Dr. Moore is a sought-after speaker and educator. She regularly conducts workshops on mental wellness, resilience, and the intersection of mental health and medical conditions.

Dr. Moore believes in the importance of a holistic approach to mental health, integrating therapeutic practices with lifestyle adjustments to foster overall well-being. Her warm and friendly demeanor creates a supportive environment where clients feel empowered to explore and address their concerns.

Outside of her professional work, Dr. Moore enjoys reading, long walks, and spending time with family. Also, she is an advocate for mental health awareness and actively participates in community outreach programs.

**Frederick O’Quinn, P-LPC, MS, Counselor**

Frederick O’Quinn is currently a counselor with the Latasha Norman Center for Counseling Services. O’Quinn currently holds provisional certification in counseling, and seeks to become a fully certified counselor. He also possesses a Bachelor’s of Science degree in Educational Psychology, earned at Alcorn State University and a Master of Science degree in Clinical Mental Health Counseling from Jackson State University.

He has over 30 years of experience in the field of mental health in the areas of case management, mental health, and substance abuse counseling. This also includes experience in research aimed at addressing the issues of the incarcerated mentally ill. O’Quinn’s main area of specialization is anxiety, depression, and chemical dependency. He strongly believes that emotional awareness and regulation plays a critical role in establishing, and maintaining mental health. Through his labor, O’Quinn seeks to increase mental health awareness, and to promote help seeking behaviors in the general population.