



PIERCE COUNTY BEHAVIORAL HEALTH Community of Practice Celebration



Info for Attendees

Washington State Fairgrounds, EXPO Hall
Saturday, Nov 1st | 11 AM to 4 PM

Please enter through the Gold Gate (9th and Meridian) for easiest entry
Free admission and parking for all attendees

In honor of your ongoing commitment to providing behavioral health services we invite you to bring the family and connect with your community while enjoying behavioral health self-care strategies:

Emotional:	Physical:	Professional:	Social:	Spiritual/ Reflective:
Therapy, journaling, boundaries	Exercise, sleep, nutrition	Supervision, workload management	Peer support, community connection	Mindfulness, purpose alignment

11 AM - 12 PM **Community Yoga:** Consider bringing a blanket and wearing comfortable clothes. Mats will be provided, or feel free to bring your own.

12 PM - 12:50 PM **Keynote,** Dr. Caprice Hollins

12:50 PM - 1 PM **Break**

1 PM - 2 PM **Authors Panel Discussion,** Marcus Harrison Green, Ruchika T. Malhotra, and Erin Jones

2 PM - 4 PM **Visit Vendors:** Create, play, learn, and restore

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Meet our Speakers



Caprice D. Hollins was born and raised in Seattle. She received a doctorate in Clinical Psychology with an emphasis in Multicultural and Community Psychology from California School of Professional Psychology. Dr. Hollins has over 25 years' experience facilitating race-related workshops. She co-founded Cultures Connecting in 2008 and her second book, *Inside Out: The Equity Leader's Guide to Undoing Institutional Racism* was recently published. She's a Seattle 2020 TEDx Speaker, on *What White People Can Do to Move Race Conversations Forward*.



Marcus Harrison Green is a storyteller, truth-seeker, and advocate for narratives that honor the full depth of marginalized communities. As publisher of Hinton Publishing, founder of the South Seattle Emerald, columnist for *The Stranger*, and cohost of *In The Meanwhile*, he's dedicated to reshaping how stories about Black and brown communities are told. A South Seattle native and former finance professional turned journalist, Marcus founded the Emerald to amplify overlooked voices with nuance and humanity. Named the Seattle Human Rights Commission's "Human Rights Leader" (2020) and the Northwest African American Museum's inaugural James Baldwin Fellow (2022), he continues to challenge dominant narratives and push journalism toward a more just, authentic future.



Ruchika T. Malhotra is the author of the upcoming book, *Uncompete: Rejecting Competition To Unlock Success*. Ruchika is also the founder of Candour, an inclusion strategy practice. Her last book, *Inclusion on Purpose*, was The MIT Press' top selling book of 2022 and called "transformative" by Dr. Brené Brown. Ruchika is a Singaporean mother in Seattle.



Erin Jones has worked in and around schools in different capacities for over 30 years. She has worked and done consultation for non-profits, government agencies and businesses. She has worked and lived in 5 states, from the East Coast to the Midwest to the West Coast, in communities that were predominantly White communities to communities that were predominantly Black communities to those that boasted dozens of languages and cultures. She has been recognized locally and nationally for her work in education and equity. She has also received recognition as an athlete and was invited to try out for two WNBA teams. After 20 years of playing soccer and 35 years of playing basketball, Erin now runs long distances and is devoted to regular Orange Theory workouts. Erin and her husband, James, have been married for almost 30 years and have three adult children - two who work in education and one who designs video games.