



# COMMUNITY RACIAL JUSTICE SERIES

in partnership with Stamford Stands Against Racism

STAMFORD  
STANDS  
AGAINST  
RACISM

Eighth Session:

## Race and Mental Health

Thursday, July 29, 2 – 4 pm via Zoom

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### Presenter: Dr. Tichianaa Armah, Chief Psychiatry Officer, Community Health Center, Inc.

Dr. Tichianaa Armah, a Bronx, NY native, graduated from Swarthmore College with a B.A. in psychology and received her Medical Degree from the University of Rochester. She has spent over eight years as Medical Director of Behavioral Health at the Community Health Center Inc., a Federally Qualified Health Center and a leading independent, non-profit healthcare provider in Connecticut with 16 sites and nearly 200 School Based Health Centers, providing comprehensive primary care to underserved communities. Dr. Armah was

one of the early organizers of the Social Justice and Health Equity curriculum at Yale School of Medicine's Psychiatry Department, where she remains an Assistant Clinical Professor. In 2019 Dr. Armah was recognized by the Connecticut Psychiatric Society with the Roger Coleman Memorial Service Award for her exemplary devotion to patients and commitment to quality care and was named the first Chief Psychiatry Officer at CHC in 2020.

Dr. Armah, has been driven to increase access to quality mental health care for vulnerable populations by educating Physicians & Nurse Practitioners and most recently by advocating for vital tele mental health services. She can be found speaking locally and nationally about everything from psychopharmacology to team based and culturally informed care.



### Moderator: Yolande Ford, M.Div., M.A., LPC, Restorative Practices Coordinator, SC2C and Owner, Wonderfully Made You Counseling

Yolande Ford is the Restorative Practices Coordinator for Stamford Cradle to Career. She is also a Licensed Professional Counselor (licensed in Connecticut and Texas). She has over 18 years of experience working with the community and diverse populations, particularly disenfranchised and underserved groups. She has a Master's of Arts in Counseling from Prairie View A & M University, and a Master's of Divinity from Baylor University.

For more information about previous sessions and recordings, go to [stamfordcradletocareer.org/resources/](https://stamfordcradletocareer.org/resources/)

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