



ONYX THERAPY GROUP NEWSLETTER

MARCH 2020



January 17-20 (Accokeek, MD) – Onyx Therapy Group had its first inaugural retreat, which included: counselors, education consultants, CEOs, COOs, and various other members of management. This group of women learned together, lived together, and laughed together for the entire weekend.

BLACK WOMAN OWNED THERAPY GROUP BECOMES A CERTIFIED BUSINESS ENTERPRISE IN WASHINGTON, D.C.

**Government Grants Onyx Therapy Group Access to Deliver
Culturally Relevant Mental Health Services in D.C.**

JANUARY 2020 - The Washington, D.C. Department of Small and Local Business Development named Onyx Therapy Group a Certified Business Enterprise (“CBE”). This status allows Onyx Therapy Group the opportunity to bid for and work on D.C. government contracts. The status also grants Onyx Therapy Group access to service local businesses, schools, non-profits, and government agencies. Onyx Therapy Group will retain this status for no less than three years. This access and opportunity aligns with their mission and vision surrounding mental health, educational consulting, and provider sourcing.

“The good thing about Onyx is that it is a Black-owned business, and culturally competent. CBE is granting Onyx the opportunity to fill a gap by providing mental health services that are needed in many D.C. communities and agencies,” stated Maegan Marcano, Onyx Therapy Group’s Chief Operations Officer.

Email info@onyxtherapygroup.com for the full press release.



ONYX THERAPY GROUP LEADS DISCUSSION AT HOWARD UNIVERSITY ON MENTAL HEALTH

JANUARY 29, WASHINGTON, DC - Onyx Therapy Group counselors, Chevon Mathews & Kemah Gbolokai addressed the mental health needs of students who attend Historically Black Colleges and Universities (“HBCUs”) at Howard University in an event entitled, “The Box,” which was hosted by Alpha Kappa Alpha Sorority, Inc. They exposed attendees to various mental health tools, including: coping mechanisms, stress relief tools, and an array of resources in the area.

“A large number of students are dealing with depression, anxiety, eating disorders, ADHD and substance abuse/addictions,” says Chevon Mathews, Onyx Therapy group counselor. “We have a unique opportunity to pour our knowledge and experience regarding mental health into the students.

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ONYX THERAPY GROUP PRESENTS: RESEARCH ON RACIAL STRESS CHALLENGES Minority Mental Health in a Capitalistic Society

FEBRUARY 7, SPRINGFIELD, VA - Dr. LaNail Plummer, CEO of Onyx Therapy Group, presented for the Northern Virginia Licensed Professional Counselors at the Springfield Country Club. Dr. Plummer’s presentation focused on the impact of race and gender with counseling clients, especially while in clinical counseling supervision.

“Even in the most inclusive environments, members of racial minority groups are likely to experience the higher rates of psychological stress based on designed US systems of division and hierarchy, capitalism and economics, and the rigid perspective of structure and productivity,” states Dr. Plummer.

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ONYX THERAPY GROUP COUNSELOR SHARES HER EXPERIENCES AS A LICENSED COUNSELOR

FEBRUARY 9, CAPITOL HEIGHTS, MD - Onyx Therapy Group counselor, Kemah Gbolokai was invited to share her experiences as a Licensed Graduate Professional Counselor with the community-based show, It Needs To Be Heard ("IN2BH"), which aired live on the ELife Media Group Facebook page from the studio at Everlasting Life Vegan Restaurant in Capitol Heights, MD.



ONYX THERAPY GROUP PRESENTS ITS FIRST PRESS RELEASE

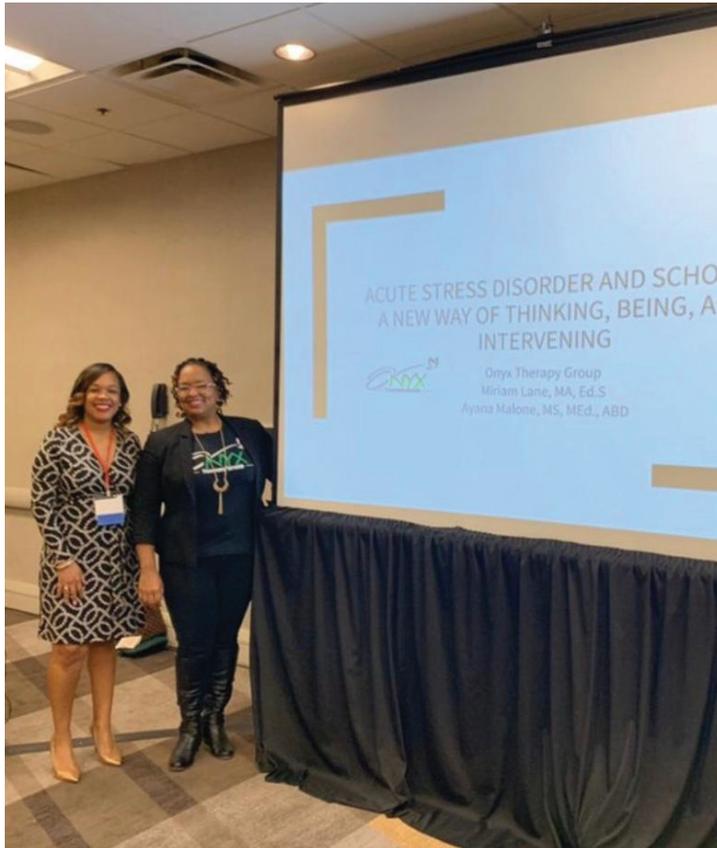
Onyx Therapy Group is proud to announce that its first official press release was sent to more than 100 businesses, organizations, and potential partners. Since February 14th, multiple press releases have been sent, that have included: information regarding community speaking engagements; research that has been presented to conferences; and educational, research-based information that is shared with organizations or counselling associations.

ONYX THERAPY GROUP PRESENTS RESEARCH AT THE CREATING TRAUMA SENSITIVE SCHOOLS CONFERENCE 2020

FEBRUARY 18, ATLANTA, GA - Onyx Education Consultants, Ayana Malone and Miriam Lane presented research on "Acute Stress Disorder and the Educational System: A New Way of Being" at the "Creating Trauma-Sensitive Schools Conference," which was hosted by the Attachment & Trauma Network, Inc ("ATN") in Atlanta, GA.

"Acute Stress Disorder ("ASD") affects a large portion of school-aged children in America. ASD is more than a psychological disorder, it is an environmental phenomenon that impacts our youth through repeated exposure to generational trauma, elements of poverty and social class, political structures, rigidity in education systems, and a lack of awareness of vulnerabilities," says Ayana Malone, Onyx Therapy Group's Director of Educational Programming.

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ONYX THERAPY GROUP – WALKER MILL MIDDLE SCHOOL

FEBRUARY 28, WALKER MILL, MD – The Prince George’s County, MD Chapter of The Links invited Dr. LaNail Plummer, CEO of Onyx Therapy Group, to speak with the children at Walker Mill Middle School. Dr. Plummer, who was reminded of the countless career day events she attended as a child, talked about her careers as a Veteran, Counselor, Professor, and Entrepreneur and explained how the challenges she faced in her life served as a springboard to her success.



FUTURE EVENTS

- > **MARCH 25, 7–9:00PM:** Kristel Williams will be presenting on “Issues that Affect Children, Adolescents, Adults, and Families of Color” on the air with MoMo Love and DJ Fiyabone on Community Voices, a community-based talk-radio show.
- > **MARCH 30, 12:30–1:20PM:** Chevon Matthews and Ericka Nelson will present on Wellness and Stress, and Dr. Plummer will provide a psycho educational lesson at Howard University in Washington, DC.
- > **APRIL 8 (TAKOMA PARK, MD):** Ericka Nelson will share her experiences as a mental health professional with the Don Bosco Cristo Rey students during their Career Day.
- > **APRIL 19 (SAN DIEGO, CA):** Shanelle Clay will present her research on the topic, “Lonely at the Top: Racial Stress Challenges Faced by Minority Counselling Supervisors” at the American Counseling Association Annual Conference.
- > **MAY 6, 9AM – 12:00PM:** Dr. Plummer will teach a group of George Mason University’s professionals about the supervision model. Kemah Gbolokai and Ericka Nelson will present on a mental health topic.



ABOUT ONYX THERAPY GROUP

Based in Washington DC, Maryland, and Pennsylvania, Onyx Therapy Group is dedicated to cultivating and strengthening the community through mental health practices. With a focus on direct clinical work, professional development/training, and sourcing, Onyx Therapy Group incorporates the values of integrity, respect, loyalty, community, culture, and excellence. As an organization, Onyx Therapy Group has over 15 years in mental health work and 20 years of education and skill-based practice that has positively impacted individuals, educators, and organizations nationally. Onyx Therapy Group is a Black, Woman, Veteran-owned business that believes in and designs transformative healing.