



Maryland Career Development Association

HEALTH IS WEALTH: Protect Your Mind, Body, and Spirit
Friday, November 19, 2021 5:00 A.M. – 6:30 P.M./EST VIA ZOOM
Guest Speakers



The Honorable Maryland Representative **Danyell Winkey-Smith**
10th District/ Baltimore County Democratic State Central
Committee & 2nd Vice Chair

Mrs. Danyell Winkey Smith – A Baltimore native graduated from Walbrook High School, attended Frostburg State College and graduated from Coppin State College/University and is married to retired Lt. Colonel Carl B. Smith. Danyell has two adult children Tamyra Carroll-Garcia/Alvin Garcia and Bryan M. Carroll, who blessed her with five beautiful grandchildren. Danyell is a Community Advocate/Organizer and a retired Federal Employee. Mrs. Smith was elected during the Maryland Primary Midterm Elections, on June 26, 2018 to represent District 10 as a member of the Baltimore County Democratic State Central Committee (BCDSCC) and was also elected by her newly elected peers, as their 2nd Vice Chair. Central Committee members are the grass roots-level elected volunteers of the Maryland Democratic Party. Danyell sees herself as a voice for the voiceless. If she has a seat at the table, she is advocating for you. She believes in treating individuals like she would want to be treated, so she is passionate, compassionate and has a giving/loving spirit. She is resilient and when it comes to being transparent, honest and fair she is relentless in carrying out the mission to the best of her ability. During the 2020 election, Danyell was the National Co Chair for Black Women for Biden/Harris organization for the east coast; however; she and the west coast Co Chair, worked as a team, managing and leading over 33 States across the US. They were invited to participate via conducting a webinar, at the 2020 Convention. Danyell has worked with Congresswomen Lucy McBath regarding GUN Violence and was one of the coordinators for the March for Our Lives, as well as, attending and working with Congresswomen Gwen Moore to promote and encourage our legislators to support Congresswomen Gwen Moore's De-escalation Bill. Danyell is currently The National Coalitions Chair for the Positive Change Foundation/Black Women for Positive Change and the Chair for the Baltimore Chapter of Black Women for Positive Change. Danyell is a Past Board Member and Financial Secretary of The Baltimore County African American Cultural Festival for 16 years; Member of the

Baltimore County League of Women Voters, Member of Baltimore County, Moms Demand Action and Past Political Awareness & Involvement/Social Action Chair of Delta Sigma Theta Sorority, Inc., Baltimore County Alumnae Chapter for 5 years, as well as several other leadership positions within her local sorority chapter.

As an activist and community leader Danyell's passion and mission was always to ensure that qualified and dedicated democratic candidates are elected to public office. Her duties range from working and managing polls, phone banking, canvassing, party building and fundraising. She proudly identifies as a community organizer and advocate. Mrs. Smith has served as a voter education advocate with local and national organizations at every level, from Election Judge and Chief Democratic Judge to partnerships with the League of Women Voters, Women's March, The March for Our Lives and Black Girls Vote. Mrs. Smith truly believes that information is power, as she focuses on informing and educating communities/individuals. Her goal is to ensure that diversity via ethnicity and generational individuals should be included at every level of the decision-making process. Another one of her motto's is, if we don't have a seat at the table, then we need to bring our own chairs to the table. There is power in numbers and coalition building and strategy is key to our progress and our existence. There are no I's in TEAM, so let's work smarter and not harder.



Dr. Jodi Jacobson Frey, PhD, LCSW-C, CEAP is a Professor at The University of Maryland, School of Social Work. Dr. Frey chairs the Social Work in the Workplace & Employee Assistance Sub-specialization (formerly EAP Sub-specialization) and the Financial Social Work Initiative. She is the Founder and Faculty Executive Director of the newly launched Behavioral Health and Well-Being Lab (BHWell Lab). She is also co-Chair of the University of Maryland Mental Health and Addiction Health Disparities Think Tank. Her MSW and PhD degrees were earned from the University of Maryland.

Dr. Frey's research focuses on workplace behavioral health, including the impact of employee health and well-being on productivity and safety. She studies the effectiveness of employee assistance, work/life, and related programs for working age adults and families. She has dedicated a significant portion of her research and advocacy to suicide prevention and crisis response in the workplace.

Recent refereed articles have been published in JAMA, American Journal of Addictions, Social Work, Journal of Career Development, Journal of Occupational

and Environmental Medicine, Journal of Social Work Education, Journal of Workplace Behavioral Health, Research on Social Work Practice, and Suicide and Life-Threatening Behavior. Dr. Jacobson Frey has presented research findings at international conferences. She is the Co-Editor-in-Chief for the Journal of Workplace Behavioral Health. She is also the Co-Founder of the International Employee Assistance Digital Archive, housed at the University of Maryland, and which was awarded the Best Use of Technology in the Employee Assistance Field by the Employee Assistance Professionals Association (EAPA) in 2019.

Dr. Frey co-chairs the Workplace Suicide Prevention and Postvention Committee of the American Association of Suicidology where she leads the development and dissemination of the National Guidelines for Workplace Suicide Prevention. She is also a past chair of EAPA's Subcommittee on Workplace Disaster Preparedness and Response. In 2006, she was the recipient of the EAPA President's Award for Excellence, recognizing her work on this committee.

Prior to teaching, Dr. Frey provided employee assistance and work/life services to NASA, Goddard Space Flight Center, where she was recognized with several awards for her service to employees and family members. As an employee of COPE, Inc., and later as an EA professional in private practice, she worked for several years providing direct EAP, outpatient mental health, and crisis intervention services.



Bryan Carroll, Educational Consultant & Author
Executive Director at the Cure Inc.

For over 10 years, Bryan has been serving the Houston metropolitan area mentoring underserved youth. His work in group homes in Baltimore and Houston as a case manager and 8 years of teaching special education, equipped him with the competencies needed to effectively reach those who have been labeled as "hard to reach". Bryan's goal is to help Youth to develop the behaviors and social skills needed to succeed; his approaches leverage creative ways to engage children.

Bryan's Philosophy -- "I'm an optimistic and persistent person. I believe in the seemingly impossible taking place and helping it to happen. My desire/objective is to bring more unity to the world through Love and Understanding; to help society understand that Change begins from within. I believe we must Educate, Support and Love each other in order to attain unity and equality in our society."