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Transcript

Speaker 1

Welcome. To the bridge, the official podcast for the University of Maryland Baltimore School of Pharmacy Patients program. This program is the bridge between the community and the researchers. The patients program created this partnership to help researchers listen to the communities voice in order. To build a. Bridge to an effective learning healthcare community. Here's your host. Rodney Elliott.

Rodney Elliott

I'm here today with 2/3 of the patients day 2023 book panel, two brothers, Friends of mine who are shakers and movers here in Baltimore, but also nationally as well. Kondwani Fidel. He's a poet. Author's Assistant professor of English at Coppin State University. Right here in Baltimore. And also the author of Hummingbirds in the trenches and his right hand man and his colleague. His, his, his, his shooting guard to cause while he being the point guard. Dee Watkins, New York Times bestseller, author, screenwriter and college lecturer.

Speaker 1

Many many many.

Rodney Elliott

Many more for both of these guys, far as Apple is concerned, but he's also the author of Black Boy. Fellas, how you guys doing?

Dee Watkins

I mean, I got one push, but I'm the point man. I'm the point. I run the offense, man. Connie, is he foul. He fouls people, he sets, picks, he's intimidates the other people on the team, yells at refs.

Kondwani Fidel

But look. But when they when they when they need me, they need me. Play my part, I play my I know. My I know my position she first played.

Rodney Elliott

Got. Listen, when I say you guys are part of a team here Baltimore that I follow and watch and admire from afar, you guys are leaders in your communities. So D If you the point God and kind you to you to. That's like the.

Dee Watkins

Every three month, three month he, Draymond, Fremont, he, Draymond get blue.

Rodney Elliott

I love the fact that I got a championship caliber podcast right now. I got a championship caliber panel for patients day and I'm super excited about it and. I'm glad you guys accepted to be a part of the panel because we've talked to people over there in West Baltimore on numerous occasions and. They love books. They like to read, they want education, they want information and patients day. This year we're going to bring that to them again. Like I mentioned earlier, guys, Dee Waters and Chandwani or 2/3 of the book panel that we're having for patients day. Jennifer Pope of Baltimore, she's the author of music. In my therapy. She'll be joining me or joining us as well. Guys, I want to dive, right. And then. Pick their brains a little bit about some of the work they're doing. Some of the work they've done, the projects they have going on and see where there's a connection in this mental health space, you know, mental health is a big topic. You know, it's very broad topic and it's talked about in a lot of different circles. A lot of different mediums, but these two guys and I will say this, they aren't doctors, y'all mental health experts, but they definitely know a little bit of something about connecting with their listeners and connecting with their audience. So I'm gonna start my first question off for both of you guys. D I'll ask you go first and then con you can chime in. What are some of the most common misconceptions about mental health and how can we address them?

Dee Watkins

I think the first thing I think the first thing we need to do. So I'll, I'll actually I'll start with. The top of the. Question most common. Misconception is that most of us we think we're OK. We think we're totally fine. We live in a city where there's a lot of violence, a lot of pain, a lot of horrible things, and. I never knew. This until I started traveling outside of Baltimore a lot, and when I would tell people I'm from Baltimore. They would like. Hey, can you give me a hug? Mean, can I give you a hug and I'll be, you know. And I'm like, what? You want to hug? Me for it's. Such a rough place and my answer is like no, but I I don't want to be touched because that's the trauma response. That's something that comes from. Being from Baltimore, right, we're in a place where, like, we grew up the human in action is not really, you know, amongst our family and friends. But you go to the corner store, they got bulletproof glass up. You know what I'm saying? These are people outside of our community who are, like, have bulletproof glass up when they come. When you go inside that place of business, so it's like I, I think the biggest misconception is that we think we're OK because we're not exposed to people who are who are mentally healthy, who are who understand that traumas, who understand that they're, they're the things that happen to them, is not their fault. And we carry these things around and we don't talk about them and we don't share. And a lot of us explode. Or get high blood pressure or have heart attacks or die because of the trauma that we face and it's untreated. So how how do we treat it? We we acknowledge it. Then we abandoned that that exterior of I'm so tough, I can't. Nothing can face me or I don't. I'm not crying. I'm the toughest person in the world. We we we we get rid of that and we get into who we really are so that we can so we can grow and move forward and have meaning meaningful relationships.

Kondwani Fidel

Yep, I think one of the biggest misconceptions is.

Rodney Elliott

Come on.

Kondwani Fidel

It's kind of a. A lot with Dee said. We not taught to deal with. We taught how to do well in school. We taught how to survive on the streets and it's like you get a certain age and you you do things, you know that feel like it's out of your control whether you snap it out on people or not know how to channel your emotions. You know, I I just always think about so many relationships that probably, you know, God, God saw you because somebody might be like, so and so acting funny today or so. But we don't even know what's going on and not acting funny. Probably dealing with something and. Like I didn't realize. That Baltimore was a peculiar place, you know, it's how I went to college. And, you know, you people, you share stories and I'm just sharing stories, stories in the in the cafeteria, on the dog room, or if we shooting dice or whatever. And these people who from New York, Jersey, Chicago and they like what you know, I mean, when I just telling random stories about a random day at the pool when. You know, it might be guns involved or, you know, it might be some St. and it's like, and I'm thinking that I'm thinking that's rich black people and poor black people I never knew like what a middle class was. And. And they looked at me like I was. Creeping this out every day. You know what I mean? So I think that. The biggest misconception is that, like you know, we we we think we OK, we think we are right until you meet somebody you know that's outside of where we come from and they looking at us like we're crazy. You know what I mean? Like. I I don't. I don't know. You know, I just feel like that once you start going outside of your box, outside of your neighborhood, you just realize how different this city, you know, mental health is an American problem, however. But it's. Like for us, it's kind of just like just on steroids a little. Bit you know.

Rodney Elliott

I can. I can. Relate with that with both of you guys as far as traveling outside of Baltimore, outside of my comfort zone and realizing that Baltimore is unique and it's different. And when I travel overseas to play ball and you're, I got that all the time. When I talk to my other Americans from other teams and I do up in Baltimore. Or are you from home and. My my original question would be like, yeah, why? But it's not. That's just a great series. The HBO did and they got some good pockets of Baltimore. But it's not like that. More and more, I started going overseas and kept answering that question and coming back home in the in the summer. Yeah. Baltimore. It's like the white, but it is home to us, right? It's home to us. And and and that is just, you know who it is and and and what we are and we had that tough exterior. From the issues and trauma that we've experienced. In our, you know, livelihoods growing up, but it also, I think gives us give us a strength and a different appeal, a different view, a different lens, so to speak. And that kind of leads me to my next question. When you guys are writing or when you guys are screen writing or writing books or you know you're writing poems, con can you share some personal connection or experiences that influences? Your portrayal of mental health in your work. So is there some mental health? That you have or you are dressed in your work con. And then DeWalt, you can chime in.

Kondwani Fidel

On that. So when I when I first started writing. I was literally just mimicking the people that I was listening to, whether it was Jay-Z, Lauren Hill. Hot Boosie and you know, we believe that they writing about that real life life. Right. So that's all that I was doing right, because I remember when I was a kid and I'm, you know, I say this all the time like Boosie was one of the first people that made me feel OK to be human and being a street dude but also you know, can talk about your emotions. So I'm just doing

what they doing, but I'm not thinking that I'm writing about no big ideas. I'm not thinking about that. I'm. You know, I'm being political by just speaking about my day that I had on my relationship with my parents and my friends or whatever. Until, you know, when people started hitting me up from Hopkins and different universities like, hey, you know, your work is talking about the school to prison pipeline. And I'm like, what is that? And they're like, hey, you know that your work is exploring, you know, mental health and all these things. That city and I really did not know. So by me accepting these gigs, you know, because I was just trying to just get more visibility. You know what I mean? I just started just learning more about my work. And then when I learned what it was doing, then I kind of switched it up a little bit and was like explicit. They try to, you know, teach people about these things, do my work. But at first I really didn't know. I'm just like, I'm not just talk about my real life and my real struggles. You know what I mean? And that's. And that was that. But I didn't think of anything that was related to academia when I first started. But those people that saw stuff in me, you know, pulled it out of me and and I thanked those people as well.

Rodney Elliott

For sure.

Dee Watkins

Something that was transformative to me and it kind of ties to your first question to the second question is, UM, I'm just sitting here thinking about when did I start to see the world differently? Right. And I and I just, I went right back my first time out in LA in like 2007 and I wasn't. I wasn't a writer. I wasn't. You know, I didn't have any ambitions on being a storyteller. I was just out in LA and and through. One of my homeboys that was already out in LA, I met this dude named Jimmy. And uh. My own boy Sean introduced me to this dude named Jimmy, and Sean had a girlfriend, but I I met some girls and Jimmy. Jimmy was like, yo, I'm rolling with you, right? So we all in LA, right? And we we know we hanging out or whatever, we walking around and we going in stores and we chilling. And I remember we was like in the lounge. And the dude bumped into him and almost knocked him over, right? And I I tensed up. I'm like, yo, what? And Jimmy was like like? He walks up to the dude and he's like, hey, man, you. You bumped into me. You're good. And he brushes off the dude shirt and he gives him a little pat on the back and he says have a good day. And then he sit out and I'm like, and I'm like, yo, what, like you just gonna walk up to you if it's like, yeah, sure. He's like, what do I and he had his little LA accent because he he's not from LA. He from like he from down South somewhere.

Speaker

I think.

Dee Watkins

But he got his LA accent cause he been out there for a minute, but he was like, am I dead? Am I hurt? Am I bleeding? Did anything happened to me? No. He was like, are the girls still gonna meet us there? They're coming. Do I look nice? Am I cool? Cool. Cool. What? Why do I care? And I'm like, wow. And my mind is spinning. And I'm like, wow. And I never, I never forget. I had to say I had to say I had a similar conversation with Pooh Bear jump shooter Cornelius McMurray. Pull back. He like little bro. I'm gonna tell you something, man. He said. Yo, I did not realize. How much? I was punishing myself by not talking to you or building relationships with people outside of my night. He said if there was a time where you

wasn't from here or this place or that place, how you were here. Nothing you had to. Say right and I'm and I'm like. And I'm like, yo, that is, that is. And then I I so that so I got knocked on one wall and then I got knocked to the next wall because I'm like this somebody I grew up respecting a lot. Right. Well I used to for a minute. I just try to shoot like poop. But I can't. I can't. Uh, you know, I'm more of a I'm more of a rock shooter. I'm not a I'm not a goosing that guy. You know what? Saying so, this is somebody a stranger who's opening my world up, somebody who I respect and and, you know, and and and really, really looked up to when I was younger telling me, you know, giving me his own version of that story. And I'm. And then I stopped thinking about the amount of people, friends and family members and homeboys that I lost to just stupid like randomness like like. Stupid stuff like. Decision making yo this because I wanna fight you and I wanna prove that I'm dominant and I gotta show you. I'm so shallow and insecure. I'm so weak that I have to fight you because you bumped into me. Even though my my Nikes are still clean. You didn't even spill food on me. Nothing happened. It's just the point that I need you to think. I need the world to think and know that you can't. Bump into me is the dumbest thing like ever, and that's how we talk. So I think at my work. Especially in in black boys smile. I try my best to to poke holes in that. You know, I I've helped stop out people who I didn't want to fight. I've been stomped out by people who didn't want to fight me. I both sides of the book. You know what I'm saying? And it's and it's not because I wanted to do this. These were the rules that were given to me in their society and and this and and and where we were from. And I'm I'm a rule. I followed those rules. So UM. So that's how mental health makes it into my my work because it pokes holes at. How insecure we are and how, if we were able to follow our real feelings and what we really believe the about and what we really cared about, then we will have better. We would have more quality lives.

Kondwani Fidel

They did. So I got a question right. Is it really? Where does the weakness and insecurity come from? When? It's also a survival tactic because it's like if you keep letting people run away, bumping to you every day now you're the person that. So I don't know what I'm hearing it. I'm saying it from the other side like. It it maybe it's as security or weakness, but it's also I'm not about to be letting people play with me because then you fool, you know what I mean?

Dee Watkins

So it's like it's that's a marriage. That's because that's not a good. Thing that's America. That's why we had a military agenda every year since the beginning of this country, this. Is why we. Bomb smaller countries as well as resource. It's it's, it's it's it's it's power and control, but it's all rooted in the need to be at the top of the food chain, which literally like, I mean and you tell me this like like. What joy or or what? What kind of what kind of of happiness did did you ever get from? Pushing over somebody that was already fallen. You know what I'm saying? What kind of? I mean, what? It's it's it's, it's we, we we. I'm not saying that we're the we're the architects of that mentality. I'm saying that you know slaves slaves would beat into submission too. Slaves would beat for no reason too. They would bully too so they. Growing up, seeing the powerful person is the guy who can dominate everybody and control everything. That person was insecure and weak too. You know what I mean? So it's like I'm not even talking about the person who's taking a punch. I'm talking about the person who's throwing the punch for no reason at all. You know what I mean? The you going to protect yourself to survive is one thing. But I'm saying the person throwing the punch is the weakest person is what I'm saying.

Rodney Elliott

Con I like the way you bounce that question back to DIY and I've been in environments where I've seen hostile. Conversations I've seen, fights I've seen all of that, and I'm talking about in the neighborhood I talked about in college. I'm talking about even in even in the restaurant. But when I'm observing, I see fear in both people. I see fear and frustration in both people. I see fear and frustration in people who's about to get hit. And I see fear and frustration in trauma and the person that's actually delivering the punch. Particularly in those issues, when you talked about D where you said the bullying aspect or do you know a bigger country or a bigger person or someone already down being bullied or hit on or pushed on by someone of of of bigger or higher more resources? That's. That's happens in every aspect, not only in war, not only in history as far as slavery is concerned, but particularly here in Baltimore. And you guys do a great job of communicating about it for one, but put it out on the table no matter what table it is. And I love your tables. You guys got a table in East Baltimore, W Baltimore on the library and in these, in these dorm rooms. And I mean these dorms.

Dee Watkins

And the colleges and everywhere. So one night, right, I was just out the hospital. I was still. I was walking with. I was walking with, like, a a crutch. Like a cane or something. Right. And. And and and. And me and Connie was hanging together and and. And my homeboy was in San Francisco. We went to a nightclub. Right. So we we chilling we in a spot. It's us three. We laid back. We having a good time, we laughing and joking. What a count Connie's classmates walked past us. A A. A lady? She's. Her boyfriend loses her, loses his mind because she said hello. He literally pops his top because it's like, what are you doing knowing people like she didn't say hello with like a hug? She didn't say, well, like a wink. You would think she, like, flashed us or something. She literally just said hello to Connie in that moment. I'm angry. Because what is he so angry for? I'm angry because, like, what's the problem. But then when you pull back from it, I'm like, yo, he has to be the weakest person ever created. He is very weak, though. He scared her. He bullied her, he intimidated her, he got the bounces and the bodyguards to. Come get all. Involved. And he did all of that because he's insecure and he's weak. So that's that weakness that I'm talking about, the ability. You have control over nothing in your life. You can't control where you eat. You can't control where you stay. You can't control how you get your money. You literally at the bottom of the bottom. The only thing you can manipulate and. Control is this young lady you with? That and and and and when you felt that control.

Kondwani Fidel

Being don't say don't say, young lady, he kept saying my. Old lady, this old lady. Yeah. He kept lady with me, old lady.

Dee Watkins

I don't know. Why waving my old lady and I'm? Like bro, this is like last. Name so you can't control nothing in your life and suffer this lady that you with and the minute you feel some threat to that control, you ready to burn everything down around you? And that is that is the weakness that I'm talking about. That is that fragility that I'm that I'm that I'm that I'm that that I was touching.

Rodney Elliott

The issues that our community. Has it dealt with or hasn't been dealt with that continuously? Spears, their ugly head in situations where.

Dee Watkins

It's totally. No need for that guy could have easily. He could have easily lost his life that night. And I tell everybody I've been saying this for a long time. The jail and the Funeral Home are full of fragile, insecure people. They full of people who can't control their emotions. They act childish and then they do things that unfortunately take their lives away. So when it comes to tying that. Limit of mental health to the work. At times I'm delicate, but at times I'm extremely I'm I'm not delicate. At all because. I feel I I feel like it's urgent. Like it's we're living in a dangerous time. We're dealing with dangerous people. Really bad things are happening and we can't. We can't. We can't let this new way that society tries to tap dance and. Allow people to not be held accountable for their actions. We can't do that. We we we gotta. We gotta run. We gotta run towards it or it's just it's the world. It's not gonna be good for our kids.

Rodney Elliott

For our viewers and listeners right now, I'm talking to Dee Watkins, author of Black Boy Smile Kondwani Fidel, author of Hummingbirds and The Trenches. They will be at patience today, Friday, October 13th, come out, check out the panel, check out the health fair and just let you know we will have books available for our guests so you get opportunity to hear a little bit more about. The work that. You watch Kondwani and Jennifer Pope are doing. You also get opportunity to meet them, but also the opportunity to also have their book so. Come on out. And check us out what we got going on for patients day and as we continue our conversation come, there's a quote that you that resonates with me the first time you sat down at our patients day years ago and. I'm gonna read two of them. You said when you were a kid growing up, not a kid. I take that back when you were in college. It wasn't that you didn't like to read it was that you didn't like what you were read. And then as I'm doing my research and looking at some of the reviews from your book on the bird in the trenches. There's a review that said someone. I have this book on my coffee table. Someone always picks it up and reads a couple of pages and shows some type of emotion. How does that make you feel? Coming from a person that, for one didn't necessarily like reading but just didn't like what they were reading to now writing art that makes people show emotion. How does that make you feel?

Kondwani Fidel

So my first my first book that I wrote, I was just enthused by the idea. Like that books live longer than people, and at that time in my life when I was still an undergrad, you know everybody would die and going to prison and I just had this big fear that I was going to die soon. You know what I mean? Like, that's kind of normal here. So I was like, yo, I want to write a book. And I'm like, I want to put this book out because I want to say how I feel and when I go through and I have other people tell it, you know what I mean. And that was that was just that. And I kind of rushed it out. I believe that it's 100% garbage, but some. People think whatever. But that's that's never hang on that. But you know, I literally. Like it, it's kind of like you don't know what you do until you do it. You know what I mean? It's like. I just, I mean, I'm an emotional dude, you know what I mean? Like and did tell you, you know. But it's like I just be doing the same thing that I said, that these artists that I that I read and and. And look up to do and it's always, you know, always be be be grateful. You know what I mean when people you know can't connect with my work. You know, just like how I connected with the busies or the Toni Morrisons or the Jasmine man, the Justement Wars, the Dee Watkins, you know, I mean, like D was the first, the the beside D book was the first book that I read that literally has street names in the book. And I'm like, I'm literally walking through. The book, you know what I mean? So it's like I just be grateful to be able to do

that to people. You know what I mean? Like they say I've been reading my whole life, but this this hit different. This is something different. I can't connect to this. And when I'm right and I don't be trying to connect to people, I just be trying to just, you know, explain myself the best way that I know how I'll be funny sometimes throw some slick language in there. And you know what I mean? And it it's it's just always a blessing when people do react to it in a way. You know what I mean? And they share it with other people and they, you know, read it when they're on planes or they teach them. Schools and it's just like, yeah, like, that would be a thing.

Rodney Elliott

Really, don't play teaching in schools. I love it when I come across something that you guys wrote, or maybe a something that Brandy may post your management guys over there at 4:10. Management, I I I follow her as well as she may say, OK, con and and and D walkers aren't LA are there in Chicago or they're somewhere at a school at a college. At A and. And I found out love that because again, the way you guys tell stories. Or the OR the way I read your books, it kind of remembers. It kind of reminds me back to when I used to buy CD's and when you bought a CD you could literally take out the paper and the inside and open it up. You can read the lyrics to the song. You can read who produced it. You can, you know, see some pictures that kind of go along with the storytelling. You guys do a great job of storytelling. How do you hope your bought or the work that you guys? Dude can contribute to reducing the stigma and maybe increasing understanding around mental.

Dee Watkins

Health what our work does is, is it it shows it gives a different perspective and it shows. So it shows one segment of people that they're not alone, but then it connects a different segment of people. A lot of the pain and struggles and frustrations that we go through with vulnerable. And that's something that we all can relate to. So it brings us together. But at the same time, my my trip to the top, my trip to success. Is not. UM. What the average successful American? It doesn't mirror that journey. For example, when I make it, you know it's 30 people in the hand in my pocket. You know what I'm saying? I'm not somebody else makes it. It's, you know, it might just be them and their white girlfriend, their kid that, you know. Whatever.

Kondwani Fidel

So it's like, UM.

Dee Watkins

Which is a different type of trauma and a different type of pain. That and a different thing. So I think we'll be doing our work. We give other people a glimpse into different realities, and then they become more empathetic and they become more understanding and they are able to acknowledge their own shortcomings, their own privileges and at the same time their own strengths on how we can connect more. So it the work doesn't necessarily give you a play by play. Action on what you should do, how you should think, how you should feel. Nobody likes didactic. Do it like this text. But I think what it does do is. You know, I I could. I could read Connie and be like, are you from a different generation than me? Oh, this is what he. This is his pain. This is what he go through. This is the kind of stuff that's on his mind. You know, when maybe This is why he listens to. Dirk, this is. Why he listens to whoever 42, Doug, I don't know. Like this. Is this. These are the things that, that, that connect. These are the things that that he's

going through. This is what he believes in. Me walking them same streets 1020 years before him had a whole different outlook, a whole different way to move. But I see the similarity to see the differences. So now I can respect that brother, his culture, his ideas. Instead of saying back in my day we have music that matter. I can, you know, we we can trade these things off and we all become better.

Kondwani Fidel

You know when you like, like, even in black boy smile, it's something you know and you. I don't want to butcher it. But you say something. Like how Al Eagles al, what you call weaknesses Al. You know, that's kind of like the only thing that we own. You know what I mean? So we. Flex it. You know what I mean? And I feel like that our stories and our emotions. The only true thing that we really own, that we don't own people. We don't own. Somebody can break into your house like these are the only things that really can't get rated for real. You know what I mean? And every step that I go on, every, every, you know, time, I climb up the ladder. I just owe it to myself to be honest. And I owe it to other people. You know what I mean? Because like this is, this is what's going on. You know what I mean? This is how I feel. You know, this is this is, you know what, I. And again, it's like I'm not trying to change the way people think it like. I don't care how people think about me. Clearly, you know what I mean? Like, I didn't let people, you know what I mean. Like, all my books and my porch, you know, I mean, everybody had been in my grandma house. You know what I mean? You read so much about my father, know my mother look like father look like just through word. They know what they do. They know where they at. They know when they came home. They know when they went to rehab. And that wasn't, you know, I look back at it like, damn, I I don't let a lot of people, you know what I mean? And my grandmother house, you know what I mean? It's like I just I I it's it. It's for me. You know what I mean? Like I I have to like I I I got to speak about my feelings. I got to speak about what's going on. You know what I mean and I don't know that's that's that's. Like a personal. Thing you know, I think when you guys.

Rodney Elliott

Pours that much authenticity or authenticity into your work. There's no way a reader or a listener can't hear that. Understand that or feel. That now is the understanding part you guys talked about being empathetic and you guys talked about your lived experiences are. The anchor or the OR or or or or the heart of your work. I know when I read it I see it. I feel it as well. There's a connection for sure, and people may be wondering, you know, why are Dee and condoning and and and and and and Jennifer, are going to be participating in in patients day. Because the connection that the patients program has with the Community is all about building relationships and establishing relationships, and that's both sides we're talking about the Community side. We also talk about the research side and we think about research, you think about community, underserved populations. You don't see a lot of synergies in those two. Pots, so to speak. But when you have an organization or a group in between that understands a little bit about both, understand that there's a connection. That, if made properly, made right and and not abuse, that greater things can come of that. So you know when you guys started out, I know you guys probably said, OK, I'm gonna write a book or I'm gonna. I'm gonna make this track or I'm A and I want to give out to my people fact the matter that now you guys travel. Nationally, you know, you guys got deals and you guys have a a bigger spotlight. I love the fact that you guys have always stayed true and authentic to who you are, no matter what the environment is, no matter what the time is, no matter what the scenario is, and be quite honest, no matter who the audience is, but also understanding that in order for things to change, you guys got to kind of meet community where they are, you got to.

Understand. You gotta have your listening ears on listening with your heart and your mind as well, and be able to communicate. What needs to be done but you guys do it in a way that is just again, I can't say I'm trying to find another word for authentic. Real like it's just real and and it makes sense to me. So are there any upcoming projects where you plan to explore mental health topics in the future and your writing and your screenplays and your art guys got anything coming, anything going on coming up?

Dee Watkins

We're going to something really big right now, but I. Can't talk about it. No joke. Now we before we started the car, before we started the car, we was joking about how we hate when people say that it's like, well, you're talking about it just by saying you can't talk about it. It's talking about it. You literally. Broke the only rule. I'm working on the book that deals with mental health in a serious way. As a young man by the name Mike Africa junior and uh, he was six years old, Philadelphia Police Department, through direction of their first black mayor, Wilson Goode, bombed his family's home. And this is like the first only time the Police Department dropped C4 on the residential neighborhood. Like displaced hundreds of people. Killed 11 people, six with children and it was a devastating story. But he, you know, he fought back, he fought to get his parents free from prison. He fought to take care of his family. He's still fighting to this day. So we're coming out with his book next year. Writing some stuff for uh, doing some some profiles for the Atlantic. My first one is Dwyane Wade. He's talking about the Hall of Fame and talking about his family life and talking about, you know, how he's like this America's first fully universal progressive athlete and his politics and how he engages different communities. Then the fact that he got custody of his kids when he was a 20 something year old billionaire, something that like, I mean millionaire something that like, UM, people kind of a lot of men still don't do even when their kids are in a violent or dangerous situation. So I'm I'm I'm. I'm working on that and you know still teaching and. I'm still, you know, touring off of whatever book people want me to come in and talk about.

Kondwani Fidel

Not really too much, just just speaking and teaching, but pretty much it.

Rodney Elliott

Well guys, I appreciate the time taking out the day to. Chop it up with me a little bit about what you guys got going on about patients day coming up. Gonna have two awesome panels. You're looking at two of the guests are going to be there as well, but we're going to have some of the researchers and some of the stakeholders who understand the importance of addressing mental health. They're going to be speaking about the project that they're working on. With the SW partnership, community is called Co pillar, so again it's going to be a heavy concentration on mental health and addressing some of the stigmas around mental health. And then we're going to have fun. We're going to have a health fair at the end. So thank you guys for listening as always on.

Speaker 1

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