



Linked in Friendship, Connected in Service
Detroit (MI) Chapter

**Program Committee Report
December 10, 2025
Roshunda Price, Chair**

Program Committee: HHS: Christina Clark* and Marlo Johnson Roebuck**; ITS: Gail Perry-Mason* and Dr. Jeanne Wardford**; STY: Angel Austin* Rose Moten** and Alecia Ashford Taylor**; NTS: Sherri Pierce* and Linda Parker**; Arts: Chrystal Wilson* and Kimberly Gill**

*Chair; **Co-chair

Upcoming Activities:

- **NTS December Facet Activity at the School at Marygrove Thursday, December 11, 9:30 am – 11:00 am, Please Plan to Attend – NTS Facet to provide additional details at the Chapter Meeting**
- **The Arts January Facet Activity at the School at Marygrove, Wednesday, January 21, 2026, 9:30 am – 11:00 am, Please Plan to Attend – The Arts Facet to provide additional details at the Chapter Meeting**
- **ITS February Facet Activity at the School at Marygrove (specific date and time TBD)**
- **Black Family Wellness Expo, Saturday, March 21, 2026, 12:00 pm – 3:00 pm (location TBD), Please Plan to Attend**

Completed Activities:

- HHS November Facet Activity at the School at Marygrove, Mind Matters “Building Mental Awareness” Wednesday, November 19, 9:30 am – 11:00 am (see program summary on pages 4-5)
- STY October Facet Activity at the School at Marygrove, “Personality Matters: Understanding Me, Empowering We,” Wednesday, October 15, 9:30 am – 11:00 am (See program summary in November Program Report)
- Metro Detroit Links Collaborative and DAPCEP 2025 STEAM Is the Future, Saturday, November 1, 9:00 am – 2:00 pm, The University of Detroit Mercy

Programming Webinars (Registration required):

- Organizational Effectiveness —What You Need to Know, Tuesday, December 2, 2025 at 9 p.m. EST **(Check national website for recording link and slides)**
- Mastering Proposed Amendments: Navigating Policies, Procedures, Purpose, and Power (P4) in Governing Documents, Thursday, December 4, 2025 at 8:30 p.m. EST **(Check national website for recording link and slides)**
- Sister Talk: Black Women and Breast Cancer, Tuesday, December 9, 2025, at 9 p.m. EST
- The Emerald Wall Street Initiative — Buy Black. Buy Links, Tuesday, December 16, 2025, at 8:30 p.m. EST
- Let's Finish the Race!, Wednesday, December 17, 2025, at 9 p.m. EST

Facet Activities: This year, we will implement an umbrella program entitled **“Rise and Thrive – A LinkED Journey to Success.”**

Service Partner (Where): **The School at Marygrove****



Purpose (**Why**): To support ninth-grade students in their personal development and academic success through targeted, engaging activities that foster self-awareness and growth.

Participants (**Who**): Approximately **half of the ninth-grade class** (~65 students), both boys and girls, selected by teachers based on interest and potential benefit.

Types of Activities (**What**): Personality assessments; Workshops on self-discovery and identity; Additional enrichment activities (TBD)

Program Period (**When**): October 2025 – February 2026

Facet Activities (**How**)***:

FACET	Program
Services to Youth (STY)	Personality Assessments & Identity Exploration
Health & Human Services (HHS)	“Mind Matters: Building Mental Resilience”
National Trends & Services (NTS)	Community Solutions Lab: Exploring Real-World Challenges Through a Social Responsibility Lens
The Arts	Art and Sound Therapy to Support Self-care
International Trends & Services	Keys to the World – Unlocking Doors of Global Opportunities

Facet Membership:

The Links Incorporated Detroit Chapter
2025-2026 Facets*

FACET	The Arts	Health and Human Services	International Trends and Services	Services to Youth	National Trends & Services
Chair	Crystal Wilson	Christina Clark	Gail Perry-Mason	Angel Austin Rose Moten/Alecia Ashford-Taylor	Sherri Pierce
Co-Chair(s)	Kimberly Gill	Marlo Johnson Roebuck	Jeanne Wardford		Linda Parker
MEMBERS:	Roberta Archer Cori Lynn Wofford Katrina Turnbow Marion Tiffany Gunther Jenice Mitchell-Ford Carla Burney Jones Markisha Williams	Portia Roberson Charmaine Johnson Lauren Sanders Jennifer Fuller Denise Fair Razo Shanna Johnson	Shauna Ryder Diggs Marcia Holland Turner Sandra Bulger Deborah Ford Denise Lewis Aida Owens Denise Brooks-Williams	Melanie Harris Kea Norrell-Aitch Shirley Mobley Woods Alison Vaughn Casey Willis Abner	Allison Martin Judy McNeely Beverly Green Lesley Farrow Kim Trent Lynn Marine-Adams Anika Goss
* does not include on-leave members					

The **Overview of Program Committee**: Under local and national bylaws, the Program Committee:

- is made up of facet chairs and co-chairs
- is responsible for implementing chapter and national programs



Although the Program Committee is responsible for implementing chapter and national programming, and the facets are responsible for implementing facet programming/activities, the Programs are chapter programs. **All Links are encouraged and expected to participate and support all facet and chapter programming.** Per the chapter bylaws active members “Must participate in Chapter activities and programs designed to implement the national programs of The Links, Incorporated.” **Link Members receive 3 service hours for attendance at other facet activities.**

Program Committee Activities (National, Area and local initiatives): The committee recommended that we participate with other chapters in the execution of the **Black Family Wellness Expo, March 21, 2026**, as our national initiative program. The committee also discussed the “Links Day at the Capital” as an additional area initiative which could be supported. A chapter member has volunteered to serve as the Detroit chapter lead. Because this is a Links only event (no community involvement), we need further information (what is required of the chapter/resources required, people, funding, etc.) and what the activity format will be (in person vs. zoom), before we would commit.

Program Calendar: Facet activities and chapter programs will be included on the chapter calendar posted on the website in addition to announcements during the chapter meeting and reminder emails.

Alumna Member Participation and Support: According to the chapter bylaws, Alumna members have all the rights and privileges of The Links, Incorporated except voting, holding chairmanships of committees and holding office. Alumna members should be invited to facet and chapter programming, and, at the discretion of the committee/facet, planning meetings.

Chapter Meeting Report Out: Upcoming facet activities and chapter programs will be announced during chapter meetings to facilitate chapter-wide participation.



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Health and Human Services
November 2025 Facet Program Summary

Title: Mind Matters: Building Mental Awareness

Facet: Health & Human Services

Date & Time: Thursday, November 19, 2025, 9:30 – 11:00 am

Location: The School at Marygrove High School

Facet Leaders: Christina Clark (chair); Marlo Johnson Roebuck (co-chair)

Facet Members:

Jennifer Fuller

Charmaine Johnson

Beverly Norell-Aitch (absent)

Portia Roberson

Lauren Sanders

Denise Fair Razo

Attending Links: (3 service hours for attendance)

Roshunda Price

Kristi Stepp

Audience: 9th Grade Boys and Girls Students

Objectives:

- Educate students on understanding their emotions and normalizing mental health challenges.
- Offer students culturally relevant guidance on navigating stress, identity, friendships, and emotional wellness.
- Provide students with the tools and confidence to seek help when they need it.

Summary:

The Health & Human Services Facet conducted a warm, engaging and relatable activity in partnership with Dr. Dayne LePlatte, board-certified child, adolescent, and adult psychiatrist; Cathy Mott, emotional intelligence coach and creator of a mental health app for teens; and The School at Marygrove High School on Thursday, November 19, 2025, from 9:30 AM to 11:00 AM. The activity supported the 2025–2026 Umbrella Program, “Rise and Thrive – A LinkED Journey to Success.”

The Facet engaged 52 ninth-grade students who were selected by their teachers to participate in this meaningful session. The program was designed to help students identify and understand their emotions, normalize common feelings such as anxiety and stress, and learn strategies to manage their emotional well-being. Through interactive discussions, role-play, and demonstrations, students were provided tools for communication, self-awareness, and recognizing when to seek support.



Description:

Link Lauren began the program with a warm welcome to the student participants. Each student was asked to select a card reflecting the student’s current emotional state and several described how they were feeling during an opening icebreaker. Link Lauren then handed the program off to our first speaker, Dr. Dayna LePlatte, and facilitated continuing participation with the students and speakers.

Dr. LePlatte, an adult and child psychiatrist, guided students through the vast number emotions that humans experience. Her presentation focused on distinguishing between healthy and concerning emotional patterns. She explained what is considered “normal” in terms of mood fluctuations and highlighted warning signs that may indicate anxiety, stress or deeper issues. Dr. LePlatte offered students practical tools to manage stress by relying upon their five senses. Suggestions included, among others, drinking chamomile tea (for taste), wrapping self in a soft or fuzzy blanket (for touch), or lighting a lavender-scented candle (for smell). She then introduced techniques for calming the mind and body, by taking the students through breathing exercises.

Another key component of Dr. LePlatte’s session was the influence of peer groups on mood and behavior. She discussed how family and social circles can shape emotional responses, both positively and negatively.

Cathy Mott, an emotional intelligence coach and creator of a mental health app for teens, led the second half of the program. Her session emphasized the importance of emotional intelligence and helped students identify emotional triggers. Mott also emphasized the importance of knowing when and how to ask for help. She encouraged students to reach out to trusted adults, counselors, or mentors when emotions felt unmanageable.

To conclude, Mott provided a five-minute demonstration of her mental health app, showcasing features such as daily prompts and stress-management tools that students could integrate into their routines. Students were offered the opportunity to obtain access to the app, complimentary, if they desired.

Together, the two sessions offered a comprehensive approach to understanding emotions and developing resilience. The students completed evaluations before departing for their next class.

Evaluation Summary:

# of Questions	Criteria	Total Responses	Strongly	Agree %	Disagree %
			Agree %	Disagree %	Disagree %
1	Event was educationally inspiring	39	69%	31%	0%
2	Materials provided were helpful	36	69%	31%	0%
3	Length of event was sufficient	38	58%	42%	0%
4	Content was well organized	36	69%	31%	0%
5	Questions were encouraged	37	76%	22%	3%
6	Instructions were clear and understandable	39	74%	23%	3%
7	The event met my expectations	36	58%	42%	0%
8	The event exceeded my expectations	37	51%	38%	11%
9	Presenters and/or event was effective	33	58%	42%	0%
Total Evaluations Returned		40			