



Mayor's Commission on the Status of Women

Commissioners Meeting called to order at 4:32 PM

Jaynelle Pemberton, CHAIR - **Excused**
Patricia DeWitt, Commissioner - **Excused**
Ashlie Empleo, Commissioner
Shawna Grant, Commissioner
Demika Jackson, Commissioner - **Excused**
Tammy D. Taylor, Commissioner - **Excused**
Sheila Spivey, UNF – Ex-officio Member
Sytisha Claycomb, Women's Ctr – Ex-officio Member - **Excused**

Staff

Barbara Florio - Liaison
Sam Nester – MCSW Administrative Support

Guest Attendees

Freda Doxey, Licensed Mental Health Counselor - Owner, A Wise Company LLC - Counseling and Coaching Services

Approval of Minutes

No Quorum – No action taken

Public Comments

No public comments

Chair Report

Commissioner Grant, Vice Chair, served as Chair in Commissioner Pemberton's absence. Vice Chair Grant provided details regarding the JHCDC Board Retreat, which is scheduled for Saturday, August 7, 2021, from 10:00 am to 1:00 pm. Please prepare one or two topics regarding initiatives for the next year and submit a one-page PowerPoint with talking points to be used at the Retreat. An email will be sent with the agenda and meeting details.

Guest Speaker

Freda Doxey, Licensed Mental Health Counselor, and owner of A Wise Company LLC shared a presentation on Women Athletes and Mental Health explaining how mental health has always been present in athletes. She shared the Patient Health Questionnaire (PHQ-9) and a self-care activity sheet as resources to help individuals potentially dealing with mental health concerns. This presentation is incorporated into these minutes. Mrs. Doxey serves on the Executive Team Volunteer Chaplaincy program for the Women's National Basketball Association (WNBA) where she provides spiritual directions for volunteer chaplains serving the WNBA.

Commissioner Spivey asked what type of program and services Mrs. Doxey provides to collegiate athletes.

Mrs. Doxey explained she provides counseling, one-on-one meetings with the athletes. She helps them prepare psychologically for the games.

Commissioner Spivey asked if she has done any group work with teams.

Mrs. Doxey explained she as worked with Florida State University and Oglethorpe University in Atlanta, GA. She used to work at UNF in the counseling department.

Commissioner Spivey inquired as to what is the youngest age of her clients.

Mrs. Spivey indicated age 13 is the youngest she works with.

Committee Reports

- Governance – The Governance Committee did not meet.
- Advocacy and Education – Commissioner Demika was not in attendance and there was no report provided.
- Communications – Vice Chair Grant met with Commissioner Empleo. Commissioner Empleo provided an overview on the progress of updating the directory. The review of the previous directory is complete. She is now working to create the new list to include the 18 to 20 additional organizations that were generated via the Google link.

Board Liaison Florio asked if she received the mailing list we have?

Commissioner Empleo responded she does not have the list.

Board Liaison Florio stated that we would send her the list.

Commissioner Empleo asked when the next Mayor's report is due.

Board Liaison Florio responded it is due in December with work beginning it in October.

Commissioner Empleo indicated the goal is to have the directory complete prior to the Mayor's report deadline. The target completion date is September.

Vice Chair Grant added the goal for Communications Committee is to continuously share the social media link and updating the site. They also discussed the Mayor's report.

- Events – Commissioner Demika was not in attendance and there was no report provided.

New Business

None

Unfinished Business

Board Liaison Florio shared that Shawna has been working with Kenny Logsdan to begin the process of updating the MCSW COJ website.

Meeting adjourned at 5:15 PM

CERTIFICATION

RECORDED AND TRANSCRIBED BY:

Signature on File
Sam Nester
MCSW Staff Support

SUBMITTED BY:

Signature on File
Barbara Florio
MCSW Board Liaison

APPROVED BY:

Signature on File
Ashlie Empleo, Secretary

COPY TO: Filed for public access

WOMEN ATHLETES AND MENTAL HEALTH

FREDA DOXEY MPA, LMHC

"HEAD COACH"



NCAA ELEMENTARY HIGH SCHOOL PROFESSIONAL

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904-337-9898



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WOMEN ATHLETES AND MENTAL HEAtH

FREDA DOXEY MPA, LMHC
TRANSFORMATION COACH

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Patient Health Questionnaire (PHQ-9)

Patient Name: _____

Date: _____

	Not at all	Several days	More than half the days	Nearly every day
1. Over the <i>last 2 weeks</i> , how often have you been bothered by any of the following problems?				
a. Little interest or pleasure in doing things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Feeling down, depressed, or hopeless	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Trouble falling/staying asleep, sleeping too much	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Feeling tired or having little energy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Poor appetite or overeating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Feeling bad about yourself or that you are a failure or have let yourself or your family down	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. Trouble concentrating on things, such as reading the newspaper or watching television.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. Moving or speaking so slowly that other people could have noticed. Or the opposite; being so fidgety or restless that you have been moving around a lot more than usual.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i. Thoughts that you would be better off dead or of hurting yourself in some way.	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
2. If you checked off any problem on this questionnaire so far, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?				
	Not difficult at all	Somewhat difficult	Very difficult	Extremely difficult

PHQ-9* Questionnaire for Depression Scoring and Interpretation Guide For

physician use only

Scoring:

Count the number (#) of boxes checked in a column. Multiply that number by the value indicated below, then add the subtotal to produce a total score. The possible range is 0-27. Use the table below to interpret the PHQ-9 score.

Not at all (#) x 0 = _____
Several days (#) x 1 = _____
More than half the days (#) x 2 = Nearly
every day (#) x 3 = _____

Total score: _____

Interpreting PHQ-9 Scores		Score	Actions Based on PH9 Score Action
Minimal depression	0-4	< 4	The score suggests the patient may not need depression treatment
Mild depression	5-9		
Moderate depression	10-14	> 5 - 14	Physician uses clinical judgment about treatment, based on patient's duration of symptoms and functional impairment
Moderately severe depression	15-19		
Severe depression	20-27	> 15	Warrants treatment for depression, using antidepressant, psychotherapy and/or a combination of treatment.

* PHQ-9 is described in more detail at the McArthur Institute on Depression & Primary Care website
www.depression-primarycare.org/clinicians/toolkits/materials/forms/phq9/

THE BIG LIST OF SELF-CARE ACTIVITIES

Check the ones you are willing to do, and then add any activities that you can think of:

- Talk to a friend on the telephone
- Go out and visit a friend
- Invite a friend to come to your home
- Text message your friends
- Organize a party
- Exercise
- Lift weights
- Do yoga, tai chi, or Pilates, or take classes to learn
- Stretch your muscles
- Eat your favorite ice cream
- Go for a walk in a park or someplace else that's peaceful
- Go get a haircut
- Sleep or take a nap
- Go outside and watch the clouds
- Go jog
- Ride your bike
- Go for a swim
- Go hiking
- Do something exciting like surfing, rock climbing, skiing, skydiving, motorcycle riding, or kayaking, or go learn how to do one of these things
- Go to your local playground and join a game being played or watch a game
- Buy something on the internet
- Go play something you can do by yourself if no one else is around, like basketball, bowling, handball, miniature golf, billiards, or hitting a tennis ball against the wall
- Get out of your house, even if you just sit outside
- Plan a trip to somewhere you've never been before
- Go to a spa
- Go to a library
- Go to a bookstore and read
- Go to your favorite cafe for coffee or tea
- Visit a museum or local art gallery
- Go to the mall or the park and watch other people; try to imagine what they're thinking
- Pray or meditate
- Go to your church, synagogue, temple, or other place of worship
- Join a group
- Write a letter to your higher power
- Cook your favorite dish or meal
- Cook a recipe that you've never tried before
- Take a cooking class
- Go out for something to eat
- Go outside and play with your pet
- Go borrow a friend's dog and take it to the park
- Give your pet a bath
- Go outside and watch the birds and other animals
- Find something funny to do, like reading the Sunday comics
- Visit fun Web sites and keep a list of them
- Watch a funny movie (start collecting funny movies to watch when you're feeling overwhelmed)
- Go to the movies
- Watch television
- Listen to the radio
- Go to a sporting event, like a baseball game
- Play a game with a friend
- Play solitaire
- Play video games
- Go online to chat
- Visit your favorite Web sites
- Go shopping
- Do a puzzle with a lot of pieces
- Sell something you don't want on the internet
- Create your own Web site
- Join an internet dating site
- Buy something on the internet
- Get a massage
- Go for a drive in your car or go for a ride on public transportation
- Eat chocolate (it's good for you!) or eat something else you really like
- Sign up for a class that excites you at a local college, adult school or online
- Read your favorite book, magazine or newspaper
- Read a trashy celebrity magazine
- Write a letter to a friend or family member
- Write things you like about yourself on paper
- Write a poem, story, movie or play
- Write in your journal
- Write a loving letter to yourself when you're feeling good and keep it with you to read when you're feeling upset

Adapted from *The Dialectical Behavior Therapy Skills Workbook*. McKay et al. 2007, p. 15.

- Call a family member you haven't spoken to in a long time
- Learn a new language
- Sing or learn how to sing
- Play a musical instrument or learn how to play one
- Write a song
- Listen to some upbeat, happy music (start making a collection to play when you're feeling upset)
- Turn on some loud music and dance
- Memorize lines from your favorite movie, play or song
- Make a movie or video
- **Take** photographs
- Join a public-speaking group and write a speech
- Participate in a local theatre group
- Sing in a local choir
- Plant a garden
- Work outside
- Knit, crochet, or sew-learn how to
- Make a scrapbook with pictures
- Paint your nails
- Trim
- Change your hair color
- **Take a** bubble bath or shower
- Work on your car, truck, motorcycle or bicycle

- **Make a** list of ten things you're good at or like about yourself and keep it with you to read when you're feeling upset
- Draw a picture
- Paint a picture with a brush or your fingers
- Make a list of the people you admire and describe what it is you like about them
- Write a story about the craziest or funniest thing that has ever happened to you
- **Make a** list of ten things you would like to do before you die
- Write a letter to someone who has made your life better and tell them why (you don't have to send the letter if you don't want to)
- Create your own list of self-care activities

Other **ideas**:

Adapted from *The Dialectical Behavior Therapy Skills Workbook*. McKay et al. 2007, p. 15.