



TAKE AWAYS FROM

Mental Health Monday

RESOURCES

Care for Creatives | CCSCFoggyBottom@gwu.edu

Care for Creatives provides pay-what-you-can mental health support to any creative who needs it. Email CCSCFoggyBottom@gwu.edu to be matched with a clinical intern for support. All services are confidential and provided via tele-health. *Care for Creatives* is made possible through a partnership between the DC Creative Affairs Office (CAO) and The George Washington University Community Counseling Service Center (CCSC).

The DC Department of Behavioral Health | dbh.dc.gov

The DC Department of Behavioral Health provides prevention, intervention and treatment services and support for children, youth and adults with mental and/or substance use disorders including emergency psychiatric care and community-based outpatient and residential services.

Inclusive Therapists | inclusivetherapists.com

Inclusive Therapists offers a safer, simpler way to find a culturally responsive, social justice-oriented therapist. They center the needs of marginalized populations, including Black, Indigenous, and People of Color, the LGBTQ+ community, neurodivergent folx, and people with disabilities.

HOW TO APPROACH SELF CARE

- Self-care is an important part of mental health hygiene. It is about being able to know yourself and know what you need on a day to day basis.
- Divide your self care into different categories. Develop a physical self-care plan, and an emotional self-care plan.
- Be intentional about taking time to attend to your feelings.

"Just because someone is a therapist, doesn't mean they're the right therapist for you." - Dr. Mary DeRaedt, PhD, LPC

"You don't have to seek mental health treatment only when you're in crisis. That's the same as using the ER for basic medical physical health."

- Lanada Williams, NCC, LCC, LCPC

PANELIST INFO

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Lanada Williams, NCC, LCC, LCPC

Alliance Family Solutions
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TAKE AWAYS FROM

District of Creativity: Here to Help

RESOURCES

Department of Consumer and Regulatory Affairs (DCRA) | dcra.dc.gov

Small Business Resource Center (SBRC) | business.dc.gov/sbrc

DCRA's SBRC is your one-stop shop to start and/or grow your business. Provides concierge-like service when registering a company, applying for or renewing a business license, applying for a Certificate of Occupancy or Home Occupancy Permit. SBRC also works with partners to offer one-on-one assistance to develop business plans.

DC Commission on the Arts and Humanities (CAH) Mailing List | dcarts.dc.gov/page/cah-mailing-list

Sign up and find out about all upcoming grant opportunities, deadlines, trainings, resources, and more!

Department of Employment Services (DOES) | dcnetworks.org does.dc.gov

DOES connects District residents, job seekers, and employers to opportunities and resources that empower fair, safe, effective working communities. File for unemployment, find a job and learn what you need to know about the DC job market.

CALLS TO ACTION

Commission on the Arts and Humanities (CAH)

- Sign up for the CAH email list. See above.
- Reach out to Jeffrey Scott even if you just have an idea and want to know if it would fit an existing grant or if you have a question.
- Participate as a grant panelist to see the process from the other side.

Department of Consumer and Regulatory Affairs (DCRA)

- Reach out to the SBRC, see above. Ask questions, attend a workshop to discover what you need to know to start or grow your business.

Department of Employment Services (DOES)

- Apply for Unemployment Insurance or the Pandemic Unemployment Assistance if you need it and/or haven't already applied.

Email covid19.ui@dc.gov for support with your claim.

"When in doubt, reach out and ask questions, your government is here to help!"

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TAKE AWAYS FROM

Best Practices for Taking Your Business Online

CONSIDERATIONS WHEN CREATING YOUR VIRTUAL EVENT

Identify Your Audience/Community

A virtual event makes it possible for people to attend from all over the world. Consider how you can expand audience growth when developing your theme, content and marketing strategy.

Develop Content

Content produced for virtual events can be archived in a "content library" to be accessible to after the event is finished. Content libraries can also be repurposed in marketing campaigns.

Approach Potential Sponsors + Community Partners

Approach sponsors who are attempting to reach the same audience you are. Virtual event registration can mean greater access to attendee data, providing more bang for a sponsor's buck, so to speak.

Choose an Event Platform

Do your research, ask questions and read reviews before committing to a platform.

Promote Your Event

Create a comprehensive marketing strategy. Create a Facebook event, share teaser videos on Instagram and YouTube.

Practice, Practice, Practice

Before you launch your event, take some time to test everything to make sure it works. Try your video feeds and audio.

"Best practices all go back to creating and maintaining authentically good relationships." - Kimberley Bush, The DC Center

CHECK OUT THESE RESOURCES

Music

- Dolby On | dolby.com
- Pro Tools | avid.com
- Stage It | stageit.com

Visual Art

- Artnet | artnet.com
- Artsee | artseeapp.com
-

Film

- Vimeo On Demand | vimeo.tv
- Eventive | eventive.org

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Kimberley Bush

The DC Center
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TAKE AWAYS FROM

Using the Power of Negotiation

RESOURCES

Washington Area Lawyers for the Arts (WALA) |

waladc.org

Since 1983, Washington Area Lawyers for the Arts has supported artistic expression and creative innovation by serving the legal needs of the Washington DC, Virginia and Maryland arts and cultural communities. A 501(c)(3) not-for-profit organization, WALA provides access to education, advocacy, and legal services through workshops and seminars, legal clinics, and pro bono legal referral services.

"When negotiating, always remember the three P's; perception, preparation/planning, and persuasion." - Professor Sandra Sellers

PANELIST INFO

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PERCEPTION

- Acknowledge there is a conflict. Make sure you know the issue at hand. Identify what is important to you and what is important to the other side.
- It is vital to be able to put yourself in their shoes.

PREPERATION/PLANNING

- Your preparation and planning is the most important part of the negotiation.
- Get specific about your interests, what you want, and the rationale behind it. Ask yourself if what you want is reasonable. Can you back it up.
- Do the research. Find the data, information, or examples that can help you make the case for what you want.
- Get creative and brainstorm different solutions. Ask for support and advice from experts. Come up with options for how you can reach your goals and for what you are willing to settle.

PERSUASION

- Tell a good story! Storytelling is powerful. Set the stage, explain why it matters and your rationale behind why you are asking for what you want.
- Listen with open ears, and ask questions. Reflect what they are saying back to them. Listen for anything they say that can support your position.
- Think creatively and deploy your research and planning to meet your goal.



TAKE AWAYS FROM

Pivot to Inspiration: Creating in the Times of Crisis

RESOURCES

DC Creative Affairs Office | entertainment.dc.gov

The Creative Affairs Office (CAO) showcases and preserves the District of Columbia's rich creative communities throughout all 8 Wards. CAO builds sustainability in the creative community through policy, programming, and education which further expands the pathway to the middle class for the creative workforce.

gener8tor | gener8tor.com

gener8tor's turnkey platform for the creative economy connects startup founders, musicians, artists, investors, universities and corporations. The gener8tor platform includes pre-accelerators, accelerators, corporate programming, conferences and fellowships.

Garibay Center | thegaribaycenter.com

The Garibay Center is the first and only executive development center that matches best in-class corporate and academic institutions with elite artists to deliver breakthrough models that inspire and sustain creativity, purpose, and wellness.

"It's about adaptability, resilience, an openness to change, staying dynamic, and being fluid with learning." - Fernando Garibay

FERNANDO'S BOOK CLUB

Extreme Ownership: How NAVY S.E.A.L.S. Lead and Win by Jocko Willink and Leif Baben.

The Power of Habit: Why We Do What We Do in Life and Business by Charles Duhigg

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"Our role as artists is a responsibility. To be an artist is an important part of positive change."

- Dana Flor

Art has always been a form of communication, you have something to say and you want other people to see it or to hear it, it's a way of reaching out." - Dana Flor