



# Dr. Sherrá White

[www.sisterwells.org](http://www.sisterwells.org)

[Sisterwells17@gmail.com](mailto:Sisterwells17@gmail.com)



*"Words can't express my gratitude & appreciation for all you do spiritually and physically! Your professionalism and timeliness couldn't have been better. I had an interview and didn't realize you had updated my resume, and I had everything that I needed. I was offered the job. Thank you so much for your expertise and prayers."*

*Sharon, Early Childhood Director*



**twitter**

[@DrSherraWhite](https://twitter.com/DrSherraWhite)



**LinkedIn**

[@sherramcmillanwhitephd](https://www.linkedin.com/in/sherramcmillanwhitephd)



**facebook**

[@SisterWell](https://www.facebook.com/SisterWell)

## Bio

Sherrá is an accomplished and integrity-driven licensed healthcare administrator with over 10 years of diverse expertise in health education, prevention, behavioral health, substance abuse, and program development and management. Experience in the hospital, ambulatory and community settings. Strong ability to establish rapport, trust and maintain solid relationships with stakeholders inclusive of organizational, local, state and federal agencies. Has developed and executed initiatives to improve productivity, patient experience and effectiveness with a focus on integrated patient care.

## Speaking Topics

### Addiction/Counseling

- "Eight Dimensions of Wellness for Success Building"
- "The Intersection of Lupus, Chronic Pain Management & Substance Abuse"
- "The Elephant in the Room: Abuse & Addiction in the Legal Profession"
- The Intersection of Race, Culture, Chronic diseases and Chronic pain.

### Health & Wellness

- Sexual Assault Survivor and Advocate
- "8 Dimensions of Wellness - How "WELL" Are You? Being"
- "The Intersection of HIV/AIDS Health Outcomes and the LGBTQIA Populations"
- "Smoking Cessation Prevention & Treatment"
- "Fight, Flight, Freeze: Regulating Emotions in the Legal Workplace"
- "The Struggle: Substance Abuse, Stress & Wellness"

### Leadership

- "Cultural Competency & Microaggressions: The New Cultural Competency"
- "Racial Disparities in Mental Health"
- "Surviving and Thriving: Women, Leadership and Self-Preservation."
- "Mentoring within the Counseling Field"
- "Creating and Sustaining Internships for Counseling Students"
- "Creating integrated behavioral health and substance abuse services within ambulatory care settings."



### Offerings

1 hour workshop

Keynote address

Half day seminar

Full day seminar

1 hour Workshop/Training

Panel/Roundtable Discussion