

## No Longer Locked Away: Amplifying the Voices, Visibility, and Legacy of Individuals with Mental Illness

On December 3, 2020, from 1:00 pm - 3:30 pm, The Western Pennsylvania Disability History and Action Consortium, in association with advocates in the mental/behavioral health community, will host a virtual event to discuss the dark history of institutionalization and the struggle for community and alternative support. Self-advocates with lived experience will elevate the discussion on a variety of topics, including language, stigma, advocacy, access, discrimination, representation, and visibility. More about our speakers can be found below.

### Keynote Speaker:

**Darby Penney** is a long-time activist in the human rights movement for people with psychiatric labels. She has also worked as a policy maker, writer, trainer, and researcher on mental health issues for 35 years. With Peter Stastny, MD, she researched and wrote *The Lives They Left Behind: Suitcases from a State Hospital Attic*.

### Facilitator:

**Dr. Rachel Kallem Whitman** is an educator, advocate, and writer who has been "shacking up" with bipolar disorder since 2000. Dr. Whitman is an adjunct professor who teaches courses on unpacking ableism. Her speeches, interviews, and writing have garnered acclaim in her hometown of Pittsburgh, Pennsylvania, as well as from national and international audiences. Dr. Whitman's mission and passion is to create a safe community that empowers individuals to look beyond their illnesses and find themselves. For more of her work, check out her [website](#).

### Panelists:

**Ta'lor L. Pinkston** created The Heart Advocate effort to help individuals choose self-love as a coping skill for mental health and healing (including non-binary and transgender individuals). The Heart Advocate provides individual virtual self-love therapy, group workshops, and presentations across Pittsburgh about the importance of self-love in mental health. Pinkston also works as the "Moving Beyond Depression" therapist at Pittsburgh's Healthy Start, Inc., where she provides cognitive behavioral therapy to prenatal and postpartum mothers. Pinkston manages a virtual self-help group called Healing Over Everything (HOE); it is a safe space and community for healing. Find The Heart Advocate on social media to learn how to defy inner bullies, build self-worth, be body positive, and cope with mental health and healing with self-love.

**Jason McKoy** is a geek, graphic artist, and casual gamer who also happens to live with major depressive disorder and wild anxiety. While dealing with his demons, he runs the image consultancy aptly named McKoy Creative. A lot of his work is with organizations that advocate for marginalized communities.

**Cori Frazer** is a multiply disabled, nonbinary licensed social worker (LSW) and activist. Having worked in progressive organizing since they were a teen, Frazer spent the last decade working to help build strong and vibrant queer and disabled communities. Co-founder of the Pittsburgh Center for Autistic Advocacy (PCAA), Frazer's work reflects their deep belief in interdependence and liberatory praxis. Under Frazer's leadership and practice of innovative models of community support and mutual aid, PCAA has served hundreds of disabled adults in Western and Central Pennsylvania.

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**VIRTUAL EVENT • DECEMBER 3 • REGISTER TO ATTEND**

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**Disability**  
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