



**MEDIA CONTACT:** Wendy Wicks, UCare  
[wwicks@ucare.org](mailto:wwicks@ucare.org)  
612-306-3698

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***MENTAL HEALTH BARBER TRAINING, INTERVIEW AND PHOTO OP***

**UCare and Kente Circle partner to bring America’s First Mental Health Barbershop Movement to Minnesota**

***Confess Project trainers teach barbers and hair stylists to build a culture of mental health for young men of color, boys and their families***

**WHAT:** Two-hour, free virtual mental health training with Darnell Rice, Lorenzo Lewis and Mimi Nelson of The Confess Project presenting principles of advocacy, peer support and recommended mental health resources for clients. The first 100 barbers and hair stylists receive a \$100 stipend. Sponsored by [UCare](#) and [Kente Circle](#).

Post-training interview opportunity with mental health professionals.

**WHY:** Events in the past year amounted to a perfect mental health storm – especially in the Black/African American community. In response, leaders at UCare and Kente Circle sought to help heal the pain of our members and their communities at this inflexion point. The Confess Project – America’s First Mental Health Barbershop Movement – offered a step in the right direction, empowering frontline heroes and sheroes in our local communities to support their clients’ mental health and substance use disorder needs.

The barbershop or hair salon is often a safe place for clients to discuss their concerns and needs. Armed with the Confess Project training, barbers and stylists will be able to say: “I am more than a pair of clippers. I am improving my community through the barber chair one client at a time.”

**WHERE:** Register at <https://www.theconfessproject.com/ucare> (webex meeting)

**WHEN:** **Monday, June 14, 2 - 4 pm**

**About UCare**

UCare ([www.ucare.org](http://www.ucare.org)) is an independent, nonprofit health plan providing health care and administrative services to more than 550,000 members in Minnesota and western Wisconsin.

UCare partners with health care providers, counties and community organizations to create and deliver innovative Medicare and Medicaid programs, and plans for Minnesotans shopping on MNSure.

### **About Kente Circle**

[Kente Circle, LLC \(Kente\)](#) is a mental health agency specializing in providing individual, couples, family, and group therapy to clientele living in Minneapolis, MN and its surrounding communities. Kente was founded by Larry G. Tucker, LMFT, and J. Phillip Rosier, LMFT, in 2004. It is currently led by Tucker and a clinically diverse staff with professional training in marriage and family therapy, psychology and social work. Their culturally and ethnically diverse staff have over 80 years' combined experience working in social services.

### **About Confess Project**

[The Confess Project](#) is a leading voice in mental health advocacy committed to changing the narrative of mental health for young men of color and their families. The organization received the American Psychiatric Association Foundation award “Pioneer for Advancing Minority Mental Health” award in 2019. Their team of public health experts, therapists, and education professionals is continually innovating programs to respond to community needs. They train barbers to become mental health advocates around the country, and also work with city governments, universities, and organizations to highlight how mental health intersects with police brutality, LGBTQ+ issues, gender inequality and more.

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