

COMMUNITY

Marietta Historic Site & Museum Presents: Women and Children on the Underground Railroad

By STACEY HAWKINS
Marietta Historic Site & Museum

Want to know more about the women and children who used the Underground Railroad? Then this is the program for you! Please join us on **Thursday, November 5**, 6:30–8 p.m., as historian and founder of UGR3DAY Underground Railroad Experiences, Dionne Patterson, presents “Women and Children on the Underground Railroad.” *This presentation is online using Microsoft TEAMS.*

Ms. Patterson has written several children’s books about the Underground Railroad. She has published multiple articles about the resilience, survival, and ingenuity of many Underground Railroad “travelers” who sought freedom from enslavement.

Ages 12 & up. \$5/person. Registration required. To register online, please go to www.pgparksdirect.com and use ticket code: MHM-SPEC-GA-20261105.

For more information, please call 301-464-5291 or email marietta-house@pgparks.com. Marietta Historic Site & Museum is located at 5626 Bell Station Road, Glenn Dale, MD, and is a property of the Maryland-National Capital Park and Planning Commission.

Meeting from A1

The project will transform how passengers access MARC trains by adding two new low-level platforms, one on each side of the station, making it easier for passengers of all abilities to board and exit trains. The existing at-grade pedestrian crossing will also be removed, creating a safer station environment by eliminating the need for pedestrians to cross active train tracks.

The project will also include improved signal and communications to help riders navigate the station, benches and shading, bicycle storage

facilities, environmentally sensitive lighting, nature-based stormwater infrastructure and tree plantings.

For more information, visit <https://www.mta.maryland.gov/college-park-marc>

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The Maryland Transit Administration is one of the largest multi-modal transit systems in the United States, and operates local and commuter buses, Light Rail, Metro Subway, MARC Train Service and a comprehensive Mobility paratransit system. To learn more, visit mta.maryland.gov, check us out on Facebook or YouTube and follow us on Twitter/X and Bluesky Social.

Holistic Homes, Inc. Launches Mental Health App Pilot on World Mental Health Day in Honor of the Late Camille Holman

“Healing Beyond the Clinic” community forum, in partnership with NAMI Prince George’s County, connected technology, supportive housing, holistic wellness, and community-based mental health resources.

By PRESS OFFICER
Holistic Homes, Inc.

PRINCE GEORGE’S COUNTY, Md. (Oct. 9, 2026)—Holistic Homes, Inc. marked World Mental Health Day with the pilot program launch of “Himmer,” an innovative AI-powered mental health app designed to expand access to personalized wellness routines and connect individuals to coaching support beyond traditional clinic services. Recruitment for the pilot kicked-off at “Healing Beyond the Clinic,” a World Mental Health Day community forum presented by Holistic Homes, Inc., in partnership with the National Alliance on Mental Illness (NAMI) Prince George’s County on Saturday, Oct. 10, 2026.

According to the Substance Abuse and Mental Health Services Administration (SAMHSA), the Centers for Disease Control (CDC), and the National Institute of Mental Health (NIMH), “More than 1 in 5 adults in the United States experience mental illness each year.” In addition, more than 1 in 20 adults experience serious mental illness each year. NAMI (National Alliance on Mental Illness) estimates that African Americans are more likely to experience disparities in mental health treatment than the general population. In September, NAMI issued an advocacy Medicaid Action Alert to protest proposed changes to Medicaid, which minority populations with mental



PHOTO COURTESY HOLISTIC HOMES, INC.
The late Camille Holman, 39-Year-old daughter of Ms. Lisa Bass Cooper, Founder of Holistic Homes, Inc.

health conditions use extensively. The proposed changes have the potential to worsen mental health care parity for the population.

“We founded Holistic Homes in 2023 because housing stability and holistic mental health recovery are connected,” said Lisa Bass Cooper, who spent two years developing the Himmer app’s features for mental health support. “Adults living with mental health conditions need more than a place to live or treatment in isolation. They need safe, supportive housing and holistic wellness plans from practitioners in our community that address the whole person.”

For Cooper, that mission is also

deeply personal. Her late daughter helped inspire the vision centered on humanitarian values of dignity, creativity, wellness, and care that reaches beyond a diagnosis. Cooper often summarizes the philosophy behind that work in one sentence: “Mental health challenges are what you have; they are not who you are.”

The free community forum brought together mental health advocates, professionals, families, and people with lived experience for an open conversation about what recovery can require beyond medication management and talk therapy, including supportive housing, accessible wellness resources, community support, and person-centered integrative care.

“Our Himmer app was created from lived experience and an understanding of the barriers that prevent many people from receiving adequate mental health support. Disparities in housing, transportation, technology, affordability, and culturally responsive care continue to leave too many people without the help they need. This tool makes wellness resources more accessible and connects individuals with support beyond the clinic,” said Cooper.

Truist Foundation supported the development of Himmer with funding granted to Holistic Homes in 2024 to support the development of its AI-pow-

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HEALTH *and* WELLNESS

Infinity Mental Health Marks World Mental Health Day by Recommitting to Patient-First Care Across Maryland and Washington, DC

Founded in 2019 by a DC-born clinical social worker, the Upper Marlboro practice has grown from a single practitioner to a team of nine therapists with in-house psychiatric prescribers

By PRESS OFFICER
Infinity Mental Health, LLC

UPPER MARLBORO, Md. (Oct. 10, 2026)—On World Mental Health Day, Infinity Mental Health is renewing a simple promise to the Maryland and Washington, DC communities it serves: every phone call answered, every email returned, and a provider who is prepared for every appointment. Founded by Angela White, LCSW-C, LICSW, the practice now offers therapy, psychiatric evaluation and medication management, school-based services and community mental health education.

From Forensic Evaluations to Patient-First Care

White, who was born in Washington, DC and raised in Montgomery and Prince George’s counties, founded Infinity Mental Health in 2019 while working as a clinical social worker in the District. The organization began as an assessment center providing forensic mental health evaluations for civil, criminal and immigration cases. Along the way, White heard the same feedback again and again: people could not find quality, professional mental health providers. Infinity responded by pivoting to outpatient mental health treatment.

White’s goal was to guarantee that at least one practice in the metropolitan area would make patient care the foundation of everything it does.

“I have heard horror stories from patients about their therapist cooking dinner during virtual appointments, or a therapist ghosting them and no longer responding,” White said. “At Infinity

Mental Health, we are founded on the patient experience. Everyone will have their phone calls answered, their emails responded to, and a provider who is prepared for them.”

That commitment extends to access. White has fought to keep the practice in-network with all major insurance plans, and Infinity employs a team of Patient Navigators who help patients, at no cost, resolve the non-clinical obstacles that keep them from starting or staying in care.

Growing to Meet the Community’s Needs

Today Infinity Mental Health is a team of nine therapists, including licensed social workers and professional counselors. They provide individual, family and couples therapy and in-office care for children as young as 5 and their parents. Clinical specialties include depression, anxiety, PTSD and trauma, mood disorders, co-occurring disorders and family conflict.

In 2024, the practice added in-house psychiatric prescribing after too many patients struggled to reach a psychiatrist for intakes and refill appointments. Experienced, board-certified Psychiatric Mental Health Nurse Practitioners now see patients virtually, with in-office prescribing visits coming soon.

Infinity has grown from a single practitioner into an organization trusted by public and private partners:

- **Government contracts:** a school-based mental health with the Howard County Public School System, where Infinity reports a 96% school-year patient retention rate.

- **Community partnerships:** the Prince George’s County Family Justice Center, where Infinity provides trauma therapy for survivors of abuse and human trafficking, and Family Works Together warmline management.
- **Chronic Illness:** designed for patients and caregivers navigating life altering diagnosis, treatments, and adjustments. Addressing the nuances of the population
- **Maternal Mental Health:** responding to the mental health crisis of postpartum depression and anxiety.
- **Corporate wellness:** workshops for employees and supervisors on burnout, compassion fatigue and stress management.

“We Serve Where We Do Business”

That phrase guides how Infinity Mental Health shows up locally: its team takes part in local mental health initiatives and community events, with reducing stigma as a central goal. The need is real. More than 1 million Maryland adults live with a mental illness (NAMI, 2025), and 1,082,305 Marylanders live in a community without enough mental health professionals (NAMI Maryland). Nationally, 39.7% of high school students reported persistent sadness or hopelessness in the CDC’s 2023 Youth Risk Behavior Survey.

“Starting a business with a mission focus has not been easy. The political climate, insurance regulations and social factors are always changing,” White said. “But we remain committed to the care of Maryland and DC residents, and

we will keep expanding to meet our community’s needs.”

Infinity Mental Health is a certified Minority, Disadvantaged and Small Business Enterprise (MBE/DBE/SBE).

Mental Health Education as Prevention

Infinity Mental Health treats education as a core part of care, not an add-on. The practice delivers evidence-informed workshops for schools, congregations, nonprofits and employers on topics such as recognizing anxiety and depression, trauma-informed support, stress management, and burnout and compassion fatigue for employees and supervisors.

The research supports this approach. A 2018 meta-analysis in PLOS ONE found that structured mental health training improved participants’ ability to recognize mental disorders and increased the help they offered others, with effects lasting up to six months. The need is especially urgent at work: the American Psychological Association’s 2024 Work in America Survey found that 67% of U.S. workers reported at least one outcome tied to burnout in the past month, and 39% worried that disclosing a mental health condition would hurt them at work.

“Education is how we reach people before a crisis,” White said. “When a teacher can spot the signs of depression, or a supervisor knows how to talk about burnout, someone gets help weeks or months sooner. That is the kind of impact we want to have in every community we serve.”

Get Involved

Schools, congregations, community organizations and employers interested in hosting a mental health workshop, and individuals or families seeking care, can contact Infinity Mental Health at 240-667-2524 (Maryland) or 202-843-7622 (Washington, DC).

If you or someone you know is in crisis, call or text 988, the Suicide & Crisis Lifeline.

Founded in 2019 by Angela White, LCSW-C, LICSW, Infinity Mental Health is a licensed group practice headquartered at 9701 Apollo Drive, Suite 491, Upper Marlboro, Maryland, serving patients across Maryland and Washington, DC. Its team of nine therapists and board-certified Psychiatric Mental Health Nurse Practitioners provides individual, family and couples therapy, psychiatric evaluation and medication management, school-based services, corporate wellness programs and community mental health education. The practice is in-network with all major insurance plans and offers free Patient Navigator support. Its promise: Feel Your Best with Expert, Personalized Mental Health Care.

Sources

- NAMI, Medicaid & Mental Health in Maryland fact sheet (2025)
- NAMI Maryland, Mental Health in Maryland fact sheet
- CDC, Mental Health and Suicide Risk Among High School Students, YRBS 2023
- Morgan, Ross & Reavley, Systematic review and meta-analysis of Mental Health First Aid training, PLOS ONE (2018)
- APA, 2024 Work in America Survey

Black Children at Risk for Severe Form of Asthma, New Research Suggests

By PRESS OFFICER
UVA Health

CHARLOTTESVILLE, Va. (Oct. 15, 2026)—New UVA Health Children’s asthma research could improve care for children—especially Black children—with severe symptoms that require targeted treatment.

A team of UVA asthma experts found that Black race and ethnicity was the single strongest risk factor for developing harmful inflammation responsible for “T2-high asthma.” Children with this type of asthma tend to suffer from frequent asthma attacks and often have difficult-to-manage symptoms.

The new findings could help identify children with the condition and get them tailored treatments sooner. The results also support testing children with severe, difficult-to-treat asthma—regardless of their race—for high levels of T2 inflammation, UVA experts say.

Harmful Asthma Inflammation

Black children are much more likely to die of asthma than white children, and they are known to suffer T2 inflammation at higher rates. But doctors have struggled to determine if race drives this disparity, or if there are other factors, such as environmental pollution or family income, that could be contributing.

This prompted the UVA researchers to investigate the factors that influence T2 inflammation. They looked at more than 450 children with either T2-high asthma and T2-low asthma. These children came from a broad geographic area of Virginia that includes both rural and urban areas, helping the researchers assess how much of a role environment might play.

The scientists determined that race was the No. 1 predictor of high levels of T2 inflammation. Based on their subsequent analysis, the researchers say they are confident

that race and ethnicity are contributing to a child’s chances of developing T2-high asthma.

The research team also looked at the development of T2-high asthma over time and found interesting correlations with age. By preschool, more than a third had developed T2-high asthma, climbing to more than half by kindergarten.

This has important implications for the care doctors provide children with difficult-to-treat asthma, the UVA experts say. First, they recommend that physicians consider Black children at elevated risk for T2-high asthma. Second, they suggest blood and allergen testing for any child with asthma symptoms that are difficult to manage.

By understanding if T2 inflammation is driving asthma, doctors will be better positioned to tailor treatments to improve outcomes and help children live happy, healthy lives.

Virtual Live Webinar Forests in Focus: The Science of Tick Readiness in Maryland

Wednesday, November 4, 2026, Noon–1 p.m.

By PRESS OFFICER
University of Maryland Extension

If you want to learn more about tick-borne illnesses and how to stay safe in the woods this upcoming webinar is for you!

The Forestry Extension Program at the University of Maryland is excited to host a lunchtime webinar with Dr. Robyn Nadolny, Biologist and Vector-Borne Disease expert with Defense Centers for Public Health at Aberdeen Proving Ground. Dr. Nadolny will discuss the current research and trends on tick-borne illnesses in Maryland, highlight her center’s tick testing program for Military beneficiaries (MilTICK), and provide tips on how to stay safe out in the woods.

This webinar is free, but **registration is required**. Access this URL to register: <https://go.umd.edu/TickTalk2026>.

Please reach out to Daniel Pratson (dpratson@umd.edu) with any questions or reasonable requests for accommodations.

University programs, activities, and facilities are available to all without regard to race, color, sex, gender identity or expression, sexual orientation, marital status, age, national origin, political affiliation, physical or mental disability, religion, protected veteran status, genetic information, personal appearance, or any other legally protected class.

App Pilot from A3

ered mental health app. The funding helped advance the organization’s goal of providing personalized guidance and support to people navigating mental health conditions.

“Access to mental health support should extend beyond a clinical setting and meet people where they are,” said Bernita Bailey, Truist market president. “Aligned with Truist’s purpose to inspire and build better lives and communities, Truist Foundation is proud to support the development of Himmer and Holistic Homes’s work to connect more people in Prince George’s County with personalized tools and community-based support that can help them build healthier, more stable lives.”

World Mental Health Day: From Awareness To Action

World Mental Health Day was first observed on Oct. 10, 1992, as an initiative of the World Federation for Mental Health. The observance was created to advance mental health advocacy and educate the public about mental health issues. Today, the World Health Organization describes its objective as raising awareness of mental health issues worldwide and mobilizing efforts in support of mental health.

“NAMI Prince George’s County is proud to stand alongside Holistic Homes because

mental wellness cannot end at the clinic door. Housing stability, community support, and lived experience are just as vital to recovery as clinical care. This forum reflects our shared commitment to educating individuals and families by connecting them to real resources. Together, we are making an impact where healing extends into every part of a person’s life,” said Ms. Pamela R. Browne, executive director of NAMI Prince George’s County.

The forum’s panel speakers featured Wanda Fisher, interim co-chair of the Prince George’s County Continuum of Care (CoC) Board; Diana N’Diaye, parent with lived experience; and LaToya Tinsley, mental health counselor intern at My Empowering Impact Mental Health and Wellness Clinic.

Panelists brought professional, community, and lived-experience perspectives to a discussion about mental health recovery, supportive housing, wellness, and the resources individuals and families need to thrive. The program also featured a demonstration of the Himmer App, mental health support resources, and opportunities for community engagement.

Thanks to Truist Foundation and The Wawa Foundation for their support.

Founded in 2023, Holistic Homes, Inc. is a 501(c)(3) charitable organization dedicated to enriching the lives of adults living with

mental health conditions through supportive housing and holistic wellness therapies. The organization is on a mission to transform supportive housing through innovative mind-body wellness programs and person-centered resources that recognize the relationship among housing stability, mental wellness, and recovery. HolisticHomesForUs.org

NAMI Prince George’s County *is a nonprofit 501(c)(3) affiliate of the National Alliance on Mental Illness. The organization works to build better lives for individuals and families living with mental illness through support, education, and advocacy, while promoting awareness, access to care, employment opportunities, affordable housing, and community partnerships. NAMIPGC.org*

Truist Foundation *is committed to Truist Financial Corporation’s (NYSE: TFC) purpose to inspire and build better lives and communities. The Foundation, an endowed private foundation established in 2020 whose operating budget is independent of Truist Financial Corporation, makes strategic investments in a wide variety of nonprofit organizations centered around two focus areas: building career pathways to economic mobility and strengthening small businesses to ensure all communities have an opportunity to thrive. Embodying these focus areas are the Foundation’s leading initiatives—the Inspire Awards and Where It Starts. Learn more at Truistfoundation.org.*

The Prince George’s Post

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Contents © 2026, The Prince George’s Post

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Prince George’s County, Md. Member National Newspaper Publishers Association, and the Maryland, Delaware, District of Columbia Press Association.
The Prince George’s Post (ISSN 10532226) is published every Thursday by the New Prince George’s Post Inc., 15209 Marlboro Pike, Suite 209, Upper Marlboro, Md. 20772-3151.
Subscription rate: 25 cents per single copy; \$15 per year; \$7.50 senior citizens and students; out of county add \$1; out of state add \$2.
Periodical postage paid at Southern Md. 20790.
Postmaster, send address changes to Prince George’s Post, P.O. Box 1001, Upper Marlboro, Md. 20773.