

Kay Matthews

LCHW, MMHA

CONTACT

Direct: (832) 870-1994
Email: info@bcbtx.org
Address: 1222 Imperial Bend Dr
Houston, Texas 77073
www.shadesofblueproject.org

Affiliations

Black Mamas Matter Alliance
National Birth Equity Collaborative
2020 Mom
MoMMa's Voices
Mortality & Morbidity
Taskforce
ACE Coalition
Texas Collaborative for Healthy
Mother's & Babies

CAREER OVERVIEW

Kay is the Founder and Executive Director of BabyCakes & Brunch and Shades of Blue Project which was started after experiencing maternal mental health complications after childbirth. Kay has been a local community advocate in Houston for over 20 years and BabyCakes & Brunch has been recognized by the Mayor and was given their own day in the City. As a very active community advocate Kay feels that helping others to reach their own goals is the best benefit of helping women she encounters. Kay is now actively teaching and speaking to women of all ages to help them better understand how important it is to help themselves before during and after childbirth. Helping them to realize that they are able to continue to live their dreams and still make life great against all odds. This is the most important aspect of the work I do within the communities and it's the motivation that I use daily to continue to educate communities worldwide.

PROFESSIONAL PROFILE

- Motivated, well-disciplined individual
- Finds joy in helping women heal
- Knowledgeable in Communication Relations
- Knowledgeable In MMH Policy & Advocacy
- Team player and Solution Oriented

EXPERIENCE

FOUNDER

BabyCakes & Brunch September 2013 - Present

- Personally handles client and customer connections
- Handles internal operations to improve the quality of service
- Community Event Coordinator and Community Liaison

FOUNDER

Shades of Blue Project, December 2016 - Present

- Conduct Community MMH Education Groups
- Maternal Mental Health Advocate Policy Changes
- Assist in problem solving and brainstorming solutions to existing worldwide concerns
- International Speaker & Best Seller Author
- National Community Event Coordinator
- National Blogger and Contributor ie.HuffPost, Womens Health, LinkedIn Business Health
- Creator of Black Maternal Mental Health Week
- Organizer of the Black Maternal & Mental Health Summit

EDUCATION

NORTH HARRIS COMMUNITY COLLEGE

A.D. Early Childhood Development
Graduated in 2002

LICENSES

Licensed Community Health Worker