



April 3, 2025

Testimony for the Montgomery County Council

Presented by Kimberly L. Fogg

Founder & Chief Mindfulness Officer

Global Sustainable Partnerships (GSP) / VIBE CHECKUP: The Power of Checking In

Good morning, President Stewart and Members of the County Council,

I want to begin by offering my heartfelt thanks for your ongoing support of the Black Physicians and Healthcare Network (BPHN). Your investment in this groundbreaking, community-led initiative—(BPHN)—has empowered a trusted coalition of healthcare providers, educators, and grassroots partners to meet residents where they are. BPHN is more than a network; it's a movement for health equity, delivering culturally responsive care, breaking generational cycles of stigma, and transforming how Montgomery County supports the mental, emotional, and physical well-being of its most vulnerable communities—especially our youth.”

As one of BPHN’s Education and Community Outreach Partners, I’ve had the honor of witnessing firsthand the profound impact BPHN has had over the past five years—particularly in underserved communities. BPHN has become a trusted and respected voice in our county, known for building deep relationships and driving real change, especially among our youth.

Through our partnership, our program—VIBE CHECKUP: The Power of Checking In—has been able to reach teens across four MCPS schools, and the results have been nothing short of transformational.

Because of BPHN’s unwavering support and vision, our youth are now engaging in open, honest conversations about their mental health. They are learning life-saving emotional coping skills, building resilience, and perhaps most importantly—they are beginning to feel heard, seen, and supported.

We’ve received powerful testimonies from students, parents, principals, teachers, and even members of the MCPS Board of Education, all echoing the same message:

*“We are seeing our students thrive in ways we haven’t before.”*

These aren't just words—they're real outcomes. Students who once suffered in silence are now speaking up, leaning on each other, and, when needed, being connected to BPHN's mental health providers, resources that have made a lasting difference in their lives.

Because of BPHN's leadership and investment in outreach, we are helping to shift the culture in our schools—from silence and stigma to one of safety, support, and strength. And that's something every student, every family, and every educator deserves.

With your continued investment in BPHN, we can expand this life-line for more youth and families across Montgomery County. Together, we can ensure that every student—not just some—has access to the tools, resources, and community-based support they need to thrive emotionally, mentally, and academically.

Thank you for believing in the power of prevention, early intervention, and trusted community partnerships. Together, we are building a brighter, stronger, and healthier Montgomery County—for today's youth and for generations to come.

*Kimberly*

Kimberly L. Fogg

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When We Partner Miracles Happen