# Resolution Honoring
## Ms. Qiana M. Davis

**WHEREAS**     Qiana M. Davis is an author, mental wellness champion, speaker, and podcast host with the gift of gab and the power to heal. Experiencing her grandmother's and mothers tragic deaths inspired her to help others heal and find their purpose in grief, loss, and trauma. Ms. Davis channeled her pain into the pages of her first book, a grief journal called *I Remember Her*, a healing tool for readers mourning a significant female figure in their lives in 2020. Two years later, she founded Emprove U as a wellness platform that focuses on how the intersection between mental, emotional, physical, and financial health affects overall well-being; and

**WHEREAS**     It was at the height of the pandemic that Ms. Davis first noticed how certain underrepresented groups struggled most with their mental health yet lacked the focus and available resources afforded to other disparaged groups. It is because of these findings that Emprove U focuses primarily on three hubs: men, youth and entrepreneurs; and

**WHEREAS**     Through Emprove U, Ms. Davis kicked off the Men-Too Mental Health series, a roundtable for men's mental health issues in August 2022. The quarterly series pulls together men from different disciplines, age groups, educational levels and walks of life to discuss specific stressors and other affecting men's mental health today like stigma, incarceration and racism. The second installment of the series touched on how media influence and negative stereotypes affects men's mental health. The impact and need for the Men-Too Mental Health series has been unanimous as more support continues to pour in.

## NOW THEREFORE BE IT RESOLVED

That the Detroit Board of Police Commissioners, speaking on behalf of the citizens of the great City of Detroit, recognizes and honors Ms. Davis' contributions and commitment to raising awareness on mental health and wellness. Her display of unwavering community spirit has improved the quality of life for the citizens of Detroit.

We thank and congratulate you.