

N'ZINGA KHALID

BOARD MEMBER



N'Zinga Khalid is the Prevention Services Manager for Community Access to Recovery Services (CARS). She oversees substance use prevention, suicide prevention, and mental health wellness promotion services for the Milwaukee County Behavioral Health Division. N'Zinga holds a Bachelor of Arts degree in Sociology from Marquette University and a Master of Arts degree in Education from Alverno College. She is a certified trainer in SBIRT, Trauma Informed Care, Motivational interviewing, Mental Health First Aid, and Question Persuade Refer (QPR).

N'Zinga is a trusted community liaison, strategic planner, trainer, and organizer with 25 years of progressive experience in the fields of social work, education, and the mental health care industry. N'Zinga is a two time BizTimes as a Health Care Hero Community Services Award winner. Inspired to find creative ways to maintain mental health wellness, N'Zinga founded Mind, Body, & Soul Dancers, Inc. in 2010. MBSD, Inc. is a non-profit organization that uses line dancing as a tool to decrease depression and aggression in youth and adults.

Nzinga has received countless proclamations from the County Executive, Mayor of Milwaukee, and Milwaukee Common Council for the various campaigns she leads; such as Light Unite Red, Creating Healthy Homes, & Be Well Milwaukee.



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