Meet the Panelists

Karah Palmer, M.Ed.
Karah Palmer is deeply invested in the mental and emotional health of families and communities. She started her career in education as a pre-school teacher and believes that knowledge is power! Karah is a Research Coordinator at the National Center for School Mental Health at the University of Maryland, School of Medicine. She has also facilitated health services and equity research at Johns Hopkins Medicine. She earned her M.Ed. in Community Development from Vanderbilt University, Peabody College, and is primarily concerned with understanding how to address community trauma.

Meghan Malik
Meghan Malik is the Director of Marketing and Community Engagement for the Denver Smith Foundation by empowering, educating and collaborating with people and projects to positively impact historically marginalized communities. She recently launched the organization’s #cre8change initiative designed to bring together a collective of liberated designers, artisans, craftsmen and creative geniuses who believe in using creative expression to uplift communities who have faced injustice and the movements support them.

By day, Meghan is a Senior Creative Strategist for an events company, specializing in corporate events and brand activation. She has managed some incredible and groundbreaking projects, including the dedication events surrounding the opening of the Martin Luther King, Jr. Memorial, the opening of the Smithsonian National Museum of African American History and Culture, the inaugural Obama Foundation Summit, the Biden Cancer Summit and the ACLU100 National Tour.