

BIO: DR. LIA A. KNOX

Dr. Lia A. Knox is the Founder & CEO of Knox Behavioral Health Solutions (KBHS) and Co-Founder of the non-profit Black Space Inc.

Dr. Knox received her Doctorate in Counseling Psychology from Auburn University in Auburn, Alabama. She received her master's degree in Counseling Education from Concordia University in Mequon, Wisconsin, and her bachelor's degree in Psychology from Jackson State University in Jackson, Mississippi.

Dr. Knox is a Mental Wellness Expert specializing in Cultural Competency and Organizational Health. She provides culturally relevant consultation, trainings, workshops, forums, and coaching for community, corporate, local, state, and government organizations.

Dr. Knox is a highly skilled licensed professional counselor with more than 25 years of experience providing quality mental health care to underserved and under-resourced populations throughout the United States and abroad.

Dr. Knox is a dynamic and charismatic public speaker who has been featured on The Today Show with Carson Daley, TMJ4 News, VOA News, PBS with Black Nouveau, Spectrum News One, Shepherd Express, Healthy Start Community Journal, Urban Milwaukee, WUWM-National Public News and various other media outlets. She is the author of "The Use of Media by African American Women to Acquire Mental Health Knowledge" and has been a featured author in "Special Education Practices: Personal Narratives of African American Scholars, Educators and Related Professionals," The Journal of Contemporary Issues in Education & Research, The Hawaii Journal of Medicine & Public Health, Black Women 50+ Health & Lifestyles Magazine, Jet Magazine, GIRLFRIENDS Health Guide for Women of Color and UMOJA Magazine.

Dr. Knox currently resides in Milwaukee, Wisconsin. She serves on several professional boards and committees, including chairwoman of the African American Chamber of Commerce of Wisconsin (AACCW), board member of Volunteers of America-WI. & MN. (VOA) and member of the American Heart Association Diversity & Inclusion Impact Committee, Milwaukee, WI.