

# 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 informed consultation, education, trainings, workshops, forums, and coaching for media entities, community, corporate, local, state, and other 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, named among 2023 Women of Influence by the Milwaukee Business Journal, is a dynamic and charismatic public speaker who has been featured on The Today Show with Carson Daley, VOA News, TMJ4 News, The Morning Blend News Show, FOX 6 News, PBS with Black Nouveau and Spectrum News One.

Dr. Knox has also been featured as a Mental Wellness Expert in "Black Women 50+ Magazine", Shepherd Express, Healthy Start Community Journal, Urban Milwaukee, WUWM-National Public News, "The Cassandra McShepard Midday Radio Talk Show" 1290 AM, "The Morning Grind with Promise" Hot 105.7 FM, "The Riggs & Alley Morning Show" 103.7 KISS-FM, "The Man Show with Keyon Jackson-Malone" 860 AM Radio, and various other media outlets.

**Fun Fact:** Dr. Knox loves to dance! She recently learned the art of "Chicago Stepping" and won 1<sup>st</sup> place in the "Stepping with The Stars" competition, a magnificent charitable event where all proceeds are donated to The Edison McCants Comfort Fund to assist those living with cancer and the angels who care for them.