**Biography**

Gary T. Taylor, affectionately known as Trey, is a resident of Caroline County, Virginia where he resides with his beautiful wife who is a teacher, Shauniece Taylor, amazing daughter, Aniah Taylor and son Gary T. Taylor, Jr. Trey holds a Bachelor's Degree in Psychology from Virginia Commonwealth University (2011) and Master’s Degree in Social Work from George Mason University (2015). He is Licensed Clinical Social Worker (2020) and Clinical Supervisor (2021) with over several years experience in the field of Social Work and twelve years experience in the field of Mental Health in a variety of different settings. Gary, is also a Assistant Professor in the Social Work Department where he teaches Master’s level students at Virginia State University.

He is the Owner of Uphold 31:8, a private practice and consulting agency providing therapy to Black Men and Women in the state of Virginia. He also provides speaking and facilitation workshops to businesses, communities and universities around topics of mental wellness, DEI, racial equity and social justice initiatives.

He is a three time published author and public speaker, writing “You Good Fam? (2017), “Mental Health Keys” (2017) and Refresh: The Journey To Find Peace (October, 2022). Honing in topics such as dealing with Grief and Loss, Self-Esteem, Self-Worth, Well-Being, Faith and Mental Wellness.

He serves in leadership as a Deacon and Leader of the Young Adult Ministry at Oxford Mt. Zion Baptist Church in Ruther Glen, Virginia.

Trey’s passion for change continues to fuel new, innovative and creative ideas such as his podcast “The G.Taylor Show” to educate, reduce barriers and stigma around Mental Health and Social Work.

When he is not trying to save the world, he enjoys watching basketball, collecting sneakers, working on his car and spending time with his family.