

# Dr. Arelia Johnson

SCHOLAR-PRACTITIONER · STRATEGIST · AUTHOR



*Houston-rooted scholar-practitioner and the inaugural Chief Officer of Human and Civil Rights for Harris County.*

## Biography

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Dr. Arelia Johnson (Dr. J) is a Houston-rooted scholar-practitioner, speaker, and author, and the inaugural Chief Officer of Human and Civil Rights for Harris County. She holds a Ph.D. in Sociology and Criminology from Howard University and created the frameworks Distributive Justice and Joy Is Strategy™. Her book, Hijacking Equity & The Fight for Justice, arrives September 2026.

## Fast Facts

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- Inaugural Chief Officer of Human and Civil Rights, Harris County
  - Ph.D. in Sociology and Criminology, Howard University
  - Founder, Arelia Johnson LLC and Joy Is Strategy™
  - Creator of the Distributive Justice and Joy Is Strategy™ frameworks
  - Author, Hijacking Equity & The Fight for Justice (September 2026)
  - Lead Strategist and Co-Principal Investigator, Harris County Youth Advisory Council (launching Fall 2026)
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## THE STORY

# One Woman, Two Worlds

Before she was Dr. Arelia Johnson, before she became the inaugural Chief Officer of Human and Civil Rights for Harris County, she was a Houston girl living between two worlds. One side of her family knew faith, sanctified and sure. The other knew addiction, incarceration, and violence at home. She grew up the golden child, the one everyone agreed would make it out.

What carried her was music, her first love language and her refuge. It placed her, without her knowing it, in the hands of some of Houston's finest musicians, including the internationally known jazz great Conrad Johnson. She was not adjacent to greatness. She was being molded by it.

Married at 18 and pregnant at 19, she lost two full scholarships. Then a 2004 commercial for Texas Southern University set her on a new path, one that led her to drive across the country to Howard University with three thousand dollars and her children, to earn a Ph.D. in Sociology and Criminology, and to make history in Harris County government. Her book, *Hijacking Equity & The Fight for Justice* (September 2026), grows directly out of those two worlds, alongside her Joy Is Strategy™ platform and its message that joy is not a reward but a human right.

*“People hear the title and forget there is a person who earned it. My story is where my power is. I am one woman, born between two worlds, and I learned to make something useful out of the collision.”*

**DR. ARELIA JOHNSON**

## THE BOOK

### *Hijacking Equity & The Fight for Justice*

*A Practical Guide to Language, Liberation, and Leadership in a Time of Fear*

A book about the words we use, the systems they shape, and how leaders hold their ground when the ground keeps moving. It grows directly out of the two worlds that made her.

**RELEASING SEPTEMBER 2026**