

**HELP**

**HOPE**

**HEALTH**

**HEALING**

**LIMESTONE COMMUNITY HIGH SCHOOL**  
**MINDFUL WAYS**  
**TO WELLNESS**

**THURSDAY, APRIL 27, 2017**

**6:30 – 8:00 PM**

**BARTONVILLE, LCHS AUDITORIUM**

**KEYNOTE SPEAKER**

**Kay Blankenship, LCPC**

**Behavioral Health Clinical Counselor**

**Hult Center for Health Living**

**6:30 – 6:55 PM**

**BREAKOUT SESSIONS**

**7:00 – 8:00 PM – Classrooms, Business Hall**

**CHOOSE TWO FROM LIST BELOW FOR A 30 MIN SESSION.**

**Being Mindful Matters!**

**Dr. Nancy Sherman, M.A. in Counseling Program**

**Luanne Buhs, School Counseling Intern**

**Bradley University**

**Caring for Depressed Loved Ones**

**Tegan Camden, MA, LCPC, Vice-President of Behavioral Health**

**Children's Home Association of Illinois**

**Risk Vs. Reward: Substance Use in Teens**

**Brittany Ott, MS, CADC, Corporate Services Clinician**

**Illinois Institute for Addiction Recovery, Unity Point Health**

**The Bachelor and the Bachelorette:**

**Dating Do's and Don'ts**

**Sara Leverton and Brianna Allen, Prevention Educators**

**Center for Prevention of Abuse**

**FREE**  
**COMMUNITY**  
**EVENT**

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# LIMESTONE COMMUNITY HIGH SCHOOL

**KEYNOTE SPEAKER: Kay Blankenship, LCPC**  
**Behavioral Health Clinical Counselor, Hult Center for Health Living**  
**6:30 – 6:50 PM**

Kay Blankenship is a licensed clinical professional counselor. She has worked in the field of mental health and has taught in higher education for over twenty years. Kay has an extensive background in youth mental health and helped design and implement a community wide suicide prevention screening program for schools in Wisconsin. She is certified as a QPR (suicide prevention) gatekeeper trainer and also services as a suicide prevention consultant for schools and communities. Kay is currently the behavioral health clinical counselor for the Hult Center for Healthy Living's Youth Mental Health Matters educational program.

## BREAKOUT SESSIONS

**7:15 – 8:00 PM, Classrooms, Business Hall**  
**CHOOSE TWO FROM LIST BELOW FOR 30 MIN SESSION.**

### **Being Mindful Matters!**

**Dr. Nancy Sherman, Professor, M.A. in Counseling Program, Bradley University**

Participants will learn about the health and mental health benefits of practicing mindfulness. A brief mindfulness activity will be experienced that can be practiced any time.

### **Caring for Depressed Loved Ones**

**Tegan Camden, MA, LCPC, Vice-President of Behavioral Health  
Children's Home Association of Illinois**

This breakout session will teach participants effective strategies for helping loved ones who are suffering from depression. Participants will learn about how mental illness can impact relationships and tips for communicating effectively. This breakout session will also focus on the importance of self-care as a caregiver.

### **Risk Vs. Reward: Substance Use in Teens**

**Brittany Ott, MS, CADC, Corporate Services Clinician**

**Illinois Institute for Addiction Recovery, Unity Point Health**

Understand the culture of teen substance use. Objectives: 1. Discuss motivating factors of teen use today 2. Examine trends in current use 3. Review prevention steps.

### **The Bachelor and the Bachelorette: Dating Do's and Don'ts**

**Sara Leverton and Brianna Allen, Prevention Educators**

**Center for Prevention of Abuse**

1 in 3 high school students have been or will be involved in an abusive relationship. In this session, participants will learn the healthy vs. unhealthy characteristics of dating relationships in order to prevent themselves from becoming a victim.