

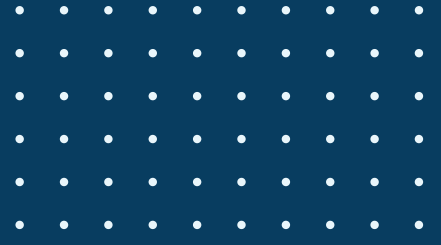
2024 ANNUAL KENTUCKY CONSUMER CONFERENCE

May 24, 2024



Special Guest Speaker
ellen healion
**Alliance for Rights
& Recovery**





Recovery is Real!



Welcome

2024 KYSTARS Consumer Conference: Growing Stronger, Growing Together

The 2024 KYSTARS Consumer Conference is the largest gathering of consumers and Peer Support Specialists (APSS, YPSS, FPSS) in Kentucky and it promises to be a landmark gathering aimed at fostering growth, learning, and networking among individuals dedicated to behavioral health and peer support. This year's conference, themed "Growing Stronger, Growing Together," is poised to offer a comprehensive and enriching experience for attendees.

A Key Highlight

One of the standout features of the 2024 KYSTARS Consumer Conference is its robust lineup of sessions designed to help all Kentucky Peer Support Specialists earn their required continuing education credit hours. In an effort to support the professional development of peer support specialists, we are offering a series of workshops that not only meet but exceed the educational requirements mandated by the state. It is also where any Peer Support Specialist can get all six of their required annual hours of required continuing education for the year.

A Diverse Array of Workshops and Sessions

The conference agenda includes a diverse array of topics that cater to the varied needs and interests of APSSs. From advanced peer support techniques and trauma-informed care to ethics in peer support and self-care strategies, the sessions are designed to equip attendees with the knowledge and skills necessary to excel in their roles. We are very excited to be offering a national speaker, Ellen Healion from New York who will be introducing the very exciting Peer Bridger model to our state.

Other sessions include:

- Advanced Peer Support Techniques: Exploring innovative approaches to enhance peer support services.
- Trauma-Informed Care: Understanding the principles of trauma-informed care and its application in peer support.
- Ethics in Peer Support: Delving into the ethical considerations and best practices for APSSs.
- Self-Care Strategies for Peer Support Specialists: Learning effective self-care methods to prevent burnout and maintain well-being.

Networking and Community Building

Please take advantage of this rare opportunity to network with peers and Peer Support Specialists from all regions of the state. The 2024 KYSTARS Consumer Conference serves as a vital platform for networking and community building. Attendees will have the chance to connect with fellow APSSs, share experiences, and build supportive professional relationships.

Visit our Vendors

An exhibition hall will host a variety of organizations, service providers, and vendors who will showcase their programs and offer resources. This presents an excellent opportunity for attendees to explore new programs, gather information, and make valuable connections with individuals from around Kentucky.

If you need support...

If you have any questions during the day, there will be troubleshooters available to assist you at the registration table by the Convention Center entrance. Just Ask.

**We want your conference experience
to be educational and fun!**

1. Have fun!
2. Meet new people!
3. Share ideas!
4. Practice Self-Care!

WHAT
DO YOU
NEED TO
KNOW



During your free time, please visit our wonderful vendors:



LFUCG Health Department
 LFUCG Human Rights Commission
 Eastern State Hospital
 360° Mental Health
 Mental Health America Kentucky
 Participation Station
 NAMI Lexington
 New Beginnings Bluegrass
 Bridgehaven CPE
 Lexington Pride Center
 Humana
 A.S.K. Consulting

Community Action Council
 Employment Solutions
 Isaiah House
 UK Med HIV/Narcan
 UK College of Nursing
 Community and Resident Services
 Trauma Informed Counseling (TICC)
 Aging With Grace
 New Vista
 United Way
 Seven Counties
 PsychMind Counseling
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*Proud Supporters of the
 KYSTARS Consumer Conference
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Supporting Recovery for Everyone!

Morning Workshops

8:30-9:20am

- **Assisted Outpatient Treatment (Tim's Law): Understanding the Basics** - David Susman, PhD (DBHDID)* In 2017, the General Assembly passed Kentucky's first Assisted Outpatient Treatment (AOT) statute. Tim's Law, named for Tim Morton, a Lexington man with schizophrenia who was unable to acknowledge his own diagnosis and illness. This workshop will provide valuable information on AOT and how it can be a recovery tool for some people.
- **Peers in Harm Reduction: QRT, Methadone, and Professional Development** - Amy Colvin (New Vista) This section will be focused on Quick Response Teams, peer work in an Opioid Treatment Program, and the story of how one peer was able to achieve recovery, perform peer support services in multiple avenues, and eventually rise into leadership.
- **Leadership Skills for the Peer Specialist** - Amber Collins (DBHDID) The future is bright in our state for Peer Support Specialist and you may want to advance your career in a Peer Leadership direction. Amber will focus on developing leadership skills that will help you on the career ladder.
- **Hope in Recovery Hope... What does that look like?** - Ashley Wells & Amy Hinton (LifeSkills) - In this workshop you will learn about the What is Hope and the science and power behind it. Participants will be encouraged to not only see but hear, feel and smell their future with hope.

9:30-10:20am

- **Motivational Interviewing: Changing the Conversation** - Amy Hinton (LifeSkills) This workshop will provide an overview of IPS (Individual Placement and Support) Supported Employment the power of work and how it is so much more than "just a job".
- **Overview of KRBH "Better Together" Program** - Brittany Barrett (KRCC) - Learn about KRBH's innovative Consumer Operated Service Program that unites peers from all over their region to support each other virtually and in person.
- **Trauma** - Kelly Gunning (NAMI Lexington) Join Kelly in this lively workshop exploring the impact of trauma on an individual's mental health. Learn the importance of finding out NOT "what's wrong with you?" BUT "What happened to you?" Trauma awareness is key for a PSS.

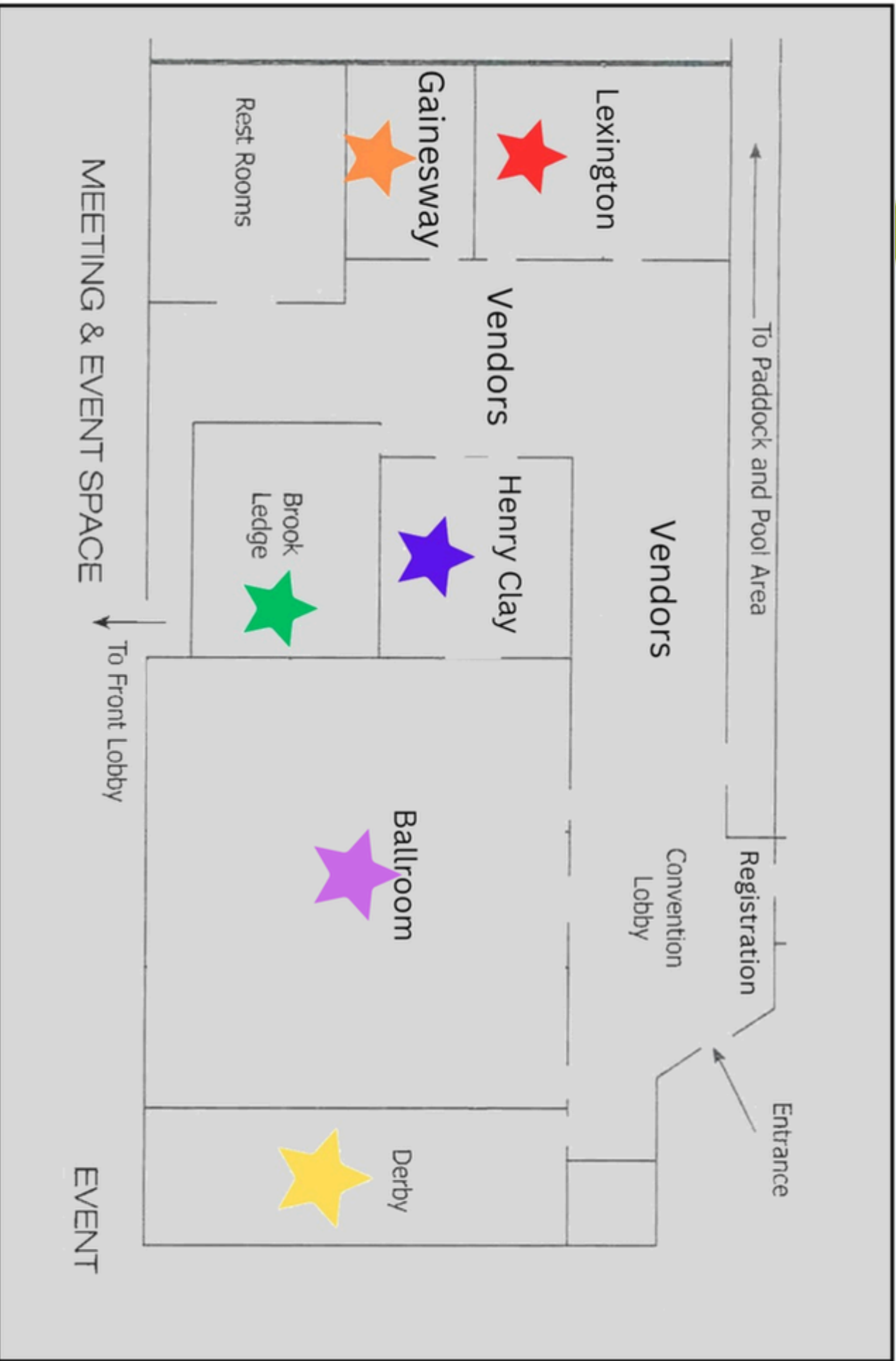
9:30-11:20am

- **Ethics and Boundaries in Peer Support (2hrs) *-** Ellen Helion (The Alliance for Rights and Recovery) This workshop will be a facilitated discussion of ethical principles and practical problem solving for some common dilemmas related to peer support services. The learning objectives for this training are to: Understand what dual relationships are & why they can be harmful. Understand confidentiality issues in peer support and HIPAA. Clarify different types of boundaries. Understand how violations are harmful & how to recognize boundary violation patterns. Develop a framework for making better ethical decisions at work.

10:30-11:20 am

- **Warmlines and Their Relationship to 988** - Marcie Timmerman (MHAKY) learn about state-wide efforts to develop non-crisis Warmlines to assist our wonderful 988 Crisis Lines. Many individuals with Behavioral Health issues often just need "someone to talk to" rather than a crisis response.
- **Adulthood 101** - Jesse Dillow (TAYLRD) & Stephanie Sikes-Jones (TAYLRD) Ever heard of adulthood? If not, you are not alone! Adulthood is one of the most culturally prevalent yet silent forms of oppression in our society. This workshop provides a brief look at adulthood as a form of oppression for transition age youth, the role it plays in mental health and healthy development, and how to actively fight against adulthood when you see it.
- **Supporting Families Through Peer Support** - Barbara Greene FPSS (KPFC) - This workshop will look at the common needs of families raising their children with Behavioral challenges and strategies to meet those needs. We will also look at current trends in Family Peer Support.

Convention Center Area



Workshop Schedule

	DERBY (HYBRID) (100 MAX)	MAN-O-WAR	HENRY CLAY (40 MAX)	BROOK LEDGE (50 MAX)	LEXINGTON (60 MAX) REC	GAINESWAY (30 MAX)
8:30 to 9:20	Assisted Outpatient Treatment (Tim's Law): Understanding the Basics - David Susman (DBHDID)		Peers in Harm Reduction: QRT, Methadone, and Professional Development Amy Colvin (New Vista)	Leadership Skills for the Peer Specialist Amber Collins (DBHDID)	Hope in Recovery - Ashley Well & Amy Hinton (LifeSkills)	WRAP Seminar II Graduation
9:30 to 10:20	Ethics and Boundaries in Peer Support (2hrs) - Ellen Healion (The Alliance for Rights and Recovery)		Motivational Interviewing - Amy Hinton (LifeSkills)	Overview Better Together - Brittany Barrett (KRCC)	How Trauma Impacts the Brain - Kelly Gunning (NAMI Lexington)	
10:30 to 11:20		Closed	Supporting Families through Peer Support - Barbara Greene, FPSS (KRFCC)	Warmlines and the Relationship to 988 - Marcie Timmerman (MHAKY)	Adultism 101 - Jesse Dillow & Stephanie Sikes-Jones (TAYLRD)	
1:30 to 2:20	DBT Skills - Kelly Gunning (NAMI Lexington)		IPS Supported Employment - A Label Does Not Define Me or Who I am Meant to Be! - Lori Norton (HDI)	COSP Outreach and Growth Amy Hinton (Life Skills)	Self-Care for the Peer Specialist - Beyond Wrap - Andrea Jones (Seven Counties)	Tips for Starting & Running a 12 Step Co-Occurring Meeting Jean Laiky (KYSTARS)
2:30 to 3:20	Working the "12 Steps" in Peer Support - Shelle Chelrs (Recovery Plus for Women)	Kenna's Creative Canvas Painting: My Old Ky "HOME" Door Hanger -	Peer Support in an Inpatient Setting - Frances Howard OTR/L Tamara McNabb APSS (ESH)	Starting a Schizophrenia Alliance Group Kevin Haggarty - (Participation Station)	Peer Bridger Model Overview - Ellen Healion (The Alliance for Rights and Recovery) 2hrs	Double Trouble in Recovery Meeting - Jean Laiky & Mary Hicks (KYSTARS)
3:30 to 4:20	CQBHC Overview Richard Addison (NorthKey)	Kenna Spears	Mental Health Court Panel - Bill Buckman and Team (NAMI Lexington)	COSP Leadership Meeting David Riggsby (KYSTARS)	Bridgethewen CPE Peer Check-In - Susan Turner & Debbie Homan (Bridgethewen)	

Afternoon Workshops

1:30-2:20pm

- **DBT Skills to Use-** Kelly Gunning (NAMI Lexington) Dialectical Behavior Therapy (DBT) is an evidence based approach to helping people who have a significant trauma history. Kelly will be sharing information on the skills that allow people with trauma history to learn more effective ways to deal with the world and the people they care about.
- **IPS Supported Employment-A Label Does Not Define Me or Who I am Meant to Be!** - Lori Norton (HDI) This workshop will provide an overview of IPS (Individual Placement and Support) Supported Employment the power of work and how it is so much more than “just a job”.
- **COSP Outreach and Growth: Lead with Purpose** - Amy Hinton (Life Skills) In this workshop you will learn characteristics that will help you lead with a purpose. You will learn skills that will help build leadership qualities in the work you do or plan on doing and along the way you may learn some things for your own personal growth.
- **Self-Care for the Peer Specialist – Beyond Wrap**, Andrea Jones APSS (Seven Counties) Andrea has had years of experiencing teaching individuals how to develop a WRAP plan for self care. In this workshop she will share other tips and skills for the Peer Specialist to care for themselves while supporting others.
- **Tips for Starting & Running a 12 Step Co-Occurring Meeting**, Jean Lafky (KYSTARS) Just as with AA and NA, anyone can start a 12 step group for individuals with Co-Occurring Mental Health and Substance Use Disorders. If you are interested in developing such a group in your area, this is the workshop for you!

2:30-4:40pm (note this is a 2 hour session)

- **An Introduction to the Peer Bridger Model** - Ellen Helion (Alliance for Rights & Recovery) Transitioning from inpatient services to outpatient treatment is both difficult and anxiety-inducing for many individuals with serious mental illnesses. While peer support has addressed this through a variety of means of support, the oldest and most reproduced program is known as the “peer bridger” model. It was first introduced in 1994 by the New York Association for Psychiatric Rehabilitation Services (NYAPRS) to provide support for individuals with long or repeated psychiatric hospitalizations as they made the transition back to their home communities. It is a manualized model that focuses on: 1. Outreach and engagement; 2. Crisis stabilization; 3. Wellness and self-management skills; and 4. Community support.

2:30-3:20pm

- **Creative Treatment Options & Ideas for Adults with Severe/Persistent Mental Illness-** Shellie Cheirs (Recovery Plus for Women) In this session, we will explore creative treatment alternatives for dual-diagnosis clients with severe mental illness. The workshop will be led by Recovery Plus Administrator, Shellie Cheirs. We'll address key challenges in treating severe mental illness and discuss alternative approaches within a recovery-oriented treatment framework. Throughout the session, we'll examine practical strategies and interventions, including Advanced Resolution Therapy and community-based initiatives. Drawing from successful programs, we'll share valuable insights and tips for enhancing client outcomes and sustainability in mental health care.
- **Kenna's Creative Canvas Painting: My Old Ky "HOME" Door Hanger** – Kenna Spears. “Running” from workshop to workshop got you needing a break? “Gallop” on over and create a masterpiece you will be proud to display in your “HOME”. Kenna will guide you as you paint this beautiful wooden door hanger cutout of Kentucky with a horse and the word Home embellishments.
- **Exploring the Value of Peer Support in an Acute Psychiatric Setting** - Frances Howard (ESH) Peer support services are utilized across various settings as well as various populations. Using their own experiences, they play a significant role in helping others to connect, grow, change and recover. In this workshop, we will explore the role of peer support in an acute care psychiatric setting. Objectives: 1. Learn the ways APSS Services can be Implemented in an Acute Psychiatric setting. 2. Learn the different roles and benefits peer support can have in an inpatient setting. 3. Identify the Continuity of Care from inpatient setting to a community setting.

Afternoon Workshops (cont.)

2:30-3:20pm (cont.)

- **Starting a Schizophrenia Alliance Group** - Kevin Haggarty & Mary Hicks APSSs - (Participation Station) Schizophrenia Alliance is a 6-step support group for individual's with Schizophrenia and other related disorders. It strives to bring the element of peer support to individuals who deal with Schizophrenia and any form of psychosis.
- **Double Trouble in Recovery Meeting** - Jean Lafky & Mary Hicks (KYSTARS) Double Trouble in Recovery is a twelve-step fellowship of individuals who share their experience, strength and hope with each other so that they may solve their common problems and help others find recovery from their substance use/abuse and mental illness. This is a DTR meeting for people with substance use disorders and mental health disorders.

3:30-4:20pm

- **CCBHC Overview** - Richard Addison (NorthKey) Comprehensive Community Behavioral Health Centers (CCBHCs) are the cutting edge of providing recovery based services to individuals dealing with Behavioral Health disorders. CCBHC is a model of care that incorporates physical healthcare services at our Community Mental Health Centers so that clients can get all of their healthcare (both physical & mental) in one setting and individuals seeking care encounter "NO WRONG DOOR." Richard is a member of a national SAMHSA committee on CCBHCs and will share an overview with you.
- **Mental Health Treatment Court: Practicing Restorative Justice to End the Revolving Door Cycle of Jails, Hospitals, and Streets;** Bill Buckman (NAMI Lexington) Staff peer support specialists, program graduates, and consumer participants will comprise a panel to explain the "what, why, and how" of the Fayette Mental Health Treatment Court. Panel members will touch on their own recovery stories and discuss the importance of peer support, the "secret sauce" that helps make the program such a success. Program Coordinator Bill Buckman will discuss the need for similar programs in more Kentucky communities and provide a detailed "blueprint" that individuals and organizations can follow to advocate for and establish a mental health treatment program in their community. Joined by panelists Makia Adkins, APSS – Education Coordinator, Annabelle Vance, APSS – Recovery Navigator, Brian Ware – Consumer Participant, Paula Zaglul, APSS – Community Navigator.
- **COSP Leadership Meeting** - David Riggsby (KYSTARS) & Amber Collins (DBHDID) The staff from Kentucky's Consumer Operated Service Programs are invited to attend this meeting where we will be discussing ways to support and expand our programs across the state.
- **Bridgehaven CPE Peer Support Check-in** - Susan Turner & Debbie Homan (Bridgehaven) Any peer specialist in Kentucky can and have taken advantage of Bridgehaven CPE's Weekly Peer Check-in. This is a virtual opportunity to meet with other peers from around Kentucky and talk about anything related to their work. If you aren't aware of this program, please come to this meeting and experience the magic of peers helping peers.



Our Wonderful Presenters

Richard Addison, APSS works as a Certified Lead Peer Support Specialist at NorthKey Community Care. He has worked for NorthKey for almost 3 years and serves on a SAMHSA Committee regarding Comprehensive Community Behavioral Health Centers (CCBHC). Richard strongly believes in the importance of providing comprehensive services at all of our Community Mental Health Centers.

Brittany Barrett, LSW, LPCC an EKU alumni, earned her BA in Social Work in 2012 and MA in Mental Health Counseling and Education in 2016. She has over 11 years of experience working in community mental health in eastern Kentucky. She is currently a Program Director for Adult Community Support Services at KRCC. She has been working with peer specialists for over 6 years, providing training and direct supervision. She states, "My peers are always teaching me and allowing me to see our clients from a perspective that only peers often experience. I appreciate the knowledge peers bring to our team and I do believe there is "power in the peer". My favorite part of working with peers has been watching clients grow into peer support specialists and the confidence and self-esteem that stems from the process."

Bill Buckman, MSW, CSW, Fayette Mental Health Court Program Coordinator, holds a master's degree in social work with a clinical certification and substance use disorder cognate from the University of Kentucky. He specializes in the assessment and treatment of individuals with co-occurring disorders and has worked with NAMI Lexington since 2020 in his role with the Fayette Mental Health Court. NAMI Lexington administers the court program and was instrumental in its creation in 2014.

Shellie Cheirs stands as a beacon of hope and empowerment in the mental health community. As the owner of Caris Counseling and Behavioral Health and Administrator of Recovery Plus for Women, Shellie pioneers faith-based treatment and transitional living solutions for adult women grappling with Severe and/or Persistent Mental Illness. With a rich background spanning over two decades in the pharmaceutical industry and managerial roles within Fortune 500 healthcare corporations, Shellie brings a wealth of expertise to her counseling practice. Her dedication to personal and professional growth led her to transition from corporate leadership to serving individuals on their mental health journeys. Driven by a deep-seated passion to uplift and empower others, Shellie embodies the transformative power of compassion and connection.

Amber Collins is a Program Administrator with DBHDID. She earned her Master's in Counseling and Human Development from Lindsay Wilson. She has worked in the mental health field for 12 years in multiple roles including peer support, case management as well as clinical services and administrative roles.

Amy Colvin APSS, YPSS obtained a certification as a Substance Use Peer Support Specialist in 2018. In 2019, she began working with KDPH and New Vista of the Bluegrass in harm reduction. More recently, she became a Certified Alcohol and Drug Counselor Associate (March '22) and was promoted to the Quick Response Team Lead (July '22). Ms. Colvin is currently pursuing her BA in Social Work. Ms. Colvin works as an advocate to help reduce stigma surrounding Substance Use Disorder and supports all types of recovery paths and people who use substances by meeting individuals where they are.

Jesse Dillow (TAYLRD State Level Youth Coordinator) TAYLRD=Transition Aged Youth Launching Realized Dreams: Jesse is from Ashland KY. Jesse has been working at KPFC (Kentucky Partnership for Families and Children) going on four years. Jesse came from an education background before starting at KPFC, Jesse was a 3rd-5th grade math interventionist and taught 4th grade drug prevention (Too Good for Drugs). Jesse was hired based on his lived experience in behavioral health. Jesse has been using his voice to make a change for TAY all over Kentucky. Jesse is working on getting a degree to become a school psychologist so he can achieve his ultimate goal in helping end the stigma around mental health.

Barbara Greene, FPSS is the Associate Director of Kentucky Partnership for Families & Children. which is a statewide family organization. She has raised 3 generations of youth with behavioral health challenges and received Wraparound Services herself as well as assisted other families in navigating the child serving system through developing a family drop in (Peer Support Center) in southern Ky. Barb brings her spirit of social justice and her favorite phrase is "if we are not part of the solution, we may be part of the problem".

Kelly Gunning is a Community Psychologist and the current Director of Advocacy and Public Policy for NAMI Lexington. Kelly has worked in mental health for 30 years. Her key role in advocacy efforts have resulted in the replacement of the 200 year old Eastern State Hospital, the creation of Peer Operated Services in Kentucky, the creation of the Fayette County Mental Health Diversion Court, the passage of Tim's Law and the impetus for the first Juvenile Mental Health Diversion Court in Kentucky. Ms. Gunning has had lifelong depression and PTSD, has had many family members with addiction as well as a son with untreated schizophrenia. A life lived up close and personal with mental health and substance use challenges and survival.

Kevin Haggarty is an Adult Peer Support Specialist who runs a successful Schizophrenia Alliance Group at Participation Station. Kevin is also on the NAMI Lexington Peer Support Team at Eastern State Hospital.

Ellen Healion, MA works for the Alliance for Rights & Recovery as the Director of Peer Bridger Services. Through the Alliance and other consulting engagements, Ms. Healion has provided technical assistance in peer programs and services to State Departments of Mental Health in Arizona, Mississippi and Washington State, in addition to peer run agencies in New York. She possesses a wealth of tools and practices to bring Peer Recovery Services to the next level.

Mary Hicks, APSS has been working in peer support for four years now and is currently an APSS with NAMI Lexington. Mary is a cat and plant mom, artist, small business owner, and is in recovery from alcoholism and various mental health diagnoses. The freedom she experiences daily is a tremendous relief and her gratitude is what keeps her working in this field.

Amy Hinton has worked for LifeSkills for 27 years as a case manager and peer support supervisor. In those 26 years I have supported individual through Targeted Case Management for 20 years by helping individuals maintain and grow in their community. For the past 6 years I have supervised the Peer Support Team at LifeSkills, working to grow a program of support not only for individuals but peers supports working in the Community Mental Health system.

Debbie Homan, APSS joined Bridgehaven Mental Health Services in March of 2020 as an Adult Peer Support Specialist. Before joining Bridgehaven, she worked in Illinois for 4 years as an IPS (Individual Placement and Support) Supported Employment Trainer and 9 years as an IPS (Individual Placement and Support) Supported Employment Specialist with a Community Mental Health Center. Debbie believes that work and employment have been a powerful force in her mental health recovery. Debbie received her B.A. in Communications from Elmhurst College and her Master's Degree in Broadcast Journalism from Northwestern University.

Frances Howard, OTR/L is an Occupational Therapist and the Director of Rehab Services and the Recovery Mall at Eastern State Hospital. She is also the Vice President of the NAMI Lexington Board of Director. She has been instrumental in the development of Kentucky's most vibrant inpatient Peer Support Program in Kentucky. Frances is a strong advocate for Recovery based services.

Andrea Jones, APSS is an Adult Peer Support Specialist working as the Peer Support Program Manager of the Adult Division at Seven Counties Services in Louisville. She earned an undergraduate degree in Journalism at Indiana University and a Master of Arts in Teaching at Bellarmine University. She believes in the power of peer support and enjoys seeing people recover from serious mental illnesses and turn their lives around. Andrea also enjoys coaching others to support and encourage individuals through their recovery process. In addition, she serves as the Treasurer of Mental Health America of Kentucky.

Stephanie Sikes-Jones is the TAYLRD Interim TAYLRD Project Coordinator. Inspired by her background receiving treatment for her behavioral health as a youth & adult, Stephanie has been using her lived experience to advocate for young people for over a decade.

Jean Lafky, APSS has been a Peer Support Specialist since 2013. She is currently employed by KYSTARS as the Dual Diagnosis State Coordinator and the Training Coordinator. Jean also holds a Bachelor's Degree from the University of River Falls, WI and an MA from the University of Alabama.

Tamara McNabb, APSS has an Associates of Science degree in Medical Assisting but is far happier in her position as an Adult Peer Support Specialist at Eastern State Hospital. She has been employed with NAMI Lexington and has served at the hospital since 2014. Tamara lives in Lexington with her beloved Shih Tzu Buddy.

Lori Norton is the IPS (Individual Placement and Support) Supported Employment Project Director for the University of Kentucky-Human Development Institute. Lori has over 30 years of experience working with and as an advocate for people with significant disabilities in gaining employment. First as a teacher's assistant, eight years as an employment specialist for a non-profit agency and a community mental health center as well as one of the first Supported Employment Consultants for Vocational Rehabilitation. She was the first IPS Supported Employment Trainer when Kentucky began implementing IPS in 2010. She believes everyone who wants to work should have the opportunity to do so and believes whole heartedly in the principle of zero exclusion!

David Riggsby is employed by NAMI-Lexington as program Director for KYSTARS (Kentucky System Transformation Advocating Recovery Support). He has been in this position since retiring from Eastern State Hospital in August 2011 where he served as the hospital's Director of Quality Management. He has worked on numerous state-wide initiatives centering around transformation to a Recovery-based system of care and implementation of Peer Support services in Kentucky. David currently provides training and technical assistance to Peer Operated centers around the state and helps organize the annual Kentucky Consumer Conference and the annual Peer Excellence Awards which recognizes the wonderful things that are being done in our state with Peer Support and provides administrative and service support to NAMI Lexington's Peer Support Team at Eastern State Hospital.

Kenna Spears Kenna's Creative Canvas offers mobile paint parties in Eastern and central Eastern Ky. Fundraisers, parties, team events. She has her own painting studios in Prestonsburg and Pikeville. Kenna's love for art and creating began as soon as she could hold a crayon. Her talents really blossomed when she took art class in high school. From there Kenna has created a business out of her passion.

David Susman, PhD is a licensed psychologist and the Executive Advisor for Clinical Services in the Office of the Commissioner of the Department for Behavioral Health, Developmental and Intellectual Disabilities, Cabinet for Health and Family Services, Frankfort, KY. He was previously the founding director of the Recovery Mall and the Director of Psychology Services at Eastern State Hospital and a clinical faculty member in the Department of Psychology at the University of Kentucky. Dr. Susman has advocated for improved mental health services at the state and Federal levels for many years. He is a past President of the Kentucky Psychological Association and served on the Board of Directors of the American Psychological Association. He is a past recipient of the Schuster Advocacy Award and the NAMI Lexington Lifetime Achievement Award. He blogs about mental health and recovery on Psychology Today and on his website, davidsusman.com.

Marcie Timmerman, MHA is the Executive Director of Mental Health America of Kentucky, a Mental Health First Aid Adult & Youth trainer, a QPR Trainer, and has over 15 years of experience in mental health advocacy. She spent several years managing NAMIWalks Lexington and worked at UK Psychiatry in the past. She is an active member of many groups including the Kentucky Mental Health Coalition where she is Vice-Chair, Bluegrass CIT, and the 988 Planning Committee.

Susan Turner, APSS is the Manager for the Bridgehaven Center for Peer Excellence. She has worked as a consumer advocate and mental health provider for over 29 years. Susan is a Certified Psychiatric Rehabilitation Practitioner (CPRP) and Adult Peer Support Specialist. She has made recovery for all her life's work.

Ashley Wells, APSS – Has worked for LifeSkills as a Peer Support Specialist for 6 years. Ashley has been a vital member to the Peer Support Team at LifeSkills. Ashley has worked in programs with adults with severe mental illness and substance use disorders. She has worked with women in the domestic violence shelter. She is Chair person of our CFAC council. Ashley is also a peer support curriculum trainer for LifeSkills.

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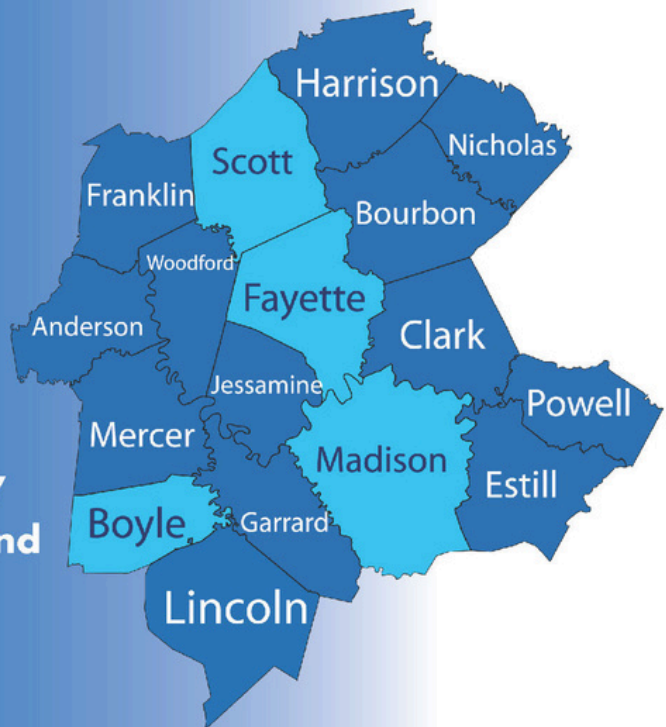
We see the good ahead.

Mental Health • Substance Use • Developmental • Primary Care

New Vista serves individuals and families across 17 Central Kentucky counties through mental health, substance use, developmental and primary care services. We are committed to serve those with limited resources to meet their behavioral health needs. Treatment consists of the most effective, evidence-based methods to help people become healthier, happier and lead more productive lives.

Services Include

- **Therapy**
- **Psychiatry**
- **Primary Care**
- **Inpatient and outpatient treatment for substance use disorder**
- **Medication Assisted Recovery**
- **Drop-In center in Lexington and Richmond**
- **Case Management**
- **Care Coordination**



You can connect to all New Vista services by calling our **24-Hour Helpline 1.800.928.8000.**

