

2025



**BREAKING
BARRIERS**

**BUILDING
BRIDGES**

Kentucky Consumer Conference

Date/Time:

Friday, May 30, 2025

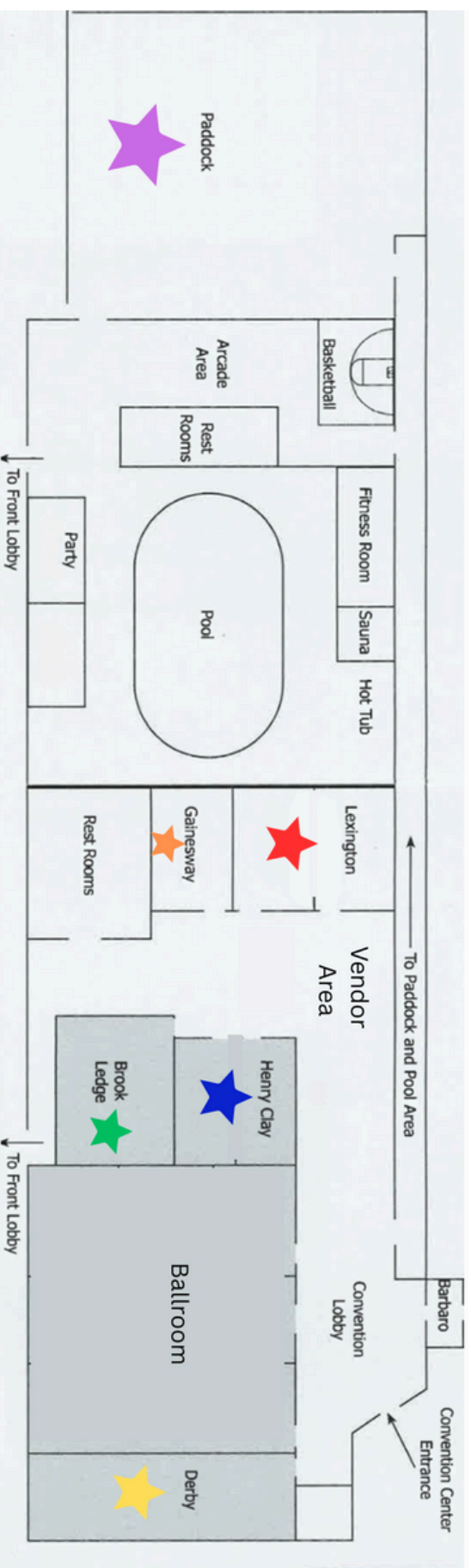
8:00am-4:30pm

Location:

Clarion Hotel Conference
Center, Lexington

Conference Area

2025 KYSTARS Consumer Conference Map - New Layout



Look for the New Room The Paddock
Located down the Hallway

Plan Your Day Schedule

	DERBY (HYBRID) (100 MAX)	THE PADDOCK	HENRY CLAY (40 MAX)	BROOK LEDGE (50 MAX)	LEXINGTON (60 MAX)	GAINESWAY (30 MAX)
8:30 to 9:20	Peer Bridger Model – Amber Collins (DBHDID)	Open Room – Hang out, Activities, Network, Take a Break	Realistic Self-Care – Kerry Goodman & Amanda Metcalf (KPFC)	Recovery Community Centers: A Place for Everyone – David Brummet (DBHDID)	TRIS: What You Need to Know – Chrystal Osborne (DBHDID)	Sharing Hope in Spirituality and Faith – Stacey McDonald (McDonald Hope Ministries)
9:30 to 10:20	Central Kentucky's Crisis Continuum: New Vista's 'No Wrong Door' Approach – Madalyn Schiller (New Vista)	Team Building - Sharon Mayes & Jillian Breeden (Eastern State Hospital)	Mental Health America of Kentucky Resources - Hannah Brosnan & Marcie Timmerman (MHAKV)	Ethics & Boundaries in Peer Support – Amy Hinton (LifeSkills)	Meds & Mindsets: Sticking to the Plan with Co-Occurring Challenges - Jean Lafky (NAMI Lexington) & Mary Hicks (Participation Station)	
10:30 to 11:20	The Bridge: Compassionate & Innovative Strategies in Client Care – Raven Rogers (Recovery Plus for Women)	Open Room – Hang out, Activities, Network, Take a Break	Animals that Help & Heal in Recovery – Jean Lafky (Participation Station)		DBT (Dialectical Behavior Therapy) Essential Skills - Kelly Gunning (NAMI Lexington)	
1:30 to 2:20	Self-Care: Why It Is Important for Professionals and the Individuals They Serve. An Interactive Seminar - Richard Addison (NorthKey)	Closed to Attendees	Stopping Smoking Mindfully – Dr. Kent Brouwer & Dr. Lee Anne Walmsley (University of Kentucky)	Mental Health Court Q&A Panel – Bullitt County & Fayette County panelists	Your Mental Health Does Matter! - Amy Hinton (LifeSkills)	
2:30 to 3:20	Trauma Toolkit - Kelly Gunning (NAMI Lexington)		How to Start and Run a DTR Meeting – Terry Green (NAMI Lexington) & Mary Hicks (Participation Station)	The Evolution of Peer Support Peer Support in Kentucky – Amber Collins (DBHDID) and David Riggsby (KYSTARS)	Adverse Childhood Experiences (ACEs) and Mental Health - Dr. Bassem Abu-Farsakh (UK BH Well)	
3:30 to 4:20	Talking to Your Prescriber – Julie Perry (DNP, APRN)	Kenna's Creative Canvas Wood Kit Painting: "Let Your Light Shine" – Kenna Spears	Bridgehaven CPE Peer Support Check-in – Debbie Homan & Susan Turner (Bridgehaven)		Using the FACT and POP to Improve Your Program – David Riggsby (KYSTARS)	

2025 KYSTARS Consumer Conference: Breaking Barriers Building Bridges

The 2025 KYSTARS Consumer Conference is the largest gathering of consumers and Peer Support Specialists (APSS, YPSS, FPSS) in Kentucky. This year we have been fortunate to gather many talented individuals with a wide array of experiences to offer a tremendous assortment of workshops for you to choose from.

A Key Highlight

One of the standout features of the 2025 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 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 all PSSs. 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. .

Learn about:

- Crisis Services in our State
- New and Innovative Programs
- Skills that can Improve Your Life & Work Experiences
- Mental Health and Substance Use Disorders
- How to Have Fun and Take Care of Yourself!

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 2025 KYSTARS Consumer Conference serves as a vital platform for networking and community building. Attendees will have the chance to connect with fellow Peer Support Specialists, 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 and programs 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
Mental Health America Kentucky
Participation Station
NAMI Lexington
New Beginnings Bluegrass
Bridgehaven CPE
Community Action Council
Employment Solutions
Isaiah House
KPFC

Kentucky Youth MOVE
PRIDE Center
UK Med HIV/Narcan
UK College of Nursing
BH Well
Community and Resident Services
Trauma Informed Counseling (TICC)
Aging With Grace
New Vista
United Way
Seven Counties
PsychMind Counseling
TAYLRD
And more...



NEW BEGINNINGS
bluegrass

*Proud Supporters of the
KYSTARS Consumer Conference
Since 2012!*

Morning Workshops

(Workshops with an * are offered as a hybrid session via Zoom.)

8:30-9:20am

Peer Bridger Model * - Amber Collins (DBHDID) The Peer Bridger model is a mental health support approach where individuals with lived experience of mental illness provide mentorship and guidance to others transitioning out of psychiatric hospitalization. By fostering trust and shared understanding, Peer Bridgers help promote recovery, reduce rehospitalization, and improve community reintegration. Stay tuned to the implementation of this model in Kentucky!

Kentucky Recovery Community Centers - David Brummett (DBHDID) Kentucky's Recovery Community Centers provide crucial recovery support services to individuals in or seeking recovery from substance use disorder. These community-based, peer-driven centers offer no-cost services including recovery coaching, a variety of mutual aid meetings, social connection opportunities, harm reduction resources, and so much more. Come to this workshop to discover how a RCC can be of benefit to your clients, your community, and even yourself.

TRIS What You Need to Know - Chrystal Osborne (DBHDID) Participants will gain a comprehensive understanding of trauma-informed care principles and their application in mental health and substance use treatment settings.

Self Care for Peer Support Specialist - Kerry Goodman and Amanda Metcalf (KPFC) Please join us for a transformative and realistic self care training for Family and Adult Peer Support Specialists. This training is designed specifically for those who walk alongside families through their most challenging times. This training will emphasize the critical importance of caring for your own well-being while empowering you to model and teach self care skills to the families you support. Learn very practical strategies to manage stress, prevent burnout and create a balance in your personal and professional life. In this presentation you will be able to interact and engage with fellow Peer Support providers and learn additional coping skills through activity. When you take care of yourself, you're better equipped to support others.

Sharing Hope in Spirituality and Faith - Stacey McDonald (McDonald Hope Ministries) Participants will engage in a presentation that explores mental wellness through sacred storytelling and guided dialogue. This initiative addresses mental health challenges, coping strategies, and the importance of spiritual and communal support in healing.

9:30-11:20am

Ethics and Boundaries in Peer Support (2hrs) - Amy Hinton (Lifeskills) Participants will explore the core ethical principles that guide peer relationships, including confidentiality, dual relationships, and maintaining professional boundaries. This session will equip attendees with practical tools to navigate complex situations while preserving trust and integrity in their peer support roles.

9:30-10:20am

Central Kentucky's Crisis Continuum: New Vista's 'No Wrong Door' Approach* - Madelyn Schiller (New Vista) Join us to learn about New Vista's Emergency Services for an exploration of Central Kentucky's evolving crisis care system. This workshop will provide an overview of our region's crisis continuum, highlighting how individuals in distress can access timely and appropriate care via 988 and New Vista's range of integrated services with "no wrong door" toward support and recovery.

Meds & Mindsets: Sticking to the Plan with Co-Occurring Challenges - Jean Lafky (KYSTARS) and Mary Hicks (Participation Station) Participants will critically examine the long-term use of psychiatric medications, exploring both the potential benefits and risks associated with prolonged treatment. The session will also discuss alternative approaches to mental health care, empowering individuals to make informed decisions about their treatment options.

Mental Health America Resources - Hannah Brosnan & Marcie Timmerman (MHAKY) Participants will learn about the organization's comprehensive programs aimed at enhancing mental wellness across the state. These initiatives include Mental Health First Aid training, which equips individuals with skills to identify and respond to mental health crises, and online mental health screenings that provide early identification and resources for support.

Team Building Exercises - Sharon Mayes and Jillian Breeden (Eastern State Hospital) Using teambuilding to promote a healthy culture and fostering group cohesion. Team Building skills help foster empathetic relationships, strengthens communication and helps build trust and respect both inside and outside our personal lives. This session will discuss and describe the importance of Team Building in our everyday lives. Come learn and participate in how team building initiatives promote and foster group cohesion with a Recreational Therapist.

10:30-11:20am

DBT Essential Skills – Kelly Gunning (NAMI Lexington) Participants will learn practical tools to enhance emotional regulation, manage distress, and improve interpersonal relationships. The session emphasizes the application of Dialectical Behavior Therapy (DBT) principles to everyday challenges, fostering resilience and promoting mental wellness.

Animals that Help & Heal in Recovery - Jean Lafky (KYSTARS) Participants will learn how animals can support mental health by reducing stress, anxiety, and emotional distress. They will also gain insights into the benefits of animal-assisted therapy and how to incorporate these techniques into their own wellness practices.

Compassionate & Innovative Strategies in Client Care - Raven Rogers (Recovery Plus for Women) Participants will learn to integrate compassion-focused approaches into their care practices, fostering emotional regulation and reducing self-criticism in clients. They will also explore trauma-informed care principles, emphasizing safety, trust, and empowerment to effectively support individuals with diverse needs.

Afternoon Workshops

1:30-2:20pm

Mental Health Court Q&A Panel - Participants will hear from a distinguished panel including Fayette County Judge John Tackett, NAMI Lexington Director Kelly Gunning, SAMHSA GAINS Center's Connie Milligan, individual with lived experience Makia Adkins, Bullitt County Director of Mental Health Will Dufton, Assistant Director of Mental Health Troy Hilpp, and Bullitt County Attorney Tammy Baker. Attendees will gain valuable insights into the operation of mental health courts, which aim to redirect individuals with mental health conditions from incarceration to treatment, while exploring the collaborative efforts of judges, attorneys, and mental health professionals in promoting recovery and reducing recidivism.

Your Mental Health Does Matter - Amy Hinton (LifeSkills) Participants will learn practical strategies to prioritize and maintain their mental well-being, including stress management techniques and self-care practices. The session aims to empower individuals to recognize the importance of mental health and provide tools to support emotional resilience in daily life.

Self-Care: Are You Teaching It? Are You Practicing It? An Interactive Seminar - Richard Addison (Northkey) This workshop will introduce participants to one of the most important tools to work with individuals and well as one's self: Self Care. This interactive seminar will go over the definition of self care, why self care is important, and will include self care activities for participants to do during the seminar

Stopping Smoking Mindfully - Dr. Kent Brouwer and Dr. Lee Anne Walmsley (UK BHWell) This workshop will introduce how to use mindfulness techniques to assist people who would like to stop smoking. The presenters will walk the audience through a guided meditation that be used to reduce cravings and anxiety.

2:30-3:20pm

Trauma Toolkit - Kelly Gunning (NAMI Lexington) Participants will learn about the profound impact trauma can have on mental well-being, including its role in the development of mental health conditions like anxiety, depression, and PTSD. They will also explore effective coping strategies and trauma-informed care approaches to promote healing and resilience.

ACEs - Adverse Childhood Experiences - Dr. Bassema Abu-Farsakh (UK BH Well) This workshop will introduce adverse childhood experiences and how these experiences impact adults' mental health.

How to Start & Run a DTR Meeting– Terry Green(NAMI Lexington) and Mary Hicks(Participation Station) Participants will learn how to navigate the complexities of co-occurring mental health and substance use disorders through a peer support model tailored for dual diagnosis. The session emphasizes shared experiences, mutual aid, and integrated coping strategies, fostering a supportive environment where individuals can openly address both aspects of their recovery journey.

The Evolution of Peer Support in Kentucky - David Riggsby (KYSTARS) & Amber Collins (DBHDID) Participants will explore the development and expansion of peer support services across the state, highlighting the integration of individuals with lived experience into mental health and substance use recovery. The session will delve into the historical context, current practices, and future directions of peer support, emphasizing its impact on community-based care and the empowerment of both providers and recipients.

3:30-4:20pm

Talking to Your Prescriber – Dr. Julie Perry (UK Healthcare) Participants will learn effective communication strategies to ensure they understand their prescribed medications, including their purpose, potential side effects, and proper usage. The session will also emphasize the importance of discussing any concerns or questions openly with healthcare providers to foster a collaborative approach to treatment and enhance medication adherence.

Using the FACIT and POP to Improve and Grow Your Program - David Riggsby (KYSTARS) Most of the Consumer Operated Service programs in Kentucky utilize the SAMHSA recommended Fidelity Assessment Common Ingredients Tool (FACIT) and the Peer Outcomes Protocol (POP) to measure the effectiveness of their program. This workshop will offer information on the importance and use of measuring outcomes to make your program better and help ensure ongoing funding for this valuable service.

Bridgehaven Peer Check-In - Susan Turner & Debbie Homan (Bridgehaven) Participants will learn the foundational principles of peer support, including how to provide empathetic, non-judgmental assistance to others in their mental health or recovery journeys. They will also gain practical skills for active listening, setting boundaries, and promoting empowerment through shared lived experiences.

Our Wonderful Presenters

Bassema Abu-Farsakh, Ph.D., MSN, RN, TTS, is a dedicated post-doctoral scholar with the BH WELL team at the UK College of Nursing, where her research focuses on the complex interplay between mental health and oncology. She is particularly interested in the impact of childhood trauma and depression on lung cancer survivorship. Her work aims to understand how these psychological factors can influence treatment outcomes and the survival rates for lung cancer patients. Dr. Abu-Farsakh is also committed to promoting lung cancer prevention through smoking cessation initiatives and enhancing early detection strategies among people diagnosed with mental illnesses. By improving tobacco treatment and lung cancer screening rates among those with mental health disorders, she seeks to address disparities in early detection and treatment. Ultimately, her research strives to improve survival rates and the overall well-being of individuals living with mental health challenges.

Richard Addison, Lead Peer Support Specialist, NorthKey Community Care. Wellness Recovery Action Plan (WRAP) Facilitator. National Council for Mental Wellbeing CCBHC Living Experience Advisory Council Member. National Council for Mental Wellbeing Start With Hope Advisory Committee Member.

Makia Adkins, I live in Lexington, KY, originally from Detroit, MI. I am a single cat-parent to a 7 yr old Calico named Promise. I live with a SMI diagnosis and I am living in recovery day by day. I'm nothing special, just blessed to have the opportunity to work with NAMI Lexington, Fayette MHC and Participation Station. My hobbies include writing poetry and completing puzzles; from logic to crossword to jigsaw. I love animals, especially cats and dogs, I'm afraid of rabbits, although they are cute. I've been with NAMI for over 10 years and plan to stay with NAMI for a long time.

Tammy Baker is the Bullitt County Attorney and member of the Bullitt Co Mental Health Court program.

Jillian Breeden is a Recreational Therapist at Eastern State Hospital. She also leads group therapy and provides 1:1 therapy to patients using recreation as a gateway to recovery. She has been at Eastern State for 2 years. Jillian graduated from Eastern Kentucky University. Before her career at Eastern State Hospital, Jillian worked with Lexington Parks and Recreation to eventually become a co-director for their Adult Summer camp, "The Day Trippers".

Hannah Brosnan, is the Executive Director of Mental Health America of Kentucky. She has more than ten years of experience in behavioral health treatment, education, and nonprofit sectors. She holds a B.A. in Psychology and an M.Ed. in Behavior Analysis. In addition to her professional experience and education, Hannah's work is informed by her lived experience with mental illness.

Dr. Kent Brouwer is an Assistant Professor in the undergraduate program at the UK College of Nursing and practices as an acute care nurse practitioner at Baptist Health Lexington. An advocate for interprofessional education (IPE) and student wellness, Dr. Brouwer serves on multiple UK committees focused on self-care and burnout prevention. His scholarly work centers on using mindfulness to address nurse burnout, and he has presented nationally on this topic.

David Brummett, is the Kentucky Overdose Response Effort's Recovery Implementation Specialist. He provides contract and fiscal oversight, along with technical assistance, to the 15 KORE-funded Recovery Community Centers and other recovery support service programs throughout the Commonwealth. He also serves on DBHDID's Peer Support Implementation Team, which oversees Certified Peer Support Specialists. Previously, David was a Program Manager at Voices of Hope, supervising multiple recovery and outreach programs, including a 25-member staff, many of whom were peer support specialists. Also, as a person in long-term recovery, David provides perspectives from both the client and provider point of views.

Amber Collins is a Program Administrator with DBHDID. She earned her Master's in Counseling and Human Development from Lindsay Wilson College. 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.

Brittany Conrad-(Central Kentucky Riding for Hope) is the Volunteer Coordinator & Media Manager, PATH Intl. CTRI-IT for the Central KY Riding for Hope program which supports all forms of recovery through equine healing.

Will Dufton is the Director of the Bullitt Co Mental Health Court Program

Terry Green I'm a RazorCat! Born in Hot Springs Arkansas. Adult Peer Support Specialist. Recovering addict / alcoholic with 15 years of Sobriety and Stability. 3 failed suicides because I kept relapsing. Then I was introduced to NAMI. The leader for the Sharing Hope initiative took me to the old Eastern State Hospital where I was diagnosed with Major Depression, PTSD & Anxiety. I merged my two recovery's together and 15 years later.....Here I am.

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.

Mrs. 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.

Mary Hicks 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.

Troy Hilpp Acts as the Assistant Mental Health Court Director for the Bullitt Co Mental Health Court program.

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 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.

Kenna's Creative Canvas - Kenna Spears offers mobile paint parties in Eastern and central Eastern Ky. She does 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.

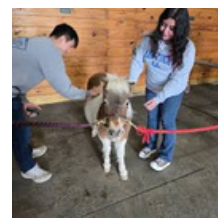
Jean Lafky has been a Peer Support Specialist since 2013. She is currently employed by KYSTARS as the Dual Diagnosis State Coordinator and the Training Coordinator. Jean also holds a Bachelor's Degree from the University of River Falls, WI and an MA from the University of Alabama.

Sharon Mayes is a Recreational Therapist and Evening Supervisor at Eastern State Hospital. She leads group therapy and provides 1:1 therapy to patients using recreation as a gateway to recovery. She has been at Eastern State for 8 years. Sharon has a passion for mental health and working with those with disabilities and spinal cord injuries. Sharon graduated from Eastern Kentucky University. Prior to working at Eastern State Sharon ran a youth program for underprivileged teens and children.

Stacey McDonald, is a passionate evangelist, dedicated school psychologist, distinguished author, and dynamic public speaker who also leads NAMI Kentucky Sharing Hope Community Conversations. As the founder of McDonald Hope Ministries, a nonprofit organization committed to advancing mental health awareness, she offers transformative workshops and seminars tailored for businesses, schools, and places of worship. Stacey also hosts annual Gospel of Mental Health Conferences and leads engaging live-streamed empowerment sessions on major social media platforms every week. Discover more about Stacey and her impactful work at McDonaldMinistries.org

Amanda Metcalf, serves as the Program Capacity and Sustainability Specialist at the Kentucky Partnership for Families and Children, Inc. (KPFC), where she also holds the role of Family Leadership Coordinator. A passionate advocate and certified Family and Adult Peer Support Specialist, Amanda brings with her over eight years of experience working in behavioral health with a focus on mental health and substance use. Her career began at her local community mental health center, where she collaborated with a wide array of System of Care partners, including behavioral health services, juvenile justice, and child welfare agencies. In her various roles—including Peer Support Supervisor and Coach—Amanda has empowered families to navigate complex service systems and to advocate effectively for themselves and their children.

Chrystal Osborne, is the Health Program Administrator for the Department for Behavioral Health, Developmental and Intellectual Disabilities Training Records Information System (DBHDID-TRIS). Chrystal has been with the Department since 2018 and has been serving in the role of Health Program Administrator for the DBHDID-TRIS system since March of 2023. Chrystal earned her degree in Nursing with an emphasis in Behavioral Health. Prior to coming to DBHDID, she worked in the education industry for over twelve years and then in the healthcare industry for eleven years and now for DBHDID for over six years for a total of twenty-nine years of service to the public.



Julie Perry, DNP, APRN an Advanced Practice Registered Nurse who has served at Bluegrass Community Health Center for over 11 years. She earned both her Doctor of Nursing Practice and her Master of Science in Nursing with a focus in Family Practice from the University of Kentucky. In addition, she has completed the academic requirements for certification as a Psychiatric-Mental Health Nurse Practitioner.

Julie's clinical and academic work centers on improving health outcomes for individuals with serious mental illness (SMI). Her doctoral studies focused on integrating physical and behavioral health services through community-based models of care. She proposed a healthcare delivery model that establishes medical homes for individuals with SMI using Assertive Community Treatment (ACT) teams housed within community mental health centers. This model emphasizes holistic care—addressing not only medical and psychiatric conditions, but also the psychosocial challenges that often impact this population.

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.

Raven Rogers is a passionate Peer Support Specialist and the Admissions and Marketing Director for Recovery Plus for Women, a dual diagnosis mental health and substance recovery program. With a deep understanding of the delicate relationship between substance use disorders and severe mental illness, Raven draws from her own experiences as someone who has navigated the challenges of dual diagnosis personally and professionally.

Marcie Timmerman, the Education & Outreach Liaison, Mental Health America of Kentucky has a Masters in Health Administration from UK but is most proud of her nearly 20 years in mental health advocacy in Kentucky. She's worked with Kentucky Equal Justice Center, NAMI Lexington, and many other nonprofits. She currently serves as the Vice Chair of the Kentucky Mental Health Coalition, on the 988 Planning, 988 Quality Assurance, and 988 Advocacy committees in Kentucky, and is the Board Co-Chair of RadioEye, a reading service for those with vision issues. Marcie lives with an invisible disability and is a proud advocate for disability rights in addition to her mental health work.

Susan Turner 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

Lee Anne Walmsley, PhD, EdS, MSN, RN, is an Associate Professor at the University of Kentucky College of Nursing in Lexington, Kentucky. She serves as Assistant Dean of Wellness and Well-Being and is Chair of the University of Kentucky College of Nursing Wellness Council. Along with student instruction, her nursing career includes providing direct patient care in a variety of medical surgical settings including a neonatal intensive care unit in Birmingham, England. Dr. Walmsley is a certified instructor for Mindfulness Based Stress Reduction, KORU Mindfulness for College age students, QPR Suicide Prevention, and for the E3A leadership course with equine partners. She is a Fellow of the Center for Interprofessional Health Education. She collaborates with research colleagues who examine psychological well-being, anxiety, suicide prevention, and depression.

Breanna Webb - I have lived in Lexington for over 30 years. I am the mother of 5 children, 4 living. I am a proud graduate of the Fayette Mental Health Court Program. Currently, I am investing in my Children and plan to pursue becoming a Peer Support Specialist.





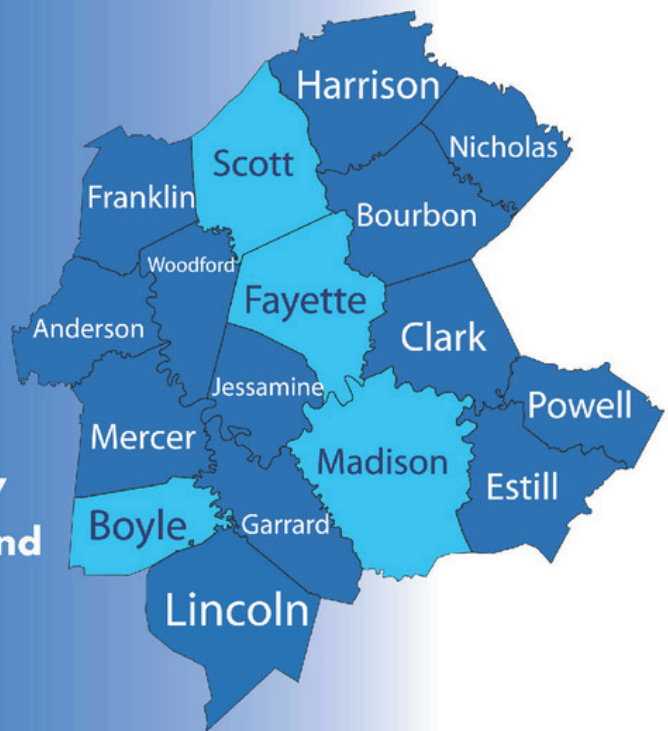
We see the good ahead.

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**.

