



**2016  
Michigan Annual  
Peer Conference**

**May 24 - 26, 2016**

**Lansing Center**

## Featured Speakers:

**Adonis T. Brown:** Adonis Brown was born and raised in New Bern, North Carolina. Despite the severity of his disability, he grew up at home with his siblings and received a public education. Despite the barriers, stigmas, and narrow thinking, he persevered. Adonis is a professional Peer-Advocate, Independent Living Consultant, an Inspirational Speaker, and Community Inclusion Advocate. He received a Bachelor of Arts Degree in Psychology and a Masters of Business Administration from Ashford University.

For the past 30 years, Adonis has dedicated his life to the ideals of independent living, community inclusion, and socioeconomic and political empowerment of persons living with disabilities. As with most persons with developmental disabilities, he had to create his own opportunities. Among serving on many boards, Adonis serves as the Co-Vice Chair of the North Carolina Council on Developmental Disabilities and President of the Arc of North Carolina. He is the sole founder and sole-proprietor of EnVisioned Empowerment, LLC. EnVisioned Empowerment, LLC is a for-profit entity established to provide advocacy training and mentorship in the disability arena.

**Lt. Governor Brian Calley:** On New Year's Day 2011, Brian Calley was sworn in as America's youngest lieutenant governor. In partnership with Governor Snyder, he pledged to chart a new course to Michigan's future. From the beginning, as lieutenant governor, he is working to transform a broken political culture into one that produces real solutions to Michigan's greatest challenges. Throughout Michigan and across America, Lieutenant Governor Calley has been recognized as a bold leader for a new generation. His willingness to stand up for real people, from small business owners to families dealing with autism, has made Michigan stronger. Brian has been named one of the "Ten Outstanding Young Americans" by the United States Junior Chamber and one of Crain's Detroit Business's "40 under 40." Other honors include the Small Business Association of Michigan's "Legislator of the Year" and Portland's "Outstanding Citizen of the Year". Born in 1977, Lieutenant Governor Calley is a lifelong Michigander. He graduated from Ionia High School and earned a bachelor's degree from Michigan State and an MBA from Grand Valley. He and his wife Julie have been married since 1996 and live in Portland with their three young children.

**Kevin Hines:** Kevin Hines is an award-winning global speaker, bestselling author, documentary filmmaker, and suicide prevention and mental health advocate who has reached millions with his story of an unlikely survival and his strong will to live. Two years after he was diagnosed with bipolar disorder, he attempted to take his life by jumping from the Golden Gate Bridge.

In the summer of 2013 Kevin released his bestselling memoir titled *Cracked Not Broken, Surviving and Thriving After A Suicide Attempt*. Kevin's will to live and stay mentally well has inspired people worldwide.

He was awarded a Lifetime Achievement Award by the National Council of Behavioral Health. Kevin has also been awarded by SAMSHA as a Voice Awards Fellow and Award Winner, an Achievement Winner by the US Veterans Affairs and is a recipient of several military medals.

Kevin sits on the boards of The International Bipolar Foundation, The Bridge Rail Foundation, The National Suicide Prevention Lifeline's Consumer Survivors Sub-Committee and The Mental Health Association of San Francisco. Kevin has spoken and testified in congressional hearings alongside Patrick Kennedy in support of the Mental Health Parity Bill. He has been a powerful voice for the lived experience movement for over 15 years.

**Clarence Jordan:** As Beacon Health Options' Vice President of Wellness & Recovery, Clarence Jordan leads the company's national Wellness & Recovery Program, responsible for putting into operation Beacon's commitment to recovery-based principles in the delivery of behavioral health services.

Clarence Jordan has deep roots in the National Alliance on Mental Illness (NAMI). As Director of the Multicultural Outreach Initiative at NAMI in Tennessee, he developed and wrote "The Guide to Mental Illness,

What Every Family Needs to Know,” for his efforts he led the State Office to receive the coveted National Multicultural Outreach Award.

Jordan is a former naval officer, and his recovery journey is chronicled in a recent edition of National Council Magazine’s “50 Years, 50 Stories of Recovery” special issue to commemorate the 50th anniversary of the Community Mental Health Act. Jordan was awarded the Consumer Leadership Award at the Substance Abuse and Mental Health Service Administrations (SAMHSA) 2010 National Voice Awards and the 2014 Peer Specialist of the Year Award from the National Council for Community Behavioral Health.

**PRE-CONFERENCE SEMINARS  
TUESDAY, MAY 24, 2016**

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<b>8:30AM-4:00PM</b>	<b>CONFERENCE REGISTRATION</b>
<b>10:00AM-4:00PM</b>	<b>PRE-CONFERENCE SEMINARS</b>
<b>12:00PM-1:00PM</b>	<b>LUNCH (INCLUDED)</b>

**1. The Art of Communication**

Kathy Bennett, CPSS, Associate Director, Justice in Mental Health Organization  
Chuck Hendrix, CPSS, Trauma Project Coordinator, Justice in Mental Health Organization  
Shelly Olson, CPSS, Associate Director, Justice in Mental Health Organization  
Brian Wellwood, CPSS, CEO, Justice in Mental Health Organization

Have you ever thought about how important communication is and how to communicate effectively in your own life and in working with others? Communication is a tool that we use EVERY day. How well we communicate to others is one of the primary forces in getting our needs met and helping others to get their needs met. Communication is much more than talking. Join us as we explore the concept of communication, the barriers to communication and how to use communication (verbal, written and physical) to accomplish our goals.

**2. Peer Support for Youth and Families**

Sara Reynolds, CPSS, Youth Peer Support Lead Trainer, Association for Children's Mental Health  
Kristina Dristy, Statewide Youth Coordinator, Association for Children's Mental Health  
Amy Shears, Statewide Coordinator for Parent Support Partner Project

This workshop will provide an intimate look at two peer support Medicaid services: Parent Support Partners and Youth Peer Support. Individuals will share their journeys with mental health challenges as youth and as families supporting youth with mental health challenges. This workshop will introduce the family driven, youth guided perspective, and how Youth Peer Support and Parent Support Partners benefit youth and families. Participants will get an opportunity to "sample" Youth Peer Support and Parent Support Partner trainings, and learn about implementing these services. The workshop will include a Youth Peer Support Specialist and a Certified Parent Support Partner.

**3. eCPR: Assisting People through Emotional Crisis**

Carolyn Pifer, CPSS, Trainer, Centra Wellness Network

Yarrow Halstead, CPSS, Washtenaw County Community Support and Treatment Services

eCPR is a hope based, public health education program to prepare you to assist someone experiencing an emotional crisis, and helps to build strong and resilient communities. Learn eCPR fundamentals on helping to save lives by lessening emotional despair and preventing people from self-harm. The workshop will focus on the heart-to-heart connection while one person supports another. This will be an interactive session with role playing.

**4. Self-Determination: Creating a Good Life**

Angela Martin, Michigan Partners for Freedom

Pat Carver, Michigan Partners for Freedom

Jill Gerrie, Michigan Partners for Freedom

Deborah Monroe, CPSS, CRC, Recovery Concepts

In this training, participants will learn about self-determination, and how people using community mental health services can use their individual budget to purchase creative services and supports based on their person-centered plan. The principles of self-determination, information on key tools including person-centered planning, independent facilitation of the person centered planning process, individual budgeting, and fiscal intermediary services will be provided with hands on learning. Information on the Michigan Department of Health and Human Services components that support self-determination will be highlighted. We will provide specific activities and share personal stories about how individuals can participate in expanding their choices and options by requesting self-determination in partnership with their funding agency.

**5:00PM**

**DINNER IS ON YOUR OWN**

**6:00PM-7:00PM**

**SUPPORT GROUP MEETINGS**

**8:00PM-10:30PM**

**KARAOKE PROVIDED BY BOB AND JEANNE WHITE AT THE  
RADISSON HOTEL**

**MICHIGAN ANNUAL PEER CONFERENCE  
WEDNESDAY, MAY 25, 2016**

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<b>7:00AM-4:00PM</b>	<b>CONFERENCE REGISTRATION</b>
<b>7:30AM-8:30AM</b>	<b>BREAKFAST AND NETWORKING</b>
<b>9:00AM-9:30AM</b>	<b>WELCOME AND INTRODUCTIONS</b> <b>2016 CONFERENCE COMMITTEE</b>
<b>9:30AM-10:15AM</b>	<b>PLENARY SESSION</b> <b>A SAFE &amp; AFFORDABLE COMMUNITY: CLARENCE JORDAN, VICE PRESIDENT OF WELLNESS &amp; RECOVERY, BEACON HEALTH OPTIONS</b>
<b>9:00AM-4:00PM</b>	<b>MICRO-ENTERPRISE BOOTHS</b>
<b>10:15AM-10:30AM</b>	<b>BREAK</b>
<b>10:30AM-12:00PM</b>	<b>CONCURRENT WORKSHOPS, FIRST SESSION</b>

**1. Using Self-Determination and Culture of Gentleness Tools for Meaningful Person Centered Planning**

Alex Kimmel, The SelfDeterminator

Self-determination, culture of gentleness and person centered planning have been part of community mental health for nearly two decades. Even so, currently, not every individual plan of service uses these tools, and even fewer use them to a full and highly individualized extent. This presentation will highlight with specific examples of how one person-centered plan puts it all together. Presentation style includes humor, group interaction and multimedia opportunities.

**2. Enjoy, Engage and Empower People: Tools for Facilitation**

Sherri Rushman, CPSS, Consumer Education Specialist, Oakland County Community Mental Health Authority

By attending this training you will learn great techniques and tools to use when facilitating trainings or groups. These techniques will assist you in engaging your audience and providing an enjoyable, informative training session. You will also learn tools to use for yourself such as the Co-Facilitator Contract and Support Document. The Co-Facilitator Contract paves the way for great interaction between facilitators that make for a positive learning environment for all. The Support Document will enable you to consider what you need to do to be well-prepared emotionally, physically and mentally to facilitate.

**3. Please Hear What I'm NOT Saying**

Jenifer Reynolds, CPSS, CRC, Common Ground  
Diane Junglas, Crisis Interventionist III, Common Ground  
Joshua Brewer, Victim Advocate, Common Ground  
Sylvia Mitchell, CRC, Common Ground

Let's remove the barriers of STIGMA and Reverse Stigma among professionals, peers and the individuals we serve. Through PowerPoint, poetry, music, video, open conversation, sharing of recovery stories, lived experience, we will create a collaborative understanding, and therapeutic relationships in our work, and personal service environments. We will explore the differences in the Code of Conduct/Ethics of personal disclosure for professionals and peers to remove the "Us vs Them" feelings regarding staff providing and individuals receiving services.

**4. Youth Involvement vs. Peer Support: What's the Difference?**

Brittany Horton, Regional Youth Specialist, Detroit-Wayne Mental Health Authority-Youth United  
Destinee Dale, Youth Advocate/Youth PSS, Black Family Development, Inc.  
Jafre Deloatch, Youth Advocate/Youth PSS, Black Family Development, Inc.

This workshop uses activities and discussions to help stakeholders identify and understand the difference between youth involvement and youth peer support in the system of care. It will discuss topics such as: what does Youth Involvement look like in your community, your agency's participation, how to identify which activities are Youth Involvement vs. Peer Support. Lessons from Wayne County's system of care will be discussed to help others identify their own barriers involving youth.

**5. Self-Advocacy in Michigan**

David J. Taylor, Peer Mentor, Community Living Services  
Todd Koopmans, Advocate  
Sheryl Kuenzer, Advocate

This workshop will teach the importance of self-advocacy. We will explore personal strengths, the importance of assertiveness, and roles people can have in the community. Participants will also learn how to make decisions for themselves and ways to solve problems to get the outcomes they desire. We will discuss ways individual self-advocates and self-advocacy groups can get involved at the local, state and national levels. We will also explore the value of joining a self-advocacy group.

**12:00PM-1:15PM**

**LUNCH PLENARY SESSION  
THE POWERFUL ROLE OF ADVOCACY: ADONIS T. BROWN, PEER-ADVOCATE AND CONSULTANT, ENVISIONED EMPOWERMENT**

**1:15PM-1:30PM**

**BREAK**

**1:30PM-3:00PM**

**CONCURRENT WORKSHOPS, SECOND SESSION**

**6. Improvisation for Recovery: It's all Funny Business**

Frank Bublitz, CPSS, Professional Actor, FAIM, LLC

The workshop will teach how the three main principles of improvisation can help people with mental illness live more relaxed, more fun, and more healthful lives. Through learning how to “Yes, and...”, “Not Deny”, and “Accept all you are told as a gift”, participants will get a taste of methods of improvisation that are tools for handling failure and success with dignity and resilience. Improvisation IS a fun acting method BUT it began as a way to help people overcome shyness, communication and relationship difficulties and other problems that limit what actors (and other professionals) can do on stage and in life.

**7. Michigan Peer Specialists United (MPSU) – Annual Meeting**

Monica Ortquist, CPSS, President, Board of Directors, Michigan Peer Specialists United

Jean Dukarski, CPSS, Vice President, Board of Directors, Michigan Peer Specialists United

MPSU will discuss the results of the objective survey taken during the 2015 Peer Conference, the top 3 objectives from that survey, and the projects we are currently working on. We will explain and discuss our new and ongoing project “My Story Continues,” that will have a different focus each year and in which we are encouraging strong peer participation. MPSU will also have available documentation on our 2015 board meetings and financials for review.

**8. Connecting Veterans to VA Care**

Harold Dukes, CPSS, Battle Creek Veterans Administration

Reggie Howard, CPSS, Grand Rapids Veterans Administration

Maurice Moorehead, CPSS, Grand Rapids Veterans Administration

The purpose of this workshop is to provide peers with a basic comprehension of the VA services for veterans. It will address services that are available to qualified veterans. It will give brief understanding of the eligibility requirements to qualify an individual for VA services. It will also address the role of the peer specialist and the role they play in providing care for veterans. It will provide information on alternative options for veterans that are not eligible for VA services.

**9. CHOICES**

Tracy Strating, CPSS, State Trainer, Michigan Department of Health and Human Services

Michael Warfield, CPSS, Lenawee Community Mental Health Authority

CHOICES (Consumers Helping Others Improve their Condition by Ending Smoking) is an innovative peer outreach program targeting smokers, which employs Certified Peer Support Specialists to deliver the vital message to smokers that addressing tobacco is important. Peer support specialists serve as consultants to peers and agencies assisting with linkages to treatment, referrals, support and provision of educational materials.



**10. Peer Mentoring**

Robert Spruce, Peer Mentor Coordinator, Detroit Wayne Mental Health Authority

Shawn Neal, Peer Mentor, Community Living Service

Shayna Smith, Peer Mentor, Disability Network

This workshop will discuss how people with intellectual disabilities can put their best foot forward as peer mentors. Participants will discuss how to obtain the skills necessary to be recognized for their professional contribution. Through ADA as a premise, peer mentors will talk about what they have to offer and how to maintain a professional demeanor. Topics such as how you carry yourself, decorum, punctuality and being efficient will be explored.

**11. It is more than right and wrong. It is ethics**

Jean Dukarski, CPSS, Justice in Mental Health Organization

Managing our ethics and boundaries is vital to the work that we do as peers. Ethics are not a skill you ever will master, but they influence our decisions great and small. Our ethics are the foundation of our behavior as peers, as coworkers and as employees. Join us for a discussion of peer ethics, why they are important and an examination of some of the unique dilemmas we face.

**12. The Peer Support Role in Integrated Health Care**

Grayce Davis, CPSS, IHC, RC, Network 180

Mary Robinson, CPSS, RC, Network 180

Participants with chronic/severe mental and medical health conditions often have decreased quality of life and shorter life expectancy. The Peer Support role in integrated health is essential to improving the participant's ability to self-advocate, be more self-aware, and increase the person's sense of empowerment. Utilizing the unique relationship of Peer Support as an agent of change improves the ability of the participant with complex needs to partner with providers in a collaborative treatment relationship. This workshop will demonstrate the effectiveness of peer work in an integrated care model through community-based interventions with participants and other service providers.

**13. Trauma and Self-Compassion**

Colleen Jasper, Michigan Department of Health and Human Services

In this workshop you will learn the definitions of trauma, secondary trauma, re-traumatization, and self-compassion. A review of the statewide Initiative on Trauma will be included. The impact of trauma and how its resolution assists in our recovery will be also covered. Re-traumatization from the effects of stigma and emotional trauma will be connected. Self-compassion as a tool with its healing aspects can be helpful for anyone working on improving their recovery and wellness.

**4:45PM-5:30PM**

**SUPPORT GROUPS**

**5:30PM**

**DINNER**

**7:00PM-10:00PM**

**ENTERTAINMENT BY:  
DJ CONSCIOUS  
AT THE LANSING CENTER**



**MICHIGAN ANNUAL PEER CONFERENCE  
THURSDAY, MAY 26, 2016**

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<b>7:00AM-9:00AM</b>	<b>CONFERENCE REGISTRATION</b>
<b>7:30AM-9:00AM</b>	<b>BREAKFAST AND NETWORKING</b>
<b>9:15AM-10:15AM</b>	<b>MORNING PLENARY SESSION LT. GOVERNOR BRIAN CALLEY</b>
<b>9:00AM-3:00PM</b>	<b>MICROENTERPRISE BOOTHS</b>
<b>10:15AM-10:30AM</b>	<b>BREAK</b>
<b>10:30AM-12:00PM</b>	<b>CONCURRENT WORKSHOPS</b>

**1. Using the Arts to Recover your Mental Health**

Frank Bublitz, CPSS, Professional Actor, FAIM, LLC

This workshop will feature an interactive written presentation on the history of arts and their current functions in mental and physical health. There will be 1-2 relaxation exercises set to music that will be useful to participants. Attendees will also learn a piece of improvised “Spoken Word Music” that is a technique to help people loosen up when discussing their anger and fears. There will be improvisation games that will teach how people can learn resilience and hope skills through performance.

**2. Rx Positivity Pill**

Monica Wafford, CPSS, RC, RSST, Domestic Violence Advocate, Common Ground

Stephanie Thorton, Medical Assistant, Henry Ford Women’s Center

The presenters will discuss their experience working in the critical care crisis department at Common Ground in Oakland County. They will introduce skills, activities and the attitude needed to assist individuals in crisis. Interactive activities will assist attendees to understand how and when to use humor, relaxation and other ways to attain a positive outlook in times of crisis. Participants will learn about the benefits of positivity and how it affects mental and physical health during crisis. Presenters will give examples of how negativity hinders recovery and how to bring positivity into any situation using encouragement and motivation.

**3. Using Data and Personal Stories to Promote Recovery in Our Community**

Marcia Probst, CPSS, Sharee’ Niblack, CPSS, RC, Ronald Vison, Power Group Presenter,

Christopher Roberts, Power Group Presenter, Stacey Danielson, Power Group Presenter, Robin Morton, Power Group Presenter - Recovery Institute of Southwest Michigan

In the information age it is becoming more and more important to be able to provide data for every venture we take as evidence to its worth. On a parallel line we also have the power of the personal story which has inspired and educated people on the difficulties people face when living with behavioral health concerns of any type. With that in mind, representatives from the RODAN team (Recovery Oriented Data Action Network) and Power Group will collaborate to demonstrate how the combination of data and personal recovery stories can be combined to provide and even more powerful tool when communicating with various stakeholders.

**4. Peer Support for Caregivers**

Latrieva Collins-Boston, Family Support Partner, Parent to Parent of Southwest Michigan

The importance of Peer Supports for Caregivers will cover the national Parent to Parent model for providing emotional support to parents and caregivers of children with disabilities. The participants will gain an understanding of the stressors affecting parents of children with disabilities, evidence-based practice of peer supports. Participants will gain an understanding of how supporting the caregiver will improve all aspects of life for the child.

**5. Connecting Veterans to VA Care**

Dwayne Kelly, CPSS, Battle Creek Veterans Administration

Diego Tresvant, CPSS, Battle Creek Veterans Administration

Christopher Graff, BS, CADDC, CPSS, Muskegon Veterans Administration

The purpose of this workshop is to provide peers with a basic comprehension of the veteran services for veterans. It will address services that are available to qualified veterans. It will give brief understanding of the eligibility requirements to qualify an individual for veteran services. It will also address the role of the peer specialist and the role they play in providing care for veterans. It will provide information on alternative options for veterans that are not eligible for veteran services

**6. Recovery Realities Today: A history of advocacy and the development of Multiple Pathways to Recovery**

Deborah Garrett, CPSS, CPRM-M, Recovery Communications Director, REAL Michigan

Chris O'Droski, Certified Recovery Coach, Peer Recovery Support Services Coordinator, Home of New Vision

Recovery community organizations have been a conduit for this change supplying peer services, advocacy trainings, stigma reduction and recovery messaging training. The workshop will define what Recovery Community Organizations are and provide examples of various types of RCO's currently operating in Michigan. We will discuss how RCO's are being highlighted at the local, state and federal level.

**7. Understanding Gambling Disorder – the Hidden Addiction**

Lori A. Mello, Program Manager, Health Management Systems of America

This workshop will begin with an overview of problem gambling detailing how people recover and the importance of peer involvement in recovery. We will discuss how gambling affects the family of the person in his/her recovery, and include stories of recovering individuals and what was most helpful to them. We will hold a discussion about the role of peer support specialist in supporting individuals in their recovery from problem gambling, and share information about upcoming opportunities for employment as a problem gambling recovery coaches.

**8. Michigan Medicaid Peer Continuum**

Kim Batsche-McKenzie, Manager of Programs for Children with Serious Emotional Disturbance, Michigan Department of Health and Human Services

Pam Werner, Manager, Peer Specialist & Recovery Coach Initiative

Tracy Vincent, Resource Analyst, Michigan Developmental Disabilities Council

Peers are an important part of the behavioral health continuum. The role of persons with lived experience is population specific and is outlined in the Michigan Medicaid Provider manual under the Mental Health and Substance Abuse chapter. This workshop will provide an overview of Michigan's Peer Continuum and information on the various roles of peers, training requirements/certification process, training structure and Medicaid billing codes for each program.

**12:15PM-1:30PM**

**LUNCH PLENARY SESSION**

**CRACKED NOT BROKEN: KEVIN HINES, BEST SELLING AUTHOR AND SPEAKER**

**1:30PM-1:45PM**

**BREAK**

**1:45PM-3:15PM**

**CONCURRENT WORKSHOPS, SECOND SESSION**

**9. Emotions Anonymous**

Crystal White, Director, River's Edge Drop-In Center

Emotions Anonymous is an organization of people who have found help by working the twelve-step program which deals with emotions. We attend weekly meetings to discuss how to have and keep emotional health. We have learned we are not alone. Others have the same feelings we have. The Twelve Concepts, Twelve Traditions are our guides for our meetings. We learn to live one day at a time with the help and support of the Twelve Steps, the other members and our Higher Power.

**10. Human Trafficking: Modern Day Slavery**

Deborah Monroe, CPSS, Recovery Coach

Jane P. White, Founder and Director of the MHTTF

The Michigan Human Trafficking Task Force membership is made up over 90 different agencies from throughout the State focusing on sexual and labor exploitation. This includes building awareness, supporting prosecution, and always focusing on the victim in an attempt not only to identify but to support them into becoming survivors. Whether it is stories of individuals who have endured the terrible treatment, whether it is anger that is felt towards those who have such violent control over children, women, and men, or whether it is meeting someone who acknowledges for the first time that they have been that victim these are all subjects to be examined in this workshop.

**11. Improving Self-Advocacy by Eliminating Stigmatic Language**

Shannon Jackson, Board Member/Secretary, Jackson Area Recovery Community

Kelly Bannister, CPRM-M, Board Member, Jackson Area Recovery Community

This workshop will discuss how a selection of commonly used words have historically fostered stigma in substance use disorder. Referring to the selected language, we will provide alternatives that will support empowerment in advocating for oneself. We will discuss potential outcomes that would come from using positive language when speaking about our disorders. Finally, we will provide a template for participants to complete an introduction for themselves. With the completed written introductions, we will practice reading our introductions aloud with another participant.

**12. Chairs of Wellness**

Amy Sue Sieniarecki, CPSS, Hegira Programs

Come join me and learn low to no-impact chair exercises, healthy eating, restful sleep and more. You will learn low to no-impact chair exercises that can be done in most types of chairs. Discussions will center around how having a chronic physical illness can affect mental health. The presenter will talk about her own battle with a chronic physical illness and how physical activity has impacted her wellness and recovery.

**13. Empowering Peers through the Principles of Self-Determination**

David J. Taylor, Peer Mentor, Community Living Services

Stephanie Laird, Peer Mentor, Community Living Services

Come be inspired by personal stories of how people with disabilities have used Self-Determination to grow and plan for the life they want. Practical steps will be discussed for requesting individualized goals, tailoring supports for achieving these goals, understanding how to use Independent Support Brokers and developing skills for advocating for yourself and others. Unique options for income generation will also be explored. Please consider joining us for this exciting and empowering session.

**14. Healthy Stress-Free Living**

Jennie Repotski, Peer Mentor,

Participants will be able to:

- Identify what stress is and how to recognize it in their lives
- Identify ways people deal with stress that are not healthy
- Identify ways to lead a more stress-free, healthy life

In this session, participants will learn what stress is and how it is a part of our lives. The negative physical impact that stress has on our bodies will be discussed. Different ways people deal with stress that is not healthy will be discussed as well as ways to lead a more stress free life. Participants will have an opportunity to try out a few of the different ways to relax.

**3:15PM**

**CONFERENCE ADJOURNS**

The Michigan Department of Health and Human Services has provided funding for this Initiative through Federal Community Health Block Grants