

PUBLIC SERVICE ANNOUNCEMENT – MAY 3, 2010

MAY IS MENTAL HEALTH MONTH

PRAIRIE STATE PREVENTION EDUCATION, INC., a non-profit organization located in Troy, Illinois is offering FREE community workshops in support of the Mental Health America's – "May is Mental Health Month" which began in 1949. Andrea Shaw, President, has coordinated the event with Dr. Al Wilkinson and Dr. Brad Karoll. The professionals offer counseling services to the area at their offices located at 189 E. US. Hwy 40, #C, Troy, Illinois.

Tri Township Park has donated the lower level space of the Weisemeyer Senior Citizen Center to support Mental Health community education. The Center is located in the Tri Township Park located at 410 Wickliffe Street – Lower Level, Troy, IL. Workshops will be presented from 10 AM – 3:00 PM with registration and refreshments beginning at 9:30 AM and served throughout the day. Individuals may attend one or all of the sessions.

Workshop Schedule includes:

10:00-11:00 AM - Presented by Dr. Al Wilkinson

TOPIC: SENIOR ADULTS AND EMOTIONAL HEALTH

This presentation will focus on issues that senior adults may encounter that may impact their emotional health and some of the coping and thinking that can encourage them toward better mental health. Although the focus is on seniors, these methods of coping have application across the age scale.

Dr. Al Willkinson completed his Doctoral degree in Education at SIUE in 1990 with a focus on the psychology of organizations, organizational development, and leadership. His internship focused on career counseling and development, and developing a workshop for university staff focused on working effectively with individuals with disabilities. His Master's in clinical psychology was completed at SIUE in 1975. He has 30 years experience in counseling with people with physical and mental disabilities toward successful career development.

More recent group work of about 9 years has included working with individuals with traumatic brain injury and stroke, seniors who experience depression and anxiety, and group therapy with individuals with diagnosis of major psychiatric disorder. He is a Licensed Clinical Professional Counselor in Illinois, a Certified Rehabilitation Counselor, and recently completed training in clinical hypnosis which meets the requirement for Board Certification as a Clinical Hypnotherapist by the American Board of Hypnotherapy. He is licensed in Missouri as a psychologist. His interest is in group and individual work focused on issues of depression and anxiety, for adults throughout the age range including seniors. Clinical Hypnotherapy has effective use in many areas including pain management, working with depression, and with anxiety related symptoms. To schedule an appointment, contact: 618-580-8969.

11:00 AM-12:00 PM & 1:00-2:00 PM – Presented by Andrea Shaw, LCSW, SAP

TOPIC: UNDERSTANDING MOOD DISORDERS AND SUICIDE PREVENTION

Attendees will learn about the symptoms associated with Bipolar and Depressive Disorders, Self Help Techniques to reduce and prevent symptoms from reoccurring, Suicide Risk Factors, Community Support Systems and other available Resources. (11:00 AM-12:00 PM)

TOPIC: FIND HOPE IN TODAY'S STRESSORS – LIFE IS NOT WHAT IT IS SUPPOSED TO BE...

This presentation will focus on restoring Hope in a stressful time through use of various coping techniques, strategies and support systems. A review of the value of spirituality and faith in re-establishing Hope and improved recovery rates from medical and psychological illnesses will be presented.

Ms. Shaw has offered counseling services to the surrounding area from her Troy office since 2006. Ms. Shaw received a Master of Social Work Degree from the State University of New York at Buffalo and is a Licensed Clinical Social Worker (LCSW) in Illinois and Missouri and a Certified Substance Abuse Professional. Ms. Shaw is experienced in the provision and management of clinical services to adults and adolescents (ages 13+) specializing in mental health disorders and the dual diagnosis of mental illness and substance abuse disorders and offers individual, couples and group counseling to adolescents, adults and seniors. For additional information, or to schedule an appointment, contact: Andrea B. Shaw, LCSW, (618) 520-6963. Flexible hours are available, including evenings and Saturdays. Most insurances and EAP referrals are accepted.

2:00-3:00 PM – Presented by Dr. Brad R. Karoll

TOPIC: THE STAGES OF CHANGE AS EVIDENCE-BASED PRACTICE

This discussion will focus on the stages of change which have evolved into evidence-based practice for social workers and professional counselors. The audience will be presented an in depth description of each stage and be invited to ask questions. Questions may be of a general nature or be more specific to their situation based on the inquirer's comfort level. Audience participation will be encouraged throughout the presentation.

BRAD R. KAROLL, PH.D., LCSW, is sole proprietor of Positive Choices, a private practice dedicated to working with those with substance use disorders, other addictive behaviors such as self-mutilation, and family members of affected individuals. With offices located in St. Louis Hills, MO and Troy, IL, his practice focuses on professionals in allied health, particularly, nurses. He graduated from the School of Social Work at the University of Illinois at Urbana-Champaign in 2005. Addresses: Positive Choices, 6978 Chippewa, Suites 4 & 6, St. Louis, MO 63109, and 189 East US Highway 40, Suite C, Troy, IL, 62294, phone number (24/7) – 314-303-7721, [email: bradrkaroll@yahoo.com].