



Special thanks goes to the Madison County Mental Health Board for financially supporting this community education forum.

Name: _____

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Please register online at [EventBrite](#) or you can complete and mail this registration form to:

IMPACT Center for Independent Living
2735 E. Broadway, Alton, IL 62002
Attention: Cathy Contarino



Say It Out Loud

This forum is designed to encourage attendees to proactively address mental health in a manner consistent with how we address physical health, spiritual health, financial health, etc. We hope that by “saying it out loud” we will destroy shameful silence which negatively impacts individuals, families and communities; for darkness cannot exist in light.

Speakers:

DHS/DMH Director Knaebe
James Bobo
Gloria Centeno
Trenda Hedges
Cindy Mayhew

Questions:

Contact Event Coordinator
AJ French at 618-792-2049
aj.french@giftofvoice.com

When:

Friday, March 11, 2016
Doors Open at 6:00pm
6:30pm – 9:00pm

Where:

Alton High School Auditorium
4200 Humbert Road
Alton, IL 62002



Say It Out Loud



Director Diana Knaebe
Division of Mental Health

Alton High School Auditorium
4200 Humbert Road
Alton, IL 62002
6:30—9:00pm

Diana Knaebe, assumed the role of Director of DHS-Division of Mental Health in early September 2015. Prior to that she served as President and CEO of Heritage Behavioral Health Center in Decatur, IL since 2002. During her tenure as CEO, Heritage has developed into an exceptional community agency serving persons with mental illness and substance abuse in central Illinois. Prior to becoming President/CEO, Diana served as the Vice President of Client Services and the Chief Operating Officer at Heritage. She began her career in community behavioral health as a clinician at Van Buren County Mental Health Services in Michigan and was awarded her Masters of Social Work degree from Western Michigan University in 1986.

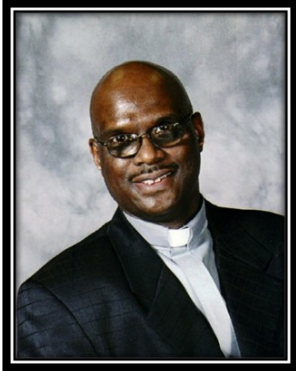
Diana formerly served as President of the Board of the Community Behavioral Health Association of Illinois. She was an active participant of Mental Health Corporations of America where she served as a Board member from 2009-2015. She also currently serves as Vice Chair for the Illinois Supportive Housing Providers Association Board.

She has presented at many local, state and national events on topics ranging from the continuum of housing for persons with a serious mental illness; strategic planning; leadership development; system transformation; integrated care - primary-behavioral health; ACOs and Specialty Care; and complementary and alternative health, as well as a wellness focus on health/behavioral health. She served a guest writer for *Mental Health Weekly* from 2012-2013.

Diana's life-long dedication to improving the lives of persons with behavioral health conditions, her deep understanding of the behavioral health system in Illinois and our nation, and her commitment to recovery and resiliency principles and integrated care will serve DHS well.

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Say It Out Loud



James Bobo is a Marine Corp Veteran who has been awarded the Purple Heart Medal. He served during the Vietnam War and has traveled to Cambodia, Japan, The Philippines and Thailand. Born in the projects on the west side of Chicago, James became embittered after the murder of Dr. Martin Luther King Jr. His journey took him from hopelessness, to substance abuse and rehabilitation facilities, to the federal penitentiary, to twelve step groups and to presently serving as an Associate Pastor of Grace & Glory Apostolic Church in Zion, Illinois.

James is an Ordained Elder of the Pentecostal Assemblies of the World; where he serves as Secretary for the Illinois District Council of Christian Education. He is currently seeking a Bachelor Degree in Christian Education from Grand Canyon University so he can meet his goal of becoming an effective Pastor, as he continues to develop a scholarly understanding of the word of God. His personal statement of hope is that *“I can do all things through Christ, who gives me strength.”* An avid chess player, James lives in Lake County, Illinois.

Gloria Centeno is a native from Puerto Rico. Her journey as a recipient of mental health services and as lead volunteer for “Volunteers in Service to North River” helped her to discover her leadership ability and community organizing skills. Both became influential in the passage of the Community Mental Health Services Act, signed into state law in March 2011. Today, Gloria serves as a Commissioner in the North River Expanded Governing Commission, which has oversight of the first mental health center in Chicago opened with community funds.



Gloria serves as President of Next Steps Board of Directors. She is also a member of the Protection & Advocacy for Individuals with Mental Illness (PAIMI) Advisory Council, maintained by Equip for Equality. She earned a Bachelor’s Degree in Psychology from Loyola University Chicago and completed the Psychosocial Rehabilitation Certification Program from Wilbur Wright College. She is certified as a Wellness Recovery Action Plan (WRAP®) Recovery Educator and is pursuing the Certified Recovery Support Specialist (CRSS) credential. Gloria is described by many as a butterfly that spreads wings of strength, hope and perseverance; who inspires and mentors other to follow their dreams. She lives in Cook County, Illinois.

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Say It Out Loud

Trenda Hedges believes recovery is an opportunity! She delivers recovery education and advocacy support throughout the state of Illinois, empowering others to take active roles in their recovery processes by providing information necessary to make healthy decisions. She currently serves in the role of Recovery Team Manager for Beacon Health Options doing business in Illinois as the Illinois Mental Health Collaborative for Access and Choice. She supervises a team of Peer & Family Support Specialists who staff the Warm Line.



Trenda is a contributor for Achieve Solutions, a member of the American Counseling Association, and maintains a Certified Recovery Support Specialist (CRSS) credential. She has a Bachelor's degree in Criminal Justice with a concentration in Special Populations and is currently pursuing a Master of Arts in Counseling through Lincoln Christian University. Trenda provides biblically based peer counseling and facilitates Bible studies at Real Life Church in Springfield. She shares her personal recovery experience coupled with her faith to convey a message of hope and healing. Trenda resides in Sangamon County, Illinois



Cindy Mayhew serves as the Mental Health Recovery Support Specialist for the Illinois Department of Human Services, Division of Mental Health in Region 5 Metro East. She has earned her certification as a Wellness Recovery Action Plan (WRAP®) Recovery Educator for the State of Illinois and is credentialed as a Certified Recovery Support Specialist (CRSS) with the Illinois Certification Board. Cindy earned her Bachelor of Arts Degree in Psychology from the State University of New York at Fredonia.

Cindy is the lead person who coordinates monthly Metro East Leadership Council meetings, publishes quarterly editions of The Recovery Times newsletter and co-chairs the annual Region 5 Metro East Recovery Conference. She provides WRAP® classes, seminars and orientations to providers and consumers of mental health services. She also provides trainings that offer continuing education units for the CRSS credential and co-hosts CRSS Learning Collaborative conference calls for organizations which provide Recovery Support Services. Cindy strives to empower individuals in recovery and she resides in Madison County, Illinois.

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