

Seminar

Healthy Minds, Healthy Lives: Mental Health of Children & Adults with Disabilities or Special Needs

Thursday, Oct. 29 • 9 a.m. - 4 p.m.

KCC Workforce Development Center Conference Hall

\$95, includes materials and contact hours.

Mental Health is essential for successful life outcomes and it is our goal for every person. But what is mental health? Is it simply the absence of mental illness or is it something more? The World Health Organization says “Mental health is not just the absence of mental disorder. It is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.”

This lively and thought-provoking workshop is designed to help participants learn how to protect the mental health of children and adults with disabilities and how to promote the development of skills and abilities that support mental health.

Topics will include:

- Qualities that lead to mental health
- Teaching and promoting everyday mental health skills
- Strategies to avoid harming mental health
- The role of positive affirmations in mentally healthy thinking
- The importance of learning to “quiet the mind”
- Strategies to model and promote safe emotional expression
- Social connectedness as an asset in our mentally healthy lives
- The importance of self awareness, self knowledge and self advocacy in living a mentally healthy life

Please note: The information in this workshop is provided for educational and informational purposes only. The diagnosis and treatment of mental health disorders is not included. The materials and strategies presented in this workshop are not be a substitute for the services of a mental health professional such as a physician or therapist.



Meet the instructor

Barbara T. Doyle, M.S., is a nationally known educator, author, master teacher, trainer, keynote presenter and consultant. Her focus is on children and adults with developmental disabilities, autism spectrum disorders, autism with hearing and/or vision impairment, autism with mental illness, deafness and deaf-blindness. She serves early intervention programs, public and private schools, families, advocacy groups, universities, mental health programs, professional organizations, and adult provider agencies. Doyle is committed to helping to create a society in which everyone can experience safety, mental and physical health, social connectedness, participation, contribution and productivity. She is an engaging and lively presenter, noted for her practical strategies delivered with humor and humanity. She also has seven family members with disabilities, five of whom have autism spectrum disorder. Her website is www.barbaradoyle.com.

Seminar

Past participants at KCC said...

"The presenter was awesome! Her techniques could be applied across all ages."

"I really enjoyed Barbara Doyle's knowledge and enthusiasm of the topic – great presenter!"

"Barbara was a wonderful speaker and very informative."

"This was possibly the best, most useful conference I have attended in my 11 years in education."

"Awesome! I feel so much more confident to meet the needs of others in my classroom."

"This was GREAT! Barbara – you are a fabulous speaker and very knowledgeable. You kept my interest and are very good at what you do!! Loved it!"

"I would recommend Barbara Doyle for future topics."

Agenda

- 8:30-9 a.m. Registration & check-in
- 9-10:30 a.m. Workshop
- 10:30-10:45 a.m. Break
- 10:45 a.m. - noon Workshop
- Noon - 12:30 p.m..... Lunch (on your own)
- 12:30-2 p.m. Workshop
- 2-2:15 p.m. Break
- 2:15-3:45 p.m. Workshop
- 3:45-4 p.m. Wrap-up & evaluation

Contact hours

Upon completion, 5.5 contact hours will be awarded to nurses, social workers, professional counselors/clinical counselors. 5.5 professional development hours will be awarded to school teachers. 5.5 Qualified Intellectual Disabilities Professional Training (QIDPs) contact hours have been applied for and are pending.

Disclosures

Criteria for judging successful completion of the seminar are attendance at the entire activity and submission of a completed evaluation tool. Be sure to check-in before the workshop begins at the Continuing Education office inside the entrance to the Workforce Development Center.

Please note: In order to keep our workshop costs low, we do not provide lunch or refreshments. You are welcome to bring your own lunch, snacks and drinks. Vending and the cafeteria are available for you to purchase food and drinks onsite as well.

Room temperatures may vary. Dress accordingly.

Registration

Four ways to register:

1. Go to <http://kcc.edu/comejoinus>; choose your class, click submit and follow the instructions. If you register online, you must pay by credit card (Visa®, Mastercard® & Discover® accepted).
2. **Fax:** Fax completed registration form to 815-802-8201. ATTN: Continuing Education & Career Services.
3. **Mail:** Mail completed registration form to KCC Office of Continuing Education and Career Services, 100 College Drive, Kankakee, IL 60901.
4. **Phone:** Call 815-802-8207 and have the course number and your credit card or purchase order number ready.

Registration form

Healthy Minds, Healthy Lives

Thursday, Oct. 29

\$95, includes materials & contact hours.....HLTH 499A.A13

Name: _____

Profession: _____

Employer: _____

Social Security No.: _____

Email address: _____

Address: _____

City: _____ County: _____

State: _____ ZIP: _____

Home phone: _____

Business phone: _____

Birth date: (mo.) _____ (day) _____ (yr.) _____

Enclose a check in the appropriate amount made payable to Kankakee Community College or charge to:

Visa® MasterCard® Discover®

Account number: _____

Expiration date: _____

Security Code: _____

Signature: _____

This information is required so that KCC may demonstrate compliance with federal and state requirements. Please check all that apply.

- American Indian/Alaskan Native Male
- Hispanic Female
- Asian/Pacific Islander
- White Non-Hispanic
- Black Non-Hispanic
- Non USA citizen

Mail or fax completed form

KANKAKEE COMMUNITY COLLEGE
Continuing Education and Career Services
100 College Drive, Kankakee, IL 60901
www.kcctrainingsolutions.org • Fax: 815-802-8201

