

# 2021

## Fostering an Inclusive McHenry County Virtual Recovery Conference Series 4 Free Sessions including CEUs

Hosted by the McHenry County  
Mental Health Board and the McHenry County  
Suicide Prevention Task Force

### REGISTRATION IS OPEN!!

Thursday 9.9.2021 | 6:00 - 8:30 pm

Virtual screening of "My Ascension"

Community Awareness Event

Friday 9.10.2021 | 9:00 - 10:00 am

Keynote: Pamela Rae Schuller

Seriously Funny - Lessons for a more  
Inclusive Community

11:00 am - 12:00 pm

Supporting our LGBTQ Students and Their  
Families: Best Practices for Creating  
an Inclusive School Environment

1:00 - 2:00 pm

The Effects of Discrimination on the  
Mental Health of our Communities

Panel Discussion

2:30 - 4:00 pm

Finding Your Voice

Storytelling Workshop with Pamela Rae Schuller

### REGISTRATION IS OPEN!!

For additional information contact  
[kdoherly@mc708.org](mailto:kdoherly@mc708.org)



MCHENRY COUNTY  
SUICIDE PREVENTION  
TASK FORCE

**2021**

## **Creating an Inclusive McHenry County Virtual Recovery Conference Series**

**\*\*\*CLICK ON THE SESSION TITLE TO REGISTER\*\*\***

**4 Free Sessions including CEUs**

**Hosted by the McHenry County**

**Mental Health Board and the McHenry County Suicide Prevention Task Force**

*This conference series is supported by Northwestern Medicine, the McHenry County Substance Abuse Coalition, local Behavioral Health providers & volunteers.*

**Thursday 9.9.2021 | 6:00 - 8:30 pm**

### **Virtual screening of "My Ascension"**

A documentary film raising awareness of mental health and suicide, while spreading a message of hope and healing to all. A suicide attempt left 16-year-old varsity cheerleader, Emma Benoit, paralyzed, but propelled her on a mission to use her painful experience to help others find hope, and shine more light on the fact that 20 young people die every day by suicide in the United States. The screening will be followed by an important panel discussion related to preventing youth suicides in our community.

[VIEW THE FILM TRAILER](#)

**Friday 9.10.2021 | 9:00 - 10:00 am**

**FEATURED KEYNOTE: Pamela Rae Schuller**

### **Seriously Funny - Lessons for a more Inclusive Community**

As a teen, Pamela had the worst-diagnosed case of Tourettes in the country, a touch of Obsessive Compulsive Disorder, and a whole lot of pent-up anger. She spent years depressed, suicidal, and wishing her differences away. Over time, she started looking at her life differently and turned her obstacles and challenges into the very fuel that propels her.

Now an internationally known disability and mental health advocate and professional stand-up comedian, Pamela's stories of growing up in a body she had no control over are engaging, powerful, a little bit heart-wrenching, and unapologetically funny. Pamela is known for her use of combining comedy and storytelling to inspire a new understanding of inclusion. She can be seen on Buzzfeed, Doctor Mike Videos, NBC, and SiriusXm. She has worked on inclusion and accessibility with Disney, Google, WellsFargo, and United airlines to name a few, and is working toward a more accessible world, where inclusion is something we all do, not just hear about. Pamela doesn't just "tolerate" what makes her different; she embraces it, loves it, and finds the funny in it... while challenging her audiences to do the same.

**Friday 9.10.2021 | 11:00 am - 12:00 pm**

### **Supporting our LGBTQ Students and Their Families: Best Practices for Creating an Inclusive School Environment**

presented by Dr. Shelley Fisher

LGBTQ children and adolescents are at high risk for negative social, emotional, and academic outcomes. This webinar, designed for school personnel, private clinicians, and community professionals, will discuss how best to support our LGBTQ students within the academic setting with a specific emphasis on working with our transgender and nonbinary students. Current research and terminology will be presented and federal and state laws supporting LGBTQ students in the school setting will be discussed. Attendees will learn how to accommodate transgender students while creating a more inclusive school environment.

Finally, best practices for working with LGBTQ students and their families will be presented.

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**Friday 9.10.2021 | 1:00 - 2:00 pm**

**The Effects of Discrimination on the Mental Health  
of our Communities - Panel Discussion**

Discrimination is the unfair or prejudicial treatment of people and groups based on characteristics such as race, gender, age, or sexual orientation. Discrimination is incredibly complex and experienced in so many different ways that it can be difficult to pinpoint the process by which it undermines mental health. We will discuss the domino effects of discrimination and the link between discrimination and mental health disorders. Discrimination does not just affect one person, it affects entire communities!

**Friday 9.10.2021 | 2:30 - 4:00 pm**

**Finding Your Voice**

**Storytelling Workshop with Pamela Rae Schuller**

Effective storytelling is critical to effective advocacy and making the case that the status quo is simply unacceptable. Have you ever wanted to be the person who can share a compelling or funny story where folks hang on your every word? Your story has the power to inspire others and to change lives, it's just a matter finding your voice.

**PRESENTER BIOS**

**REGISTRATION IS OPEN!!**

For additional information contact [kdoherly@mc708.org](mailto:kdoherly@mc708.org)

**Featured Keynote!**

**Pamela  
Rae  
Schuller**

COMEDIAN. SPEAKER. ADVOCATE.

