



## CFAC 2024 Lancaster County Behavioral Health Conference Many Pathways to Recovery – You Are Not Alone

On July 11<sup>th</sup>, CFAC held the annual Lancaster County Behavioral Health Conference at City Impact in Lincoln.

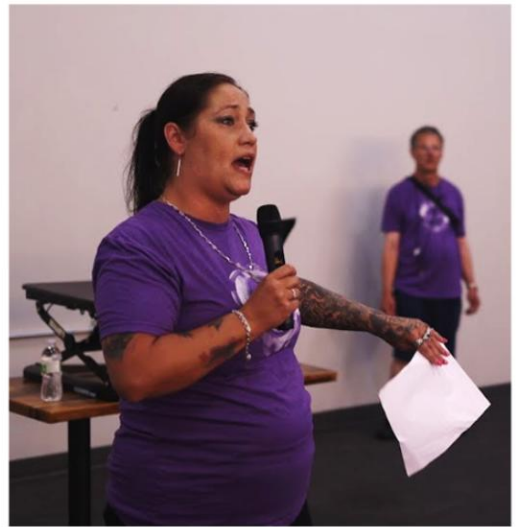
The day was filled with

Key note speakers, break-out education sessions, information booths, raffle prizes, great food and networking opportunities.

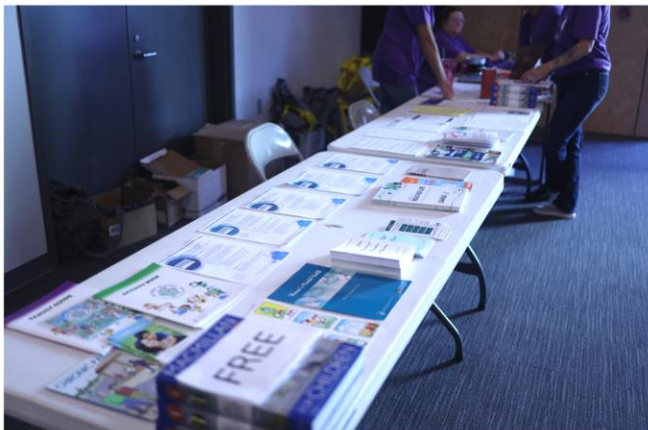
Key note speakers included Alaina Hulette and Clay Anders. Presentations for the breakout sessions were held by BACA (Bikers Against Child Abuse), Mental Health Advanced Directives by Lisa DeCoteau of the Wellbeing Initiative, 12 Step Yoga by Kjerstin Egger of the Wellbeing Initiative, QPR and Whispering Acres High Hopes – Jill Kuzelka, Reentry by Tessa Domiguez.



**Keynote Speaker – Alaina Hulette**



**CFAC Chair – Heather Anders**





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### Breakout Session

– Jill Kuzelka,

Owner of

Whispering Acres-  
discussed the  
benefits and services  
provided of using  
horses and equine  
therapy.



**Breakout Session – Jill Kuzelka:** QPR-  
Question, Persuade, Respond - suicide  
prevention techniques.

### Breakout Session – Matt Jeffrey:

Turning Consequences into Pro'sequences

## Information Stations!



**Lutheran Family Services**



**Wellbeing Initiative**

### Breakout Session - Tessa Domiguez:

Reentry-Resources, barriers, and support in  
entering back into society after  
incarceration.



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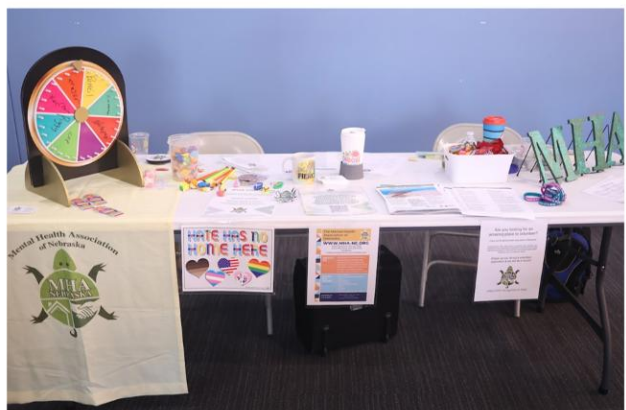


**Breakout Session: Bikers Against Child Abuse (BACA)** discussed supports for families and kids experiencing abuse in the home by empowerment services.

## Information Stations!



## Mental Health Association



**Keynote Speaker – Clay Anders**

## Breakout Session - Lisa

**DeCoteau:** Mental Health

Advanced Directives - a binding contract that is created to support individuals experiencing a crisis to be more supported in those moments and reduce traumatic responses from individuals attempting to support them.





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### Information Stations!



**Keynote Speaker – Clay Anders**



**Antelope Valley**



**Breakout Session - Kjerstin Egger:**  
Y12SR-12 step yoga



**Breakout Session:** Nar-anon, a 12 step support group for families and friends of individuals struggling with substance use.



## CFAC 2024 Lancaster County Behavioral Health Conference



### Your CFAC Team!

CFAC is helping to improve the quality of life for consumers and family members affected by mental health, substance use, or other addictive disorders.

Joining the CFAC committee is a great place to start to have a voice and implement changes you see are needed in the community you reside in. Because it is Peer led with members that all have experiences with mental health or substance use, this allows navigating the needs of the community pertaining to those subjects, possible together!

For more information, you can reach out to CFAC at [CFAC@region5systems.net](mailto:CFAC@region5systems.net) CFAC is not only a great place to have a voice in implementing changes but also a great opportunity to network with other organizations, peers, and learn amazing leadership skills while making positive impacts in your community!

Region V Systems website for more info is:  
<https://region5systems.net/how-we-help/consumer-family-advisory-committee>



**Door Prizes!**

