



JANUARY 2018 MEETING

Tuesday, January 9, 2018 6:30 P.M.

St. Leonard Parish School Library

440 Zorn Avenue, Louisville KY 40206-1417



After the holidays, give yourself the gift of Stress and Anxiety Relief. As our wonderful speaker for the meeting on Tuesday January 9, 2018 we are fortunate to have Ms. Michelle Niehaus, LCSW. She is the Kentucky Statewide Coordinator for Deaf and Hard of Hearing Services at the Kentucky Department for Behavioral Health, Developmental, & Intellectual Disabilities. Through collaboration, training, advocacy, and outreach, she strives to create a linguistically and culturally affirmative system of mental health care in the

state. Beyond influencing policy in Frankfort. Michelle has developed a strong network of support for programs and training which has been expanded and benefits deaf and hard of hearing people with needs for mental health services.

Michelle previously worked as a therapist with Seven Counties Services, Inc. (now Centerstone) coordinating their mental health program and with Deaf Network in Indiana as a clinician. She is well known to many of us as she provides a support group for hard of hearing individuals in the Louisville area. She has served on the national board of ADARA and is currently a Commissioner with KCDHH heading a study group on the Needs of Senior Citizens.

Ms. Niehaus will be addressing relief from the many ways stress impacts us as struggle to communicate. We are also excited to have her share her perspective on interesting trends in the fields of mental health and substance use and the importance of living well with the challenges of being hard of hearing. As new findings link hearing loss to other health conditions, we are eager to learn more.