



McHenry County

NAMI Talks
Community Education

Join Us...

Veteran's Mental Health

It's our turn to Serve

Thursday, September 19, 2019

7 pm - 8 pm Q&A to follow



The numbers are staggering. According to SAMSHA and The Veteran's Administration, 20 or more veteran's **die by suicide everyday in the US**. In addition, more than **20% of our veteran's who have PTSD** from their military experience **have a substance use disorder**.

Our Panel: (full bios on the back)

Laura Franz, LCSW, Executive Director at TLS Veterans

Charla Waxman, Community Liaison at Lake Behavioral Hospital, daughter of a highly decorated WW II Veteran (2 Purple Hearts, the Silver Star and the Oak Leaf Cluster) & Mental Health First Aid Trainer for Veterans

Steve Ruohomaki, LCSW, U.S. Army veteran (Vietnam era) & Mental Health First Aid Trainer for Veterans

Steve and Charla will engage you in an activity or two and facilitate a discussion on the significance of staying healthy as a veteran and supporting positive mental health for those who (past & present) serve.

Laura will discuss services offered at TLS Veterans and how you can assist a veteran in need. TLS Veterans (legally known as Transitional Living Services) was founded in 1996 by Alan Belcher, a Vietnam combat veteran and licensed counselor.

Come learn how you can...

Serve a Veteran



If you know of someone who would benefit from this presentation, feel free to invite them to join you. These presentations are open and free to the community. **Registration is not required.**

If you have an urgent need to meet with someone for support instead of attending the presentation, please let someone at the sign-in desk know and one of our support facilitators will be happy to meet with you immediately.

FOR MORE INFORMATION CONTACT: NAMI McHenry County at 815-308-0851

LOCATION: Community Resource Center, 620 Dakota Street, Crystal Lake, IL 60012



Our Panel Full Bios:

Laura Franz, LCSW has more than 30 years of social work in Illinois. She has provided clinical and operational leadership to a variety of programs in several human service organizations for the past 21 years. The clients served by these programs ranged from pregnant teens through seniors, and most were provided interventions intended to bridge past traumatic experiences. Franz holds a master of social work degree from University of Illinois at Chicago and a bachelor of social work degree from Illinois State University. She earned a family therapy certificate from the Institute for Juvenile Research.

Charla Waxman, as a Community Liaison at Lake Behavioral Hospital, Charla has the opportunity to meet all kinds of people. What a privilege! She has learned so much from those encounters and her personal and professional life has been enriched by the stories related by those she has met. As the daughter of a highly decorated WW II veteran (2 Purple Hearts, the Silver Star and the Oak Leaf Cluster), those fascinating stories of her Dad's experiences remained locked inside the silence that war instills in many veterans. Also instilled in her father were memories of loss, of death, of fear and with those came startle reactions, nightmares and alcoholism. When her Dad got a little older some stories leaked out and she understood and will share how those stories shaped the man he was.

Steve Ruohomaki, LCSW is a Vietnam era U.S. Army veteran and has worked professionally within the field of mental health and addictions treatment services for over 40 years. He has held positions of direct service, supervision, management, consultation and program development in several different organizations. His professional experiences include working in criminal justice, adolescent residential treatment, outpatient mental health clinics, addictions treatment programs and veterans and family services. He has developed and offered workshops on various topics related to mental healing and addictions recovery. He taps his diverse and extensive history of experiences from his professional and personal journey to inform, support, and facilitate those who wish to meet the challenges of living a fulfilling life. He is a compassionate and down to earth guy with a witty sense of humor.