

Empower Yourself & Get the Facts Workshop Series

The Blueprint

Counseling & Consulting, LLC
Terri Ellzey, MS, MA, LPC, CSAC



A.S.K.

Access Support Knowledge

Module 1: Intro to Mental Health

Module 2: Child Development

Module 3: Trauma

Module 4: Psychotropic Medication

Module 5: Addiction and Substance Abuse

Module 6: Anti-Stigma

Module 7: Mental Health in Jails, Prisons, and the Homeless

Module 8: Relationships, Coping, and Self-Care

Module 9: Historical Trauma: Why is the Village Burning?

Presenters



Brenda Wesley is a trained mental health educator and facilitator who has conducted numerous **ASK (Access Support Knowledge)** presentations throughout Milwaukee County. Brenda is the production manager and creator of the play, *"PIECES in Our Own Voice."* Brenda's unique perspective is first-hand from two family members with lived experience—her platform as an advocate for those with no voice. She was employed for fourteen years as the Outreach and Education Director for the National Alliance on Mental Illness of Greater Milwaukee (NAMI). Brenda has served as a Steering Committee member of the Milwaukee Mental Health Task Force, Milwaukee County Mental Health Board and Executive Director of MIRACLE Inc. Brenda successfully started her mental health consulting agency, Pasch & Wesley, and she is now in collaboration with her nephew has started their non-profit, Staying on Track Inc. Brenda Wesley's hard work, dedication, and perseverance as an advocate of mental health is profound. From here, the journey continues...

Terri Ellzey, LPC, CSAC, is a part-time telehealth Licensed Professional Counselor and Clinical Substance Abuse Counselor working as an independent contractor under her LLC, **The Blueprint Counseling and Consultation Services**. Terri is in the last year of her doctoral studies in Educational Leadership. Terri has 28 years dedicated to working in the field of Human Services. Terri has served on several community committees, including the Steering Committee for the Mental Health Task Force, Board member of MIRACLE Inc., Milwaukee County Community Justice Council, African American Round Table, WISE (Rogers), SDC Poverty Summit Planning Committee, a partner with Staying on Track Inc., and a Social Justice Advocate.

