



St. Joseph County

CARES

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SJC Speaker's Directory Winter 2024

As Saint Joe County's System of Care organization, SJC Cares encourages and strengthens relationships between organizations that strive to promote mental wellness and resilience among the youth and families of our community. We have abundant expertise within our System of Care, and we appreciate the connections that happen between a presenter and the audience with the potential for meaningful relationships to continue after the session. It is our intention with this directory to easily connect organizations and individuals with local experts to meet their presentation needs.



SJC Speaker's Directory Winter 2024

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St. Joseph County

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Speaker's Directory

SJC Speaker's Directory Winter 2024

How to use this directory: Presenters are organized by topic and have shared their contact information. \$ indicates whether there is a fee: Y = yes, N= no, M= maybe.

Individual presenters are responsible for all scheduling of and communication about presentations listed.



Conflict Resolution/ Restorative Justice

Dalila Huerta

Restorative Justice Collaborative Hub, Inc.

huerta.dalila@gmail.com

574-606-8210

www.facebook.com/rjcollaborativehub.org

Specific Topics: Restorative Justice Training and Coaching,

Accountability Support Circles, Community of Practice

\$-M

Catrina Baker

Thee Outlet, Inc.

theeoutletinc@gmail.com

574-208-2911

Specific Topics: Conflict Resolution

\$-M

Conflict Resolution/ Restorative Justice Continued

Ellen Williams, JD

Take Heart, Inc.

ellen.g.williams.7@gmail.com

574-340-7501, 574-318-2621

Specific Topics: Intro to Restorative Justice and Circle Practice, Conflict Resolution

\$-M



Diversity, Equity, Inclusion

Randi Irwin, LMHC

Existential Connections, LLC

randi@existentialconnectionsllc.com

574-607-8081

<http://existentialconnectionsllc.com>

Specific Topics: Diversity/Equity/Inclusion/Belonging; LGBTQ+, Poly+ & Trans Affirming Care & Special Considerations

\$-M

Jhunixa Salazar

Partnership for Children

Jhunixa.salazar@oaklawn.org

574-349-1853

Specific Topics: Belonging (DEI)

\$-M

LaKeyue Williams

LaKeyue.williams@garatonifo.com

574-318-2621

Specific Topics: Racial sensitivity, DEI, Critical Race Theory

\$-M



Mental Health

Catrina Baker

Thee Outlet, Inc.

theeoutletinc@gmail.com

574-208-2911

Specific Topics: Mental Health

\$-M

Mental Health Continued

Theodore Beauchaine, PhD

University of Notre Dame

tbeauch@nd.edu

509-339-4332

<https://preventsuicide.nd.edu>

Specific Topics: Emotion regulation, Impulsive behavior

\$-N

Brenda Chupp, LCSW

Oaklawn

brenda.chupp@oaklawn.org

574-283-1234

www.oaklawn.org

Specific Topics: Mental Health 101

\$-N

Marlon Deleon

This is my Brave, Inc.

md.deleon0527@gmail.com

574-302-2233

www.thisismybrave.org

Specific Topics: Mental Health, Storytelling, Addiction and Substance Use Conditions

\$-M

Felecia Howell, LLMSW

Humbly Changing LLC

info@humblychanging.com

574-298-0462

www.humbly-changing.com

Specific Topics: Cultural differences for mental health

\$-M

Randi Irwin, LMHC

Existential Connections, LLC

randi@existentialconnectionsllc.com

574-607-8081

www.existentialconnectionsllc.com

Specific Topics: OCD and Anxiety

\$-M

Lisa Kelly, LCSW

Mental Health Awareness of Michiana

mha.michiana@gmail.com

574-222-1707

www.mhamichiana.org

Specific Topics: Understanding mental health; Navigating the Mental Health System; Stigma; Healthy Relationships

\$-N

Mental Health Continued

Ron LaGro, MSW, LCSW
ron.lagro.msw@gmail.com
530-524-7347
Specific Topics: Crisis De-escalation
\$-N

Dory Lawrence, MA
Oaklawn
dory.lawrence@oaklawn.org
574-283-1234
www.oaklawn.org
Specific Topics: Mental Health 101
\$-N

Cheri Littlefield, LCSW, LCAC
Seasons Counseling of Michiana
cheri@seasons-counseling.org
574-277-0274
www.seasons-counseling.org
Specific Topics: Basics of Mental Illness
\$-M

Taylor Nicoletti, PhD, HSPP
University of Notre Dame
tnicolet@nd.edu
574-277-0274
www.psychology.nd.edu/people/faculty/taylor-nicoletti
Specific Topics: Child & Adolescent Mental Health, Evidence-based Practices, Assessment of Childhood Disorders, Pediatric Psychology, Integrated Behavioral Health
\$-M

Jessica Richmond-Castello
Family Justice Center
jrichmond@fjcsjc.org
574-234-6900
www.fjcsjc.org
Specific Topics: Healthy Relationships
\$-N

Jhunixa Salazar
Partnership for Children
jhunixa.salazar@oaklawn.org
574-349-1853
Specific Topics: Youth Mental Health First Aid
\$-Y

Mental Health Continued

Kyler Stott
Oaklawn
kyler.stott@oaklawn.org
574-283-1234
www.oaklawn.org
Specific Topics: Youth Mental Health First Aid
\$-Y

Becky Zakowski, RN
SJC Cares
rebecca.zakowski@oaklawn.org
574-309-0265
www.sjccares.org
Specific Topics: Youth Mental Health First Aid
\$-Y



Personal Safety

Soledad Garcia
St Joseph County Police Department
sgarcia@sjcpd.org
574-292-0644
Specific Topics: Domestic Violence Awareness
\$-N

Autumn Kuespert, LSW, LMHCA, CTRS
YWCA of North Central Indiana
akuespert@ywcancin.org
574-233-9491, ext. 339
www.ywcancin.org
Specific Topics: Domestic/ Interpersonal Violence
\$-N

Henry Mudari, MSW
St Joseph County Police Department
hmudari@sjcpd.org
574-292-0644
Specific Topics: Domestic Violence Awareness
\$-N

Jessica Richmond-Castello
Family Justice Center
jrichmond@fjcsjc.org
574-234-6900
www.fjcsjc.org
Specific Topics: Domestic/Dating Violence, Sexual Assault, Stalking
\$-N

Personal Safety Continued

Jade Servin

St Joseph County Police Department
jservin@sjcpd.org
574-292-0644
Specific Topics: Domestic Violence Awareness
\$-N

Gina Vardaman

SCAN, Inc
gvardaman@scaninc.org
317-983-0301
www.scaninc.org
Specific Topics: MBF Child Safety Matters; MBF Teen Safety Matters (body safety, bullying, healthy relationships, internet safety), Gun Safety
\$-N



Specific Services & Programs

Matt Borst

Village to Village International
mattborst@gmail.com
574-404-8009
www.Villagetovillageintl.com
Specific Topics: Foster Care, Adoption
\$-M

Brian Mounts

Alcohol & Addictions Resource Center
brianmounts@aaarcinfo.org
574-234-6024
www.aarcinfo.org
Specific Topics: Addiction Services, Recovery from Substance Use Disorder
\$-N

Ricky Mountsier

Oaklawn
richard.mountsier@oaklawn.org
574-283-1234, ext. 4901
www.oaklawn.org
Specific Topics: Mobile Crisis Response Team; Peer Recovery Coaching
\$-M

Specific Services & Programs Continued

Cheri Lintz, LMHC

IHCDA- Indiana Housing and Community Development Authority
clintz@ihcda.in.gov
317-232-2149
www.in.gov/hcda/
Specific Topics: Housing Insecurities and Community Resources
\$-N

Nia Parillo, MSW

Youth Service Bureau of SJC
nia.parillo@ysbsjc.org
412-889-7803
www.ysbsjc.org
Specific Topics: Youth Service Bureau Programming
\$-N

Randi Irwin, LMHC

Existential Connections, LLC
randi@existentialconnectionsllc.com
574-607-8081
www.existentialconnectionsllc.com
Specific Topics: Transition-Age Youth Centered Approaches
\$-M

Linda Raven

Mental Health Awareness of Michiana Pro Bono Counseling Project
lraven@mhamichiana.org
www.mhamichiana.org
Specific Topics: Free Counseling Services & Volunteer Opportunities
\$-N

Megan Ryan, LMHC

Benchmark Human Services
mryan@benchmarkhs.com
765-960-0806
www.benchmarkhs.com
Specific Topics: Family Preservation Services
\$-N

Linda Smith

Oaklawn
linda.smith@oaklawn.org
574-596-1340
www.oaklawn.org
Specific Topics: Transition to Independence Practice Model
\$-N

Specific Services & Programs Continued

Robin Vida, MPH, CHES

St Joseph County Department of Health

rmeleski@sjcindiana.com

574-245-6749, ext. 7956

www.sjcindiana.com/health

Specific Topics: Community Health Worker Program

\$-N



Substance Use Prevention

Joanne Cogdell

Naxos Neighbors

naxosneighbors@gmail.com

574-360-1963

naxosneighbors.com

Specific Topics: Overdose awareness, Overdose responder training, Opioid crisis, Drug Checking, Harm Reduction

\$-M

Soledad Garcia

St Joseph County Police Department

sgarcia@sjcpd.org

574-292-0644

Specific Topics: Substance Use Prevention

\$-N

Jalysa Gibson

Smoke Free St. Joe

jalysa.gibson@sjrnc.com

574-335-4679

smokefreestjoe.org

Specific Topics: Tobacco/ E-cigarette education

\$-N

Brian Mounts

Alcohol & Addictions Resource Center

brianmounts@aaarcinfo.org

574-234-6024

www.aarcinfo.org

Specific Topics: Substance Use Prevention, Recovery from Substance Use Disorder

\$-N

Substance Use Prevention Continued

Henry Mudari, MSW

St Joseph County Police Department

hmudari@sjcpd.org

574-292-0644

Specific Topics: Substance Use Prevention

\$-N

Sandi Pontius

Smoke Free St Joe

pontiusa@sjrnc.com

574-335-4699

smokefreestjoe.org

Specific Topics: Tobacco cessation and prevention for adults and youth, Vaping, Smoke free workplaces, Housing, State and local issues, Smoke free laws

\$-N

Jade Servin

St Joseph County Police Department

jservin@sjcpd.org

574-292-0644

Specific Topics: Substance Use Prevention

\$-N

Robin Vida, MPH, CHES

St Joseph County Department of Health

rmeleski@sjcindiana.com

574-245-6749, ext. 7956

www.sjcindiana.com/health

Specific Topics: Substance Use Disorder Education, Narcan Training

\$-N



Suicide Prevention & Intervention

Theodore Beauchaine, PhD

University of Notre Dame

tbeauch@nd.edu

509-339-4332

<https://preventsuicide.nd.edu/>

Specific Topics: Suicide Prevention

\$-N

SJC Cares Speaker's Directory, Winter 2024

Suicide Prevention & Intervention Continued

Cathy Dietz

Alcohol & Addictions Resource Center

cdietz@aacinfo.org

574-234-6024

www.aacinfo.org

Specific Topics: safeTALK

§-M

Soledad Garcia

St Joseph County Police Department

sgarcia@sjcpd.org

574-292-0644

Specific Topics: Suicide Prevention

§-N

Kent Laudeman

Suicide Prevention Center of United Health Services

klaudeman@uhs-in.org

574-314-5426

uhs-in.org/programs/suicideprevention

Specific Topics: Suicide prevention: Yellow Ribbon
Program, QPR, Suicide Survivor Support Group

§-M

Ricky Mountsier

Oaklawn

richard.mountsier@oaklawn.org

574-283-1234, ext. 4901

www.oaklawn.org

Specific Topics: ASIST

§-M

Henry Mudari, MSW

St Joseph County Police Department

hmudari@sjcpd.org

574-292-0644

Specific Topics: Suicide Prevention

§-N

Taylor Nicoletti, PhD, HSPP

University of Notre Dame

tnicolet@nd.edu

574-631-0954

www.psychology.nd.edu/people/faculty/taylor-nicoletti

Specific Topics: Suicide Among Black Youth

§-M

Suicide Prevention & Intervention Continued

Megan Ryan, LMHC

Benchmark Human Services

mryan@benchmarkhs.com

765-960-0806

www.benchmarkhs.com

Specific Topics: QPR

§-N

Jade Servin

St Joseph County Police Department

jservin@sjcpd.org

574-292-0644

Specific Topics: Suicide Prevention

§-N

Taryn Van Horn

St Mary's College

tvanhorn@saintmarys.edu

260-450-6179

Specific Topics: safeTALK

§-M

Leslie Weirich

Leslie's Hope

leslie@leslieshope.org

574-238-9443

Leslieshope.org

Specific Topics: Building resiliency to prevent youth suicide

§-Y

Becky Zakowski, RN

SJC Cares

rebecca.zakowski@oaklawn.org

574-309-0265

www.sjccares.org

Specific Topics: QPR, ASIST, safeTALK



Trauma & Neuroscience

Matt Borst

Village to Village International

mattborst@gmail.com

574-404-8009

www.villageint.com

Specific Topics: Trust-Based Relational Intervention (TBRI),

General Trauma

\$-M

Stacey Garcelon, LMHCA

Anam Cara

stacey@anamcarastables.org

219-207-7222

www.anamcarastables.org

Specific Topics: Regulating the CNS, ACES, Trauma Informed

Care, Self-Healing Communities, Trauma-Focused Equine-

Assisted Psychotherapy

\$-M

Cheri Littlefield, LCSW, LCAC

Seasons Counseling of Michiana

cheri@seasons-counseling.org

574-277-0274

www.seasons-counseling.org

Specific Topics: Trauma/ Addiction and Recovery

\$-M

Velshonna Luckey

Self-Healing Communities of Greater Michiana

selfhealingcommunities@gmail.com

www.selfhealingmichiana.org

Specific Topics: Brain Care is Self Care, The Science of Resilience,

Positive Childhood Experiences, Why Does your Childhood

Matter?, Self-Healing Communities

\$-M

Erica Sun Rocha

Saint Joseph Health System

erica.sun@sjrmc.com

574-335-4688

www.sjmed.com

Specific Topics: Brain Break Workshop

\$-N

Trauma & Neuroscience Continued

Taylor Nicoletti, PhD, HSPP

University of Notre Dame

tnicolet@nd.edu

574-631-0954

www.psychology.nd.edu/people/faculty/taylor-nicoletti

Specific Topics: Trauma-focused Cognitive Therapy

\$-M

Randi Irwin, MA, LMHCA

Existential Connections, LLC

randi@existentialconnectionsllc.com

574-607-8081

www.existentialconnectionsllc.com

Specific Topics: ACE Interface

\$-M

Dory Lawrence, MA

Oaklawn

dory.lawrence@oaklawn.org

574-283-1234

www.oaklawn.org

Specific Topics: ACES

\$-N

Nancy Alice Michael, PhD

University of Notre Dame

nmichael@nd.edu

574-631-2283

www.neuroscienceandbehavior.nd.edu

Specific Topics: Brain Development, PACES, Neuroscience of
Implicit Bias

\$-M

Taylor Nicoletti, PhD, HSPP

University of Notre Dame

tnicolet@nd.edu

574-631-0954

www.psychology.nd.edu/people/faculty/taylor-nicoletti

Specific Topics: Culturally-Relevant Trauma Informed Care,
Trauma-Focused Cognitive Behavioral Therapy

\$-M

Megan Ryan, LMHC

Benchmark Human Services

mryan@benchmarkhs.com

765-960-0806

www.benchmarkhs.com

Specific Topics: Trauma Informed Care

\$-N

Trauma & Neuroscience Continued

Jhunixa Salazar

Partnership for Children
jhunixa.salazar@oaklawn.org
574-349-1853

Specific Topics: ACE Interface, Trust- Based Relational Intervention
\$-M

Gina Vardaman

SCAN, Inc
gvardaman@scaninc.org
317-983-0301
www.scaninc.org

Specific Topics: Trauma-Informed Practices for Youth Workers
\$-N

Robin Vida, MPH, CHES

St Joseph County Department of Health
rmeleski@sjcindiana.com
574-245-6749, ext. 7956
www.sjcindiana.com/health

Specific Topics: ACE Interface
\$-N

Becky Zakowski, RN

SJC Cares
rebecca.zakowski@oaklawn.org
574-309-0265
www.sjccares.org

Specific Topics: ACE Interface/ Trauma Awareness, Positive Childhood Experiences (PACES), Trust-Based Relational Intervention
\$-M



Miscellaneous

Brandy Anderson-Willis

Mental Health of Indiana
banderson-willis@mhai.net
574-612-1833
www.mhai.net

Specific Topics: Family Peer Supports, Connections to community supports
S-N

Catrina Baker

Thee Outlet, Inc.
theeoutletinc@gmail.com
574-208-2911

Specific Topics: Personal & Professional Development/ Life Skills
\$-M

Miscellaneous Continued

Katie Craft

Big Brothers Big Sisters Southern Lake Michigan Region
katie@becomeabig.com
574-240-7564

www.becomeabig.com
Specific Topics: Mentoring
\$-N

Cathy Dietz

Alcohol & Addictions Resource Center
cdietz@aarinfo.org
574-234-6024

www.aarinfo.org
Specific Topics: Parent Cafes/ Vitality Cafes
\$-M

Stacey Garcelon, LMHCA

Anam Cara
stacey@anamcarastables.org
219-207-7222

www.anamcarastables.org
Specific Topics: How horses help humans heal
\$-M

Soledad Garcia

St Joseph County Police Department
sgarcia@sjcpd.org
574-292-0644

Specific Topics: Career Development, Domestic Violence Awareness
\$-N

Ron LaGro, MSW, LCSW

Ron.lagro.msw@gmail.com
530-524-7347

Specific Topics: Living out masculinity in healthy ways, Catholicism & Mental Health
\$-N

Kate Lee

South Bend Regional Chamber
klee@sbrchamber.com
574-400-4030

www.sbrchamber.com
Specific Topics: Exploring Health Careers & Education Pathways
\$-N

SJC Cares Speaker's Directory, Winter 2024

Miscellaneous Continued

Henry Mudari, MSW

St Joseph County Police Department

hmudari@sjcpd.org

574-292-0644

Specific Topics: Career Development, Domestic Violence Awareness

\$-N

Taylor Nicoletti, PhD, HSPP

574-631-0954

University of Notre Dame

tnicolet@nd.edu

www.psychology.nd.edu/people/faculty/taylor-nicoletti

Specific Topics: Community Violence

\$-M

Jessica Richmond-Castello

Family Justice Center

jrichmond@fjcsjc.org

574-234-6900

www.fjcsjc.org

Specific Topics: Healthy Relationships

\$-N

Jade Servin

St Joseph County Police Department

jservin@sjcpd.org

574-292-0644

Specific Topics: Career Development, Domestic Violence Awareness

\$-N

Gina Vardaman

SCAN, Inc

gvardaman@scaninc.org

317-983-0301

www.scaninc.org

Specific Topics: Indicators of Child Abuse and Neglect, Stewards of Children, What would I Do? (Human Trafficking)

\$-N

Ellen Williams, JD

Take Heart, Inc.

ellen.g.williams.7@gmail.com

574-340-7501, 574-318-2621

Specific Topics: Working with system-involved teens and adults

\$-M

Miscellaneous Continued

Becky Zakowski, RN

SJC Cares

rebecca.zakowski@oaklawn.org

574-309-0265

www.sjccares.org

Specific Topics: Parent Cafes (Parenting Protective Factors), Youth Cafes, Professional Cafes; St Joseph County Resources for youth and families

\$-M

SJC Cares Speaker's Directory, Topic Index

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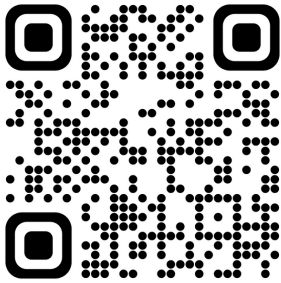
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SJC Cares Speaker's Directory, Winter 2024

Individuals listed in this directory have a connection to our System of Care and have volunteered to share their information; publication in the directory is not an endorsement by SJC Cares.

Electronic Copies are available at:
[SJC Cares Speaker Directory](#).

Want to be added to the directory? Updates are made annually. Please share your information at:



[Get added to the SJC Cares Speaker Directory](#).

Mission: We strive to aid in the development of emotional and psychosocial resilience in the youth of our community.

Vision: A connected and compassionate St. Joseph County where children, youth, and families thrive.



St. Joseph County
CARES

Hosted by Oaklawn