

Tuesday, May 23, 2023

11:30 am – 1:30 pm

BHSM Kick off – Be Inspired!

Join us as we kick off BHSM in Wisconsin. While no group or profession is immune to mental health challenges, caregivers face disproportionate stress and burnout. Our first webinar “Inspiration in Many Forms: Stories of Hope and Navigating Grief” will set the stage for this valuable webinar series that’s sure to inspire and invigorate you during BHSM and beyond. During the presentation we’ll review grief and how it manifests itself, helping others deal with grief, and how to help others in their grief journey. We’ll also discuss one person’s journey to overcome barriers and achieve success with an AAC device.



Candace Romano

After suffering the profound loss of my sister, Penny, to multiple myeloma four years ago, I became quite familiar with grief. Until then, I had not felt such deep despair and anguish — and didn’t know where to turn. I read everything I could about grief, leaned on a trusted friend and my husband, and found a supportive counselor who specializes in grief to help me through my darkest days. I also sought help from a spiritual advisor, as my faith was shaken, a common reaction. I also decided I wanted to do something of a higher purpose, to honor my sister and help others. I completed a comprehensive grief training program led by renowned Grief Expert David Kessler to guide others and help them heal their heart. (You can learn more about David Kessler at Grief.com.)

I know the heartbreak of loss, and while I know we don’t “get over it,” we can grow around our pain and experience peace again.

Anastasia (Stasia) Wilson, BA

People who use augmentative and alternative communication (AAC) often have a long road to accepting their AAC voice. Prepare to be inspired by Stasia as she shares her path to acceptance and success. Powered by her own determination, Anastasia — who was born with cerebral palsy and dyslexia — graduated cum laude from the University of Wisconsin-Whitewater in 2009 with an art degree. She is living her dream and motivating the next generation. Learn more about Anastasia here: <https://www.youtube.com/watch?v=Of8H4BuKq4c>



Learning Objectives:

Part 1:

- Describe grief and how it manifests itself.
- Discuss how to deal with grief, and that, while it never ends, it does heal.
- Identify grief in others, and how to help them on their grief journey.

Part II:

- Describe the misconception that individuals who use AAC automatically have an intellectual disability.
- Discuss three ways to help individuals who use AAC overcome embarrassment.
- Describe three tools to help individuals who use AAC overcome barriers and achieve success.

Disclosures:

Financial – Candace Romano is a certified grief counselor.

Non-financial – No relevant disclosures exist.

Financial – Anastasia (Stasia) Wilson owns HeadStrong Art.

Non-financial – No relevant disclosures exist.

Agenda:

Part I

3 mins – Introductions

25 mins – Grief and how it manifests itself.

25 mins – Grief and the healing process

25 mins – Identifying grief in others and how to help them on their journey

12 mins – Q & A

Part II

3 mins – Introductions

7 mins – Misconception that individuals who use AAC automatically have an intellectual disability.

10 mins – Ways to help individuals who use AAC overcome embarrassment.

10 mins – Tools to help individuals who use AAC overcome barriers and achieve success.



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