

# Stepping Stones DVD Order Form

## My Gift to Others: What I've Learned from Mental Illness

Qty \_\_\_\_\_ @ \$20 Total \$ \_\_\_\_\_

In this informal interview with Matt Mikolic, you will hear him tell you about his feelings of depression, suicide, isolation and his difficulties in school and at home. He was profoundly depressed since age 7, spending most of his childhood at doctors' appointments, therapies, frequently hospitalized. Most of his life he wanted to die. Only he can tell you what it felt like and where his journey has brought him.

## It's All About the Energy: School Success for Children with Emotional Challenges

Qty \_\_\_\_\_ @ \$30 Total \$ \_\_\_\_\_

It's All About the Energy, in workshop format, presents the core concepts that underpin a successful school plan for a child with emotional challenges. All classroom strategies hinge on these core concepts based on the child's Energy Equation. Brain scans and other graphics will be used to help you learn how these illnesses affect the structure and functioning of the brain. You will also learn the critical role of stress management as it relates to academic and life success for these children.

## Releasing the Learning Potential of Students with Emotional Challenges

Qty \_\_\_\_\_ @ \$30 Total \$ \_\_\_\_\_

*NOTE: This program builds on the concepts introduced in "It's All About the Energy: School Success for Children with Emotional Challenges". You are STRONGLY ENCOURAGED to view that DVD PRIOR to this one in order to establish a foundation for the information presented in this program.*

Releasing the Learning Potential of Students with Emotional Challenges, in workshop format, focuses on how to build a strategy to support the academic success of children with emotional disturbances. You will learn goals along with accommodations /modifications and strategies that can be used in dealing with the most typical educational problems these children encounter. School/home communication approaches will be offered. Youth testimony will punctuate the session.

## The Journey Through Mental Illness: An Open Dialogue

Qty \_\_\_\_\_ @ \$30 Total \$ \_\_\_\_\_

Don't miss this exciting opportunity to hear from mother and son on a topic of vital interest. Susan and Matt openly answer questions from the audience on the experience of mental illness... their journey, school issues, treatment issues, and offer their suggestions on issues such as how to achieve academic success and what to do when your child is suicidal. At this recording, Matt is 18 years old and a senior in high school. Matt was diagnosed with Bipolar Disorder at age 8 and has been through a lot in his young life. He has been blessed to have transformed his life into great success. Matt serves on The State of Ohio Transformation Working Group, a cabinet level group who will work to evaluate and improve the state's approach to mental health care.

## Our Road to Recovery

Qty \_\_\_\_\_ @ \$30 Total \$ \_\_\_\_\_

"Our Road to Recovery", in workshop format, will teach you about a plan for preventing stress and conserving your energy. Learn how to recognize your "red light" stress zones and keep yourself at the "green level" of life where you are at peace and calm. Susan will share 10 strategies that helped her family not just cope but learn how to appreciate life to its fullest. They helped her children achieve wellness and educational success and these same strategies continue to keep them healthy and energetic today! Once you learn the tools for developing your plan to prevent stress and conserve energy, you can easily do one for your own child or student.

Sub Total \$ \_\_\_\_\_

### SHIPPING COSTS *based on total order price*

\$0.01 - \$50.00 = \$6.99	\$200.01 - \$400.00 = \$24.99
\$50.01 - \$100.00 = \$8.99	\$400.01 and up = \$30.99
\$100.01 - \$200.00 = \$16.99	

6.25% Sales Tax (*Ohio customers only*) \_\_\_\_\_  
If tax exempt, please attach your tax exemption certificate to the order form.

Shipping/Handling \_\_\_\_\_

**TOTAL ENCLOSED \$** \_\_\_\_\_

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**Please send completed order form with check (payable to Stepping Stones) to:**

Stepping Stones  
34057 Glen Drive  
Eastlake, OH 44095-2605

*Please allow 2 weeks for delivery.*

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