



PRESS RELEASE

FOR IMMEDIATE RELEASE

DVDs ON MENTAL HEALTH, SCHOOL SUCCESS, AND RECOVERY

Eastlake, OH. 8/30/06. Susan Mikolic, R.N., President of Stepping Stones, has announced that for the first time several of the Stepping Stones' mental health and educational seminars and workshops are now available in DVD format. Clips can be downloaded to preview the DVDs and orders may be placed at www.steppingstonesmentalhealth.com.

Stepping Stones is a consulting firm that specializes in releasing the learning potential of children with emotional challenges, helping them succeed academically and in life. Workshops teach educators, social workers, case workers, advocates, and family members how to understand children with emotional problems and how they can be supported in school in order to succeed and graduate.

The following DVDs are now available:

- ***It's All About the Energy: School Success for Children with Emotional Challenges***
Presents the core concepts that underpin a successful school plan for a child with emotional challenges.
- ***Releasing the Learning Potential of Students with Emotional Challenges***
Focuses on how to build a strategy to support the academic success of children with emotional disturbances.

- ***The Journey Through Mental Illness: An Open Dialogue***

Susan Mikolic, R.N. and son, Matt, openly answer questions from the audience on the experience of mental illness.

- ***Our Road to Recovery***

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 achieve wellness and live life to its fullest.

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

In this informal interview with Matt Mikolic, 18. You will hear him tell you about his feelings of depression, suicide, isolation and his difficulties in school and at home.

By educators learning how to set up specific teaching curriculum strategies and techniques, students are less likely to miss school due to increasing illness brought on by stress. When school staff understands the child's illness and can assist in keeping the stress in the child's life to a minimum, the severity of the child's illness can be best managed, the child can attend school regularly, experience success, gain self-confidence, learn, and graduate!

Mikolic, who is a mother of two boys diagnosed with bipolar disorder, has travelled the journey and seen them succeed. Mikolic currently serves on the Ohio Department of Education's State Advisory Panel for Exceptional Children (SAPEC), a federally mandated advisory body to the Ohio Department of Education. She is active in many organizations and has spoken to groups such as the Ohio Department of Health, American School Health Association, John Carroll University, and many more.

Mikolic has served on the Ohio Department of Education's Positive Behavior Support Advisory Committee. Her impressive background includes Co-chair, Ohio Department of Mental Health Strategic School Success task force; Member, Steering

Committee of "Mental Health, Schools, and Families Working Toward a Shared Agenda", and President of the National Alliance for the Mentally Ill, Lake County.

Mikolic's impressive background includes Co-chair, Ohio Department of Mental Health Strategic School Success task force, Member, Steering Committee of "Mental Health, Schools, and Families Working Toward a Shared Agenda", and President of the National Alliance for the Mentally Ill, Lake County. She continues to be active in many organizations and has spoken to groups such as the Ohio Department of Health, American School Health Association, John Carroll University, and many more.

For more information, contact Susan Mikolic at 216/513-6098.
