

# Hiding in Plain Sight: Youth Mental Illness

## Panelist bios

### **Jessica Alcalá, Licensed Chemical Dependency Counselor Rise Recovery**



Jessica has 13 years of recovery and currently works a 12-step program. She is passionate about helping others by sharing her story and letting others know that people with the same experience can overcome addiction. Jessica has worked in different treatment settings such as outpatient, medicated-assisted treatment, co-occurring disorder, and residential programs.

Currently she is working with adolescents in school districts with Rise Recovery in San Antonio, TX. She earned her Associate's Degree in Applied Science, Certification in Addiction Studies, and Certificate level in Drug and Abuse Counseling.

### **Deborah Bali, Parent**



Deborah Bali was born and raised in McAllen, Texas and Graduated with a BBA from the University of Texas at Austin McCombs School of Business. Deborah moved to Boerne in 2019 and currently works at USAA as a Lead ICFR financial advisor. She is a single momma of three beautiful girls, loves getting involved in the community, traveling, and spending time her family.

## **Donna Costa, Director, Bridges to Care San Antonio National Alliance on Mental Illness (NAMI)**



Donna Costa, LMSW, is the Director of NAMI Bridges to Care San Antonio. In her role, she connects faith communities and organizations with mental health trainings that support them with creating mental health initiatives within their communities. The goal is to assist others by providing pre-crisis prevention training and assisting with identifying community resources to promote mental health and wellness.

Donna is a graduate of Stephen F. Austin State University where she received her bachelor's degree in Social Work and received her graduate degree from Smith College School of Social Work. She has been a licensed master social worker for over 20 years. Donna resides in San Antonio with her husband, 11 children, and 4 dogs and 1 rabbit.

## **Marcus Kavanaugh, Mental Health Education Coordinator San Antonio Council for Alcohol and Drug Addiction (SACADA)**



Marcus Kavanaugh is the Mental Health Education Coordinator for the San Antonio Council on Alcohol and Drug Awareness (SACADA) and the Prevention Resource Center (PRC)-Region 8.

With over 20 years of military service as a Healthcare Professional working with adults with physical, behavioral, and mental health concerns and a background in Health and Wellness Promotion. Marcus is also a Nationally Trained Adult and Youth Mental Health First Aid Instructor

# MODERATOR

## Dr. Keely Petty



Dr. Keely Holland Petty is fun, fabulous, and faithful to serving God, her family, and community. Dr. Keely shares her life joyfully with her husband Pastor Lee, Jirah, Fallon, Norah, and Jonathan. She lives faithfully by one of Mother Teresa's quotes which says: ***"If we have no peace, it is because we have forgotten that we belong to each other."*** Since 2006 she has been the Program Director for Bethel Community Development Corporation, Inc. where she is responsible for providing daily oversight of funding from local, state, and federal entities. Dr. Keely is the National Lead Trauma Informed Ministry Model Trainer with WestCare Texas. She is a prolific international conference speaker, author, and empowerment specialist. She frequently speaks at Colleges, Universities, Texas

Health and Human Services HIV/AIDS Conference and has spoken before the Texas State Representatives and is called upon as an Innovationist for various civic, business and Ministry organizations throughout the community. She has spoken at Capitol Hill with Texas Senators at CADCA Prevention Day, San Antonio Business Journal BIZ Women Mentoring, San Antonio Women's Chamber of Commerce Leadership Series, and San Antonio Chamber of Commerce Woman to Woman Leader to Leader and a previous co-host for TAAN- TV community affairs program. She hosted Joy in our Town Community Affairs and the Praise the Lord program for the largest Christian Network Trinity Broadcast Network (TBN) for 17 years.

She is a Certified Master Mental Health Instructor, Crisis Prevention Intervention De-escalation Specialist and serves on the Crisis Prevention Intervention Insight Panel, Adverse Childhood Experiences (ACES) Interface Certified Instructor, Certified Master Life Coach, Certified Positive Intelligence (PQ) Coach, Certified Recovery Coach, Certified Substance Abuse Prevention Specialist, Certified Psychological First AID Specialist, Certified Cognitive and Dialectic Therapist, Certified Epigenetic Coach, Certified Community Health Worker, and is a Certified Consultant with Texas Department of Health and Human Service Opioid Response Network. She is a graduate of the DEA and FBI Citizens Academy and holds a BA in Communications from the University of Incarnate Word, and a Master in Temperament Therapy, and Doctorate in Christian Counseling from the Royal Priesthood Christian Counseling Academy, and is a graduate of Community Anti-Drug Coalitions, of America (CADCA) and so much more.