

## Bio of Kathy Day



Kathy Day, MPA, currently serves as a caregiver and advocate for a close family member who was diagnosed with schizophrenia in 2010. Kathy is also active in local and national advocacy for families navigating the system of mental healthcare.

In July, 2020, Kathy founded the non-profit, Pro Caregiver Consultants ([www.procaregiverconsultants.org](http://www.procaregiverconsultants.org)). She also helps to manage online support groups for families coping with mental illness like schizophrenia, bipolar disorder, and major depression. Kathy received her MPA from Brandman University in 2017.