

2021 Mental Health Week of Action

Presented by CMPS & Raise Your Voice Clubs



(Subject to change prior to event)

Monday March 15, 2021	
(All day)	Padlet - Upper/Lower classman partners Q & A Link to padle
02:00	Guest Speaker - Andrea Bonaparte, MSW, APSW Link to bio Zoom info:
Tuesday March 16, 2021	
TBD	Student Panel Interviews West HS students sharing their lived experienced with mental health problems Link to recorded panel videos or zoom link
Wednesday March 17, 2021	
02:00	Guest Speaker - Walter Williams, LPC- IT Link to bio Zoom info:
Thursday March 18, 2021	
(All day)	Virtual Mental Health Resource & Advocacy Fair Link to resources & ways to get involved
2:00	Guest Speaker - Dr. Brooke Quero-Katz Link to bio Zoom info:

Guest Speaker - Andrea Bonaparte, MSW, APSW

Andrea Bonaparte is a Chicago native and attended the University of Wisconsin-Madison where she received her Master's of Social Work. Andrea is committed to advocating for what's right for all populations and she has been an unwavering voice of progress for those she serves. In her role as a School Social Worker, Mental Health Therapist and advocate, she is committed to the Client-Centered Approach where she supports students/clients with personal barriers, academic barriers, social and cultural inequities and policy navigation. Andrea has experience as a High School Social Worker, Mental Health Provider for adults entering and exiting the Justice System, adults overcoming substance abuse, and teens and adults experiencing homelessness to name a few. Andrea believes that "It is okay to not be okay" and while we are sitting in the space of not being okay, let's begin to dig deep within.



Guest Speaker - Walter Williams, LPC-IT

Walter Williams, LPC-IT is a passionate man who believes in being a servant-leader. Hailing from the city of Chicago, Walter holds a B.S. and M.S. in Rehabilitation Psychology from the University of Wisconsin-Madison. Professionally, Walter is a high school counselor and a psychotherapist. He also leads as an assistant program leader for the Youth Power Academy for Asset Builders of America, the Vice President of the Charles Hamilton Houston Institute, Interim Director of Trained to Grow, Inc., and President of the Mu Eta Lambda Chapter of Alpha Phi Alpha Fraternity, Inc. He works tirelessly to encourage organization in his community to work collectively to address barriers that prevent equity and unity. Walter is the Founder and CEO of Think and Grow, LLC., a for-profit mental health and life-coaching business whose mission is to stimulate and restructure the mind, while developing and investing in the body to uplift the spirit. His love for supporting others is endless and he has dedicated his life to service and community. During my talk, I will share how my early childhood traumas



influence the work that I do and strategies that I've used to help maintain my mental health.

Guest Speaker - Dr. Brooke Quero Katz

Dr. Brooke Quero Katz is a Psychiatric Advanced Registered Nurse Practitioner currently living in Seattle and working in Community Mental Health. She earned her Bachelors of Science in Nursing from Simmons College in Boston, MA, her Masters of Science in Nursing from Northeastern University in Boston, MA, and her Doctor of Nursing Practice from Seattle University in Seattle, WA. Brooke is married to her wife Helena and they have three cats. Brooke enjoys travelling, taking walks, cooking, reading and movies. Brooke has the unique experience of having struggled with schizophrenia since she was a child, and now working treating other people who have mental health issues.

