**For Immediate Release:**

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**Headline:** Members Attend Mind Bending Careers Conference

*Kearney -*       # of students         from        Name of Chapter       recently attended the Mind Bending Careers conference, which was hosted jointly by Nebraska HOSA|Future Health Professionals and Nebraska Family, Career, and Community Leaders of America (FCCLA). This annual event was held on Tuesday, November 9, 2021, with over 100 students from 20 different FCCLA and HOSA chapters registered for the conference.  This conference, for high school juniors and seniors, works to bring awareness to mind-bending careers in the fields of behavioral and mental health as well as address risky behaviors teenagers typically choose to engage in. The generous support of BHECN (Behavioral Health Education Center of Nebraska) makes this conference possible.

The opening session was hosted by Kaylee Hilbers, Nebraska FCCLA State President, and Ansley Noyes, Nebraska HOSA State President. A student panel was hosted with Cheila Ditzler, Maria Diaz Guerrero, Ann Kraft, and Emily Flemington.  Sessions about addiction, post-secondary opportunities in Nebraska, trauma care, and advocating and helping survivors were presented throughout the day.  Name of Students    were participants at this conference. They participated in [list the sessions they attended].

BHECN offered a hands-on session about the impact of addiction on individuals, families, and communities. Nicole Carritt, UNMC Director of Rural Health Initiatives at UNMC, spoke about the Rural Health Opportunities Program (RHOP), Kearney Health Opportunities Program (KHOP), and Urban Health Opportunities Program (UHOP) opportunities available to Nebraska students. Shyanne Adams from Region 3 Behavioral Health Services informed members about trauma and the path of recovery. Krista Fritson, a UNK Psychology Professor, gave a session about doing daily activities while hearing voices and the impacts it has on people. Jamie Vetter from the Family Advocacy Network (FAN) presented how the FAN works to support and strengthen families through education and direct services. Keanna Gosnell from the SAFE Center offered a session about the services and providers available to people through the SAFE Center in Kearney.

Include a quote from your student about one of the sessions they attended.

“The 2021 Mind Bending Careers Conference was a very informational experience, and I enjoyed attending. The event was a great opportunity to learn more about mental and behavioral health career options within Nebraska,” said Kaylee Hilbers, Nebraska FCCLA President from the Logan View FCCLA Chapter.

FCCLA is a useful and dynamic national career and technical student organization that aids young men and women in their journey to become leaders and teaches them lifelong skills. It demonstrates the importance of understanding how to address important career, community, family, and societal issues through Family and Consumer Sciences education. Nebraska FCCLA has over 2,500 members in 100 chapters across the state.  For more information about FCCLA, please visit [www.nebraskafccla.org](http://www.nebraskafccla.org).