celebrate the light

2022 Featured Presentation

Being at war with yourself: Enlisting in the healing process

In special recognition of Veterans Day, the evening's featured presented will focus on Trauma Recovery and has been aptly titled, "Being at war with yourself: Enlisting in the healing process."

Trauma affects children, teens, and adults, including Military Veterans and first responders, who have experienced a distressing situation in a myriad of ways, from loss of sleep to the inability to leave one's house. Horrific nightmares of the event, flashbacks, and other physical reactions increase feelings of depression and thoughts of suicide and may contribute to the use of alcohol and other substances to cope.

Thankfully, treatment works. At Rogers Behavioral Health, our comprehensive recovery programs use evidenced-based, trauma-focused psychotherapies, which are shown to be the most effective treatments for reducing symptoms.

Those who have experienced trauma can learn to feel safe in the world and cope with stress to live fulfilling and meaningful lives.

Rae Anne Ho Fung, PhD, LP, is a clinical supervisor at Rogers Behavioral Health. She is also a mother, wife, Army Veteran, and childhood trauma survivor.

Dr. Ho Fung will share her story of recovery, friendships that changed her life forever, and how the Iraq War solidified her desire to help others with trauma.

Proceeds raised at the Gala will directly support Patient Care Grants for individuals and families in need of care for mental health and addiction challenges.

In addition, to honor those who serve our country, all **outright donations** *and* **Patient Care Grant matching gifts will specifically go to Veterans** *so they may receive free care at Rogers Behavioral Health in their pursuit of recovery from the impact of trauma.*

Kristin Pierce, Gala Emcee

Kristin Pierce is a co-anchor of WISN 12 News at 4:00 p.m.

A survivor of domestic violence, Kristin also works as an advocate and hopes to make a difference in the lives of others.