



Erin Wallace

I am the Mental Wellness Coordinator at the Warren County YMCA. I am originally from Pottsville, PA in Schuylkill County. I have a Bachelor of Science in Counselor Rehabilitation Services from Penn State. I began my career working as a drug and alcohol counselor and then became a certified addiction counselor through the state of Pennsylvania. I've worked in all levels of care from detox, inpatient, partial hospital, and outpatient. Early in my career, I expanded my knowledge base and skills to include mental health services and criminal justice, working in emergency crisis services, corrections, outpatient, and supportive housing programs. I have specialized training as a life coach, crisis response, emergency preparedness, incident command, domestic violence, and sexual assault.

I've been in Zonta for almost 2 years. I serve on the Program and Scholarship Committees. I also serve on the Board of Directors for Family Services of Warren County and A Safe Place, the COD board of the Warren County Chamber of Business and Industry, and I am the director of Create Community, Local Arts Agency.

My presentation CANNOT be called Mental Health First Aid. There is a copyrighted training program called that already.

Prepare-Respond-Recovery, Mental Health

A situational crisis can cause mental health issues just as mental health can cause a crisis situation. During this hour-long workshop, we will identify avenues to prepare for, respond to, and recover from both. Erin will share information, resources, and tools you can use to assist in understanding mental health as it relates to crisis situations and a mental health crisis.