

NEWS RELEASE

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For Immediate Release

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Great Plains Public Health Leadership Institute Graduate from Southwest Nebraska

Southwest Nebraska Public Health Department (SWNPHD) congratulates Helena Janousek of Trenton on her graduation from the 10th class of the Great Plains Public Health Leadership Institute.

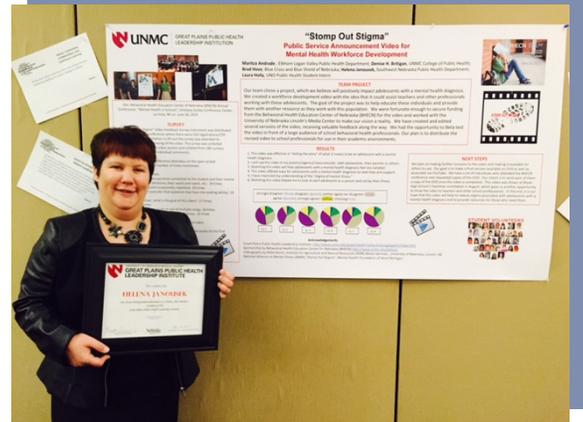
Helena was highly active as a scholar in this year-long program designed to build and enhance leadership skills for established and emerging leaders. Great Plains Public Health Leadership Institute is a professional development program of the University of Nebraska Medical Center, College of Public Health.

Helena's class included 24 graduates from public and private organizations that work to improve the health and well-being of people and communities. Since 2005, the institute has trained over 200 people who serve the states of Nebraska, Iowa, Kansas, Missouri and South Dakota.

Janousek was a member of a project team that researched and worked together on the *Stigma of Mental Illness for Adolescents in Rural Areas*. "I was very proud of the video we created as a resource for teachers titled: Stomp Out Stigma," explained Janousek. "We were invited to give presentations on our video and were thrilled to see it become a useful resource for many organizations."

"My personal and professional growth through this leadership program will make a difference in my future projects," shared Janousek. "I am so thankful for the opportunity to take part in this program." Janousek is the Respite Coordinator for the Southwest Nebraska Area Nebraska Respite Network and directs the annual SWNPHD Nebraska Kids Fitness & Nutrition Day.

For more information on the Great Plains Public Health Leadership Institute, contact Kathleen Brandert at (402) 552-7256, or kbrandert@unmc.edu. SWNPHD is located at 404 West 10th Street, McCook – one block north of Arby's. Information may be found at our web site www.swhealth.ne.gov or call at 308-345-4223. Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins and Red Willow counties. You can also follow us on Facebook.com/swnphd and Twitter@swpublichealth.



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