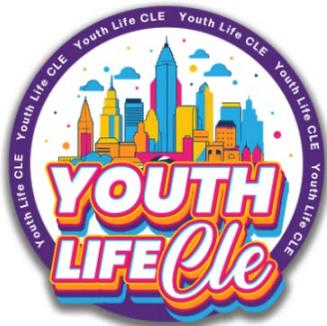


Speakers Packet



Denise Holcomb
Founder/Executive Director
denise@rtstigma.org



12200 Fairhill Road Suite B317
Cleveland, OH 44120
216-202.4402
www.rtstigma.org

Denise Holcomb Bio

Denise Holcomb is the Founder and Executive Director of Removing The Stigma (RTS), where she focuses on educating and empowering individuals affected by mental illness and suicide. As a certified peer recovery supporter, Christian mental health coach, and bereavement clinician, she is a dedicated advocate for mental health awareness and suicide prevention. Her work is centered on destigmatizing these issues within families and faith communities.

Denise has served as an advocate panelist for the University Hospitals Mood Disorders Program in Cleveland, Ohio, presenting to hundreds of medical professionals under the direction of Dr. Joseph R. Calabrese Jr. In 2013, she shared her personal journey in a documentary for the American Foundation for Suicide Prevention. To this day, the documentary "Living with Bipolar Disorder" is utilized across the United States as a training tool for those seeking hope and recovery

Today, Denise walks healed, guided by her faith and her long-standing commitment to supporting others through their mental health journeys. She shares her healing journey as a testimony for others.

"We see what we want to see in people, but once we take time to see how people can be set free, it is only then, that we can remove the barriers and destigmatize how people view mental illness and suicide. We must work to change the generations of stigmatized minds to change the mindset in our culture. It is only then that people can be truly healed" *Denise Holcomb*



DENISE HOLCOMB

CONTACT

Denise Holcomb
12200 Fairhill Road Suite B317
Cleveland, OH 44120
denise@rtstigma.org
www.rtstigma.org

PARTNERSHIPS

- Ohio Suicide Prevention Foundation
- Amazing Hearts
- Wsdm Community
- Cleveland Observer
- Cleveland Housing Network
- Legacies Empowered
- Stella Walsh Recreation Center
- Grace Alliance, Texas
- HOPE Alliance, Singapore, Asia

MEMBERSHIPS

- Copeland Ctr for Wellness & Recovery
- NAMI of Greater Cleveland Ohio Suicide Prevention Foundation Coalition
- Mental Health Addiction Advocacy Coalition
- Cuyahoga County Suicide Prevention Coalition
- Northeast Ohio Postvention Collaborative
- ADAMHS Board of Cuyahoga County Suicide Prevention 2022-2024 -Coalition Co-Chair, Cleveland Ohio
- Life Is Better With You Community of Practice Columbus, Ohio

AWARDS

NAMI - 2020 The Scott Adamson Memorial Peer Award

Summary

Founder and Executive Director of Removing The Stigma (RTS), with over a decade of experience in mental health advocacy, suicide prevention, and peer recovery support. A certified mental health coach, bereavement clinician, and peer recovery supporter, dedicated to educating, empowering, and offering hope to individuals affected by mental illness and suicide. Passionate about destigmatizing mental health and suicide through faith-based collaboration, training, and community engagement.

- Cuyahoga Community College- Administrative Specialist
- Iowa Community College - Human Services
- University of Phoenix - Human Services

Professional Certifications

- Ohio Certified Peer Recovery Supporter
- Ohio Educational Aide: ESEA qualified
- Certified AFSP Suicide Bereavement Clinician
- Certified Cornerstone Grief Facilitator
- Certified Sources of Strength Trainer
- Certified National (eCPR) Practitioner
- Certified Grace Alliance Grace Group Leader
- QPR Suicide Prevention Instructor
- Certification - Supervision for Peer Supporters
- Certification - Crisis Intervention
- Certification - Adult Mental Health

EXPERIENCE - Professional History

- Founder /Director Removing The Stigma 2015 – Present
- Suicide and Mental Health Advocate 2012-Present
- Ohio Peer Supporter 2013 -Present
- Faith-based Mental and Emotional Wellness Facilitator 2020-Present
- AFSP Field Advocate 2013- 2020
- Co-facilitator virtual event - Dark Night of the Soul: A Closed Door Sharing on Suicidal Thoughts and Feelings Singapore, Asia 2020
- Substitute Educational Mental Health Paraprofessional 2015-2019
- Mental Health and (Moods Disorder) Advocate and Speaker - University Hospitals of Cleveland 2013 – 2015
- American Foundation for Suicide Prevention Documentary 2013. "Living With Bipolar Disorder.

Denise Helcomb

SPEAKER EDUCATOR PEER SUPPORTER FACILITATOR COACH
QPR INSTRUCTOR SOURCES OF STRENGTH COACH/TRAINER

"DON'T LET SUICIDE LOSS BECOME A PART OF YOUR STORY, BEFORE YOU CHOOSE TO MAKE IT A CONVERSATION.

TALK. EDUCATE. PREVENT. HELP SAVE LIVES."



Speaking Topics

Suicide: Why Talk About Suicide

Conversations about suicide is a very difficult topic, but silence can be devastating. It is important to understand that talking about suicide does not cause a chain reaction, instead talking about suicide brings awareness and preventive measures to the topic. This interactive presentation is based on presenting the truths about suicide versus the myths. It allows the audience to interact in identifying what they believe versus what is true about suicide prevention and awareness

A Lived Experience: A Story Worth Sharing

Stories about mental health and suicide can help save lives and create a community that is educated about mental illness, and suicide prevention. This presentation is done in a safe way. Denise shares her story of the loss of her youngest brother and only son who died by suicide to bring awareness to the stigma around suicide loss in families, and how silence can play a negative role in the family circle, the grieving process, one's overall mental health.

Grieving Differently: A recovery with purpose

Suicide grief is complicated and different. How we navigate through life after losing a loved one to suicide is unique. But when we find purpose in our pain, we find a sense of hope, and can help others. This presentation talks about finding a meaningful purpose after losing a loved one to suicide. It's about holding on to the memories and embracing the future. Putting the memory of your loved one to work, with purpose.

And other topics....

About

I am the Founder and Executive Director of Removing The Stigma (RTS). The mission of RTS is to educate, empower, and offer hope to individuals while removing the stigma associated with mental illness and suicide; with the vision to bring mental and emotional wellness to communities.

I combine peer support, mental wellness coaching, training, and biblical teaching while helping others discover their true passion and purpose. I assists individuals in understanding that they are not identified by a mental illness or substance diagnosis, but they are individuals with an illness like any illness, and they can live a meaningful productive life if they remove self-stigma and work toward living their true purpose.

I have a unique mission to help those whose loved ones have died by suicide learn to navigate the stages of grief while finding a way to remember their loved ones in a unique and meaningful way.

CONTACT

Email: denise@rtstigma.org

Phone: 216-202-4402

Web: rtstigma.org/bookdenise

