



## Lamplighters of America, Inc.

FOR IMMEDIATE RELEASE

### **LEXINGTON NON-PROFIT TAKES AIM AND IMPROVING MENTAL AND PHYSICAL WELL-BEING.**

**LEXINGTON, KY. (Feb. 7, 2014)** — Lexington Based non-profit organization Lamplighters of America, Inc. will provide a community health educational curriculum to parents, teachers, coaches and child advocates beginning in March 2014.

The curriculum titled, *Healthy Loving Leads to Healthy Minds®*, will be the hallmark program of Lamplighters of America, Inc. and will address mental and physical health as it applies to psychosocial development, emotional child maltreatment and stress disorders. Many of these issues are encountered by health care professionals on daily basis.

“We hope to reach individuals who are on the front lines with our children as well those looking to improve their understanding of the mental health repercussions from childhood trauma,” says Founder and Executive Director, Rebecca Sowell, BSN, RN, CRRN. “It is our goal to bring difficult issues to the streets to introduce, educate, and raise awareness with nurses, social workers and other health professionals to improve the quality of people’s lives in our community”.

Sowell founded Lamplighters of America, Inc. in February 2013 and brings twenty-four years of emergency/critical/acute care nursing to the organization. Her experience within the field of emergency/trauma nursing in caring for families in crisis due to violence and mental health issues, in conjunction with her own journey through recovery from a post-traumatic stress disorder from child emotional maltreatment has led to her current calling in the founding of Lamplighters.

The first community education program is scheduled for Sunday, March 30<sup>th</sup> at the Hilton Downtown Lexington from 3p.m. – 6p.m. Registration is available online at [www.lamplightersofamerica.org](http://www.lamplightersofamerica.org).

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