

Rural Youth Risks and Rewards:

A discussion about stress and resilience

**Location:
ZOOM**



This [webinar](#) will touch on risk factors in rural youth, strategies to communicate effectively with adolescents to help minimize those risks, and resources to support caregivers.

Jan. 24, 2025
Noon – 1 P.M.



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Monica McConkey

Monica Kramer McConkey, LPC has 29 years of experience in the behavioral health field as a counselor, program supervisor and administrator. She is a Licensed Professional Counselor (LPC) in Minnesota.

The first twelve years of Monica's career were dedicated to counseling at risk children and adolescents in rural areas. As a program supervisor and administrator for the next thirteen years, she helped create, implement, and oversee programs to meet

the behavioral health needs of youth such as Mobile Mental Health Crisis Services, School Based Mental Health programs, and School Based Interventionist programs.

Monica's focus throughout her career has been to increase access to, and remove the stigma often attached to mental health services. She is the owner of Eyes on the Horizon Consulting, LLC which focuses on mental health issues in rural areas with a focus on stress in agriculture.



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