

Kiersten Adkins, PTH Executive Director

Kiersten has served the non-profit community for 25 years and is the Executive Director of Pathway To Hope. Kiersten has developed a strong belief that no challenge or heartache is wasted and she has become devoted to nurturing joy. Her suffering theology has enabled her to see that pain provides a unique opportunity for growth and that every story is precious. When teaching, she draws from her faith, experiences and humor to present compassionate, hope-filled messages. Kiersten holds a Bachelor's Degree in Leadership & Ethics and Bible & Theology and a Master's Degree in Counseling. She operates a private practice specializing in trauma recovery, severe & persistent mental illness and family dynamics. She is married to John and together they have a bountiful family that includes seven children and eleven delightful grandkids.



Mental illness came home for the Adkins when their daughter faced a mental health crisis at twelve years old. She spent much of her adolescence in and out of residential treatment facilities, finding the right medications and learning to cope with a new reality. This experience has allowed the family to develop a compassion that can only come from personal experience.

2018 Workshops Presented:

Mental Illness: Handling Fear...Faithfully Equipping Ourselves (ideally 1-1.5 hours)

One in five will be affected by mental or neurological disorders at some point, placing mental disorders among the leading causes of illness & disability worldwide. Stigma and fear have been paralyzing and it is affecting our churches. This workshop is designed as an entry point to effectively minister to those who are ill, their families, and our communities.

Creating a Habitat of Hope (as little as 45 minutes – up to 1.5 hours)

Hope is more than desire and good intentions. When we understand the psychology of hope and its relationship to determination and resilience we're in a good position to create an environment that allows everyone to connect, grow and flourish.

Love has a SHAPE: Making Meaningful Connections (as little as 25 minutes – up to 1 hour)

Personal presence is a gift that we can each offer. In fact, it's the key ingredient to a vibrant community. What does it mean to offer personal presence and what difference does it mean to others and myself?

When Mental Illness Comes Home: Family Stages of Recovery (as little as 45 minutes – up to 1.5 hours)

When someone is diagnosed with a mental illness, it has an affect on the whole family. We often don't know how to respond in the church or community. The workshop will help ministers and lay leaders understand the stages of recovery, needs during these stages and connecting with resources to support those we care about in our community.

Other workshops are developed on request

Coaching and Consultation for addressing mental illness in the family, community & church is available.



Contact us:

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