

# Lukas Saint-Clair



**Col. Lukas Hughes de Saint-Clair, HOKC, CPS** (and his Service Dog "Penny") will graduate in December 2018 with a M.Ed. in Counseling and Human Development with emphasis in Mental Health Counseling from Lindsey Wilson College. He is a USAF Cold War veteran with extensive personal experience with Post-Traumatic Stress Disorder, High Functioning Asperger's Syndrome, child abuse, sexual assault, substance abuse, mental health recovery, and independent living. After 4 years of military service, he focused a 30-year career in the visual arts on mental health recovery with exhibitions worldwide culminating into a unique pathway of recovery via expressive therapeutic art.

Lukas is a proactive advocate, enjoys standing up for those who have difficulties standing up for themselves, and has served on the Kentucky Protection & Advocacy for Individuals with Mental Illness (PAIMI) Advisory Council (PAC) since March 2017. Lukas is fluent in English and German and enjoys working with people of all ages and cultures.

Lukas was commissioned a Kentucky Colonel in 2015 for his continuous works in sexual assault awareness and mental health recovery advocacy. He is a grand storyteller and welcomes any opportunity for public speaking and/or directly working with others to help them find personal wellness.