

Lukas Saint-Clair

(and his service dog "Penny")



Col. Lukas Hughes de Saint-Clair, HOKC, M.Ed., LPCA (and his Service Dog "Penny") is a Behavioral Health Consultant in Eastern Kentucky. He is a USAF Cold War veteran with extensive experience with trauma, crisis, and recovery. 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. Currently, he is a Disaster Action Team (DAT) responder for the American Red Cross, Eastern Kentucky Region.

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 and was appointed to the Statewide Independent Living Council (SILC) in 2019 by Governor Matt Bevin. 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 by Governor Steve Beshear 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.