



## North Carolina 2018 Western District Conference

# Through the Lens of Compassion:

## Responding to Mental Health Issues in Our Community



**Saturday, April 28, 2018; 8:30 AM – 3:30 PM**

**First Baptist Church - 5 Oak Street, Asheville, NC 28801**

**BREAKOUT SESSIONS! DISPLAYS!**

**Keynote Speaker: Dr. Jeremy G. Richman, Ph.D.**

**“Preventing Violence, Building Compassion”**

Dr. Richman has extensive research experience in neuro-science. He is committed to preventing violence and building compassion through brain health research, community education, and engagement.

In this presentation we will discuss what is known in regard to risk factors for engaging in violent behavior and protective factors for building connection and compassion. As we seek to better learn the neuro-biological and environmental factors associated with violence and compassion, a deeper understanding can be established. We can apply these insights to educate the everyday citizen (students, parents, teachers, health care providers, and law enforcement) about how to identify the signs and symptoms of someone troubled or in crisis, how to responsibly advocate for those at risk of violence to themselves or others, and most importantly, how to foster kind, healthy, and compassionate individuals and communities.

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For more information about Dr. Richman's work, go to [aviellefoundation.org](http://aviellefoundation.org). Avielle, daughter of Jennifer and Jeremy Richman, was a student who was killed at Sandy Hook Elementary School in 2012. Jennifer and Jeremy started the Avielle Foundation which is dedicated to understanding the biological and environmental factors that can impact the brain and lead to violent behavior. The Richmans seek to build communities where all individuals are included, given a contributing role, and kept safe.

## Breakout Sessions

1. Self-Compassion in Addiction and Recovery, Unhinge the Binge – Linda Hamilton, Director of Beyond Addiction
2. Poetry and Healing – Jerene Broadway; M.Div., Chaplain at Copestone Psychiatric Unit, Mission Hospital
3. Resilience in Recovery: Cultivating non-violence within ourselves through compassion and mindful movement – Margaret Kirschner, Certified Substance Abuse Counselor Intern and Certified Trauma-Sensitive Yoga Therapist
4. NAMI Appalachian South Detention Center Initiative: Mental Health Support Group for Incarcerated Individuals – Jennifer Iannuzzi, President of NAMI Appalachian South
5. Psychiatric Advance Directives: Legal Tools to Support Mental Health Recovery – Angie Dorsey, Attorney with Legal Aid of NC's Senior Law Project & Bebe Smith; MSW, LCSW, Director of Mental Health SR-AHEC
6. Experiential Tai Chi for Health: An Introduction and Demonstration – Anne Plyer; Physical Therapist, APTA Certified and Advanced Clinical Instructor, Clinical Tai Chi Practitioner
7. Defining Anxiety: Helpful or Problematic? – Dr. Grant Hellyer, Retired Clinical Psychologist
8. Legislative Overview for Mental Health: Federal and State – Larry Thompson; Area Director, Blue Ridge Center (1974-2003), Interim Executive, Western Highlands Network (2003-2005)
9. NAMI Affiliate Local Advocacy (Roundtable Discussion) – Mary Ann Widenhouse, Organizer of NAMI Haywood
10. Domestic Violence
11. Senior Citizen Brain Illnesses
12. Veterans' Issues

## Schedule

Please visit Displays during Registration and between Breakout Sessions.

**8:30-9:00 Registration**

**9:00-10:45 Welcome, Announcements, Keynote,  
Questions, Discussion**

**11:00-12:00 Breakout Sessions**

**12:15-1:00 Lunch**

**1:15-2:15 Breakout Sessions**

**2:30-3:30 Breakout Sessions**

**Thanks so much for coming! Have a safe trip home!**

## Location

The site for our Conference is First Baptist Church, 5 Oak Street, Asheville., NC. The church has a large orange and green ceramic dome which can be seen for many blocks. Please enter the church parking lot off Charlotte Street.

Take the Charlotte Street exit off I-240 and go south (toward downtown). You will see the entrance to the parking lot on the right. Come to the door by the covered walkway near the playground and enter the building here. Once in the building, you will see registration tables. There is a flight of stairs to the level where we will be meeting. An elevator is available for your use.

**Calling All Artists!** There will be a display table for your artwork. Please bring a few samples of your work and business card to showcase your creations. Have you made a CD? Bring that, too. We will have a player so we can hear your tunes.

**If you have questions, please contact 828-581-0080 or [info@namiwnc.org](mailto:info@namiwnc.org).**

**Registration Form**

To register for the Conference, mail your registration form and check (\$40.00).

**NAMI WC  
356 Biltmore Ave., Ste. 207  
Asheville, NC 28801**

**Make checks payable to NAMI WC.**

Name \_\_\_\_\_

Mailing address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

**You do not need to pick your breakout sessions now. Just write down the numbers of 3-4 breakout sessions in which you are most interested.**

**#’s \_\_\_\_\_**

**Registration deadline is April 14<sup>th</sup>.**

**Registration Fee - \$40.00 per person – includes morning coffee & pastries and lunch. Contact your local NAMI affiliate for scholarship possibilities or contact [pheck812@gmail.com](mailto:pheck812@gmail.com), 828-581-0080.**

**To apply for CEU’s, send certificate of attendance to your licensing board along with a copy of the agenda which will include the credentials of the presenters. Please check the following if it applies to you.**

\_\_\_\_\_ **Please provide me with a certificate of attendance.**