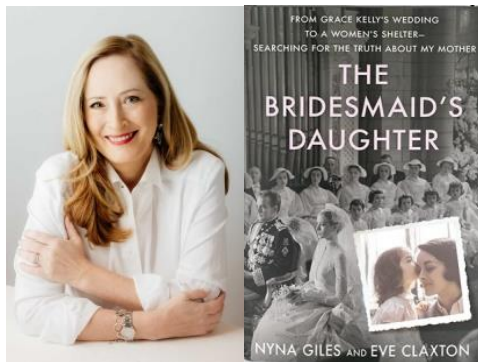


## Agenda

**Friday, October 26<sup>th</sup>**

**9am Registration and Exhibit Area Opens**

**9:30-10:15am Featured Author Session: Nyna Giles author of the Bridesmaid's Daughter-Salon A**



Nyna's book, [\*The Bridesmaid's Daughter: From Grace Kelly's Wedding to a Women's Shelter - Searching for the Truth About My Mother\*](#), recounts her moving search to understand her mother, Carolyn Scott—once a bridesmaid to Princess Grace and one of the first Ford models—who later in life spent years living in a homeless shelter. In her journey to uncover her mother's past Nyna relives a story as classic, familiar, dark and dangerous as any fairy tale.

Copies of the book will be on sale and Nyna will be doing a signing after her talk.

**9:30-10:15am Mindfulness Session in the Wellness Room-Salon B**  
[Jeannie Thomma](#)

**10:30-11:30am Focus Track Workshops Session 1-Trauma Focused**

**Children's Mental Health-The Impact of Trauma in Children and Recognizing Potential and Existing Trauma-Salon A**

This workshop will detail the findings from the Adverse Childhood Experiences Study (ACES) and detail the long-term impact of trauma on a child's physical and mental health. The session will also explain how to identify potential trauma in children and how to intervene if you believe a child may be traumatized.

[Kenneth Oclatis, Ph.D. Program Administrator, Telepsychiatry and Special Projects, Health Alliance of the Hudson Valley](#)

**Criminal Justice-Understanding the Trauma Faced by Families of Those Incarcerated-Salon C**

This session is designed to detail the unique trauma and stigma faced by families of people who are incarcerated. It will feature the leaders of [Children of Promise](#), a New York City program which provides afterschool and day camp programs with mental health support for children who have incarcerated parents and [Prison Families Anonymous](#), a Long Island organization which supports parents, spouses and other family members of those incarcerated.

[Barbara Allan, Founder, Prison Families Anonymous](#)

[Sharon B. Content, Founder & President, Children of Promise, NYC](#)

## **Veterans and Military Families-Introduction to the Joseph Dwyer Veteran Peer Support Program- Salon B**

This session will detail New York State's Innovative Joseph P. Dwyer Veterans Peer Support Program. It is not always easy for family and friends to understand the demons haunting some of our soldiers when they return from combat. The value of the Dwyer Program lies in the unique Vet-to-Vet approach that connects our returning service members with those who can relate and who can draw from their own experiences to help one another cope. This session will feature both veterans and VA staff.

[Sharon Bailey](#)

[Eric Hardiman](#)

[Amy Hughes](#)

[Chuck Marra](#)

[Lance Stenfeldt](#)

[Robert Volk](#)

[Moderated by Ann Canastra, MS, NCC, LMHC, ACS, MSW, LPC, Syracuse VA Local Recovery Coordinator and Board Member, NAMI-NYS](#)

11:30am-1:00pm **Lunch Served Buffet Style-The Ballroom**

Lunch will be set up in the exhibit area and attendees will bring their lunch into the ballroom.

Noon **Welcoming Remarks**

12:05 **Presentation of Criminal Justice, Max Gabriel and Multicultural Awards-The Ballroom**

NAMI-NYS is thrilled to present the following awards during this session:

- ❖ Criminal Justice Award to the Honorable Matthew J. D'Emic, Administrative Judge, 2<sup>nd</sup> Judicial District in Brooklyn.
- ❖ Max Gabriel Veterans Mental Health Award to New York State Senator Robert Ort
- ❖ Multicultural Award to Rev. Kyndra Frazier, LMSW, M.Div

12:30-2:15pm **Afternoon Featured Session-Exploring Different Community-Based Mental Health Models and How to Integrate Mental Health in Existing Systems-The Ballroom**

“What’s the difference between a crisis center and a respite center? How do you incorporate mental health services in schools?” This panel discussion will explain different types of community-based psychiatric programs introduced throughout the state and answer many questions families, schools, first responders and the military community have about these services. The session will also showcase the unique partnership between schools in Delaware and Otsego counties and Health Alliance of the Hudson Valley which has led to the formation of mental health clinics in the schools of this rural community.

[Beth Alter, LCSW, Director, Office of Acute Behavioral Health Services and Community Consultation, Dutchess County](#)

[Robert Dempsey, Regional Advocacy Specialist, Western New York Field Office, New York State Office of Mental Health](#)

[Robbie Martin, LCSW](#)

[Sabrina May, CRPA, NYCPS, Program Manager, Affinity Place, East House](#)

[Kenneth Oclatis, Ph.D. Program Administrator, Telepsychiatry and Special Projects, Health Alliance of the Hudson Valley](#)

2:30-3:30pm **Focus Track Workshops Session 2-These Focus Session Will Include the First of Two FaithNet Sessions**

### **Children's Mental Health-The Connection Between Cannabis & Psychosis-Salon A**

As New York State ponders legalizing marijuana for recreational use, this session will answer many questions parents and schools have about marijuana and the impact it can have on adolescents and people who may have an underlying psychiatric issue. The effects of different forms of the drug, including the more dangerous synthetic version, will be discussed.

[Marc W. Manseau, MD, MPH, Associate Medical Director, Adult Services, New York State Office of Mental Health](#)

### **Criminal Justice-The Sometimes Forgotten Part of CIT Programs: Transforming Crisis Response Systems-Salon C**

Join Don Kamin, Ph.D., Director of the Institute for Police, Mental Health & Community Collaboration as he and a panel of experts to discuss measures to augment CIT and improve crisis response systems in order to generate the most positive outcomes. These include: Broome County's 911 Call Diversion Project and Westchester's Stabilization Center Hubs.

[Ray Florida, Executive Director of Rockland Paramedics](#)

[Mark Giuliano, LMSW, Program Director Community Support at Westchester County](#)

[Lt. Mike Hatch \(Ret\), Crisis Intervention Team Coordinator, Mental Health Association of the Southern Tier](#)

[Don Kamin, Ph.D., Director, Institute for Police, Mental Health & Community Collaboration](#)

### **Veterans and Military Families-Whole Health with Veterans-Salon B**

This session will explore numerous health issues impacting our veterans. As NAMI-NYS often says, "You cannot have health, without mental health," and this is especially true when it comes to veterans. Learn about the innovative work being done to meet the physical and mental health needs of veterans.

[Cheryl Seifert, Ph.D., Health Behavior Program Manager, Syracuse VAMC](#)

[Laurence De Weever, Peer Support Apprentice, Syracuse VAMC](#)

### **FaithNet-Introduction to NAMI FaithNet--Salon D**

This session will introduce [NAMI FaithNet](#), an interfaith resource network of NAMI members, friends, clergy and congregations of all faith traditions who wish to encourage faith communities who are welcoming and supportive of persons and families living with mental illness. NAMI FaithNet strives to encourage welcoming, caring congregations as well as to promote the vital role of spirituality in the recovery journeys of many who live with mental health conditions, those for whom faith is a key component.

[Rev. Daryl Bennett, NAMI Buffalo](#)

### **3:45-5pm Focus Track Workshops Session 3-These Focus Sessions Explain How NAMI-NYS and Our Affiliates Can be a Community Partner to Different Systems**

### **Children's Mental Health-Understanding the New Mental Health Education Law and How to Use NAMI-NYS to Teach Mental Health-Salon A**

This session will explain New York's new Mental Health Education law and how schools can utilize NAMI-NYS programs such as [Ending the Silence](#) to educate students on mental health. Participants can meet both lead and young adult *Ending the Silence* presenters and hear from a teacher who will discuss the impact *Ending the Silence* had on her students. The session will be followed by a full *Ending the*

### *Silence Presentation.*

Erin Doyle, Health & Physical Education Teacher, Stissing Mt. Middle/High School

Eleni Gogos, Student, Rochester Institute of Technology, Ending the Silence Presenter, Recipient of the 2018 NAMI Young Leader Award

Tina Lee, Community Education and Outreach Manager, NAMI-NYS

Glenn Liebman, CEO, Mental Health Association of New York State

### **Criminal Justice- How NAMI-NYS and Our Affiliates Can Partner With Criminal Justice -Salon C**

In communities throughout New York State, NAMI-NYS affiliates are serving as valuable partners in improving the mental illness-criminal justice interface. This discussion will detail the long-standing collaboration between police and first responders in Western NY and our 2018 Affiliate of the Year, NAMI of Buffalo and Erie County. NAMI-NYS Criminal Justice Chair, Jayette Lansbury will also detail NAMI-NYS's work with the Stepping Up initiative and the Campaign Against Isolated Confinement. Other affiliates who are partnering with the criminal justice system are welcome to come share their stories as well.

Kristin Adduci, LMHC, Program Supervisor and Crisis Intervention Team Training Coordinator

Lt. Brian Gould, Cheektowaga Police Department

Marcy Rose, Board Member, NAMI Buffalo

Moderated by Jayette Lansbury, Chair, NAMI-NYS Criminal Justice Committee

### **Veterans and Military Families- How NAMI-NYS and Our Affiliates Can Support**

#### **Veterans and Military Family Members-Salon B**

NAMI-NYS and our affiliates can offer several programs designed to support both veterans and military families. These include [NAMI Homefront](#), designed to address the unique needs of family, caregivers and friends of those who have served or are currently serving our country.

Pam Solomon, NAMI NYC-Metro

Ann Canastra, MS, NCC, LMHC, ACS, MSW, LPC, Syracuse VA Local Recovery Coordinator and Board Member, NAMI-NYS

#### **FaithNet-Examples of NAMI-NYS Partnerships with Faith-Based Organizations-Salon D**

In communities throughout New York State, NAMI-NYS affiliates are serving as valuable to clergy and religious institutions in helping their congregations understand mental health and social justice issues. NAMI-NYS affiliates are also a resource for clergy when trying to address mental health issues of the members. The session will also explain the benefits of holding NAMI Signature programs such as Family-to-Family in religious institutions.

Rev. Daryl Bennett, NAMI Buffalo

Sharon McCarthy, Executive Director, NAMI Westchester

Rev. Diane Monks, Co-chair, NAMI Queens/Nassau Faith Committee

Ellen Ritz, RN, President, NAMI Queens/Nassau

### **5:00-6:00pm Ending the Silence Presentation-Salon A**

Learn firsthand how you can help NAMI-NYS end the silence about mental illness. This session will provide attendees with the opportunity to see an entire *Ending the Silence* (ETS) presentation from two of our leading presenters, Tina Lee, NAMI-NYS's Community Education and Outreach Manager and Eleni Gogos, a Student at Rochester Institute of Technology and recipient of the 2018 NAMI Young Leader Award. ETS presentations can be made at schools, afterschool programs, religious institutions and other

community settings. ETS presentations can be specifically tailored to students, teachers and school staff, clergy and families.

Eleni Gogos, Student, Rochester Institute of Technology, Ending the Silence Presenter, Recipient of the 2018 NAMI Young Leader Award

Tina Lee, Community Education and Outreach Manager, NAMI-NYS

**5:15-6:15pm Focus Sessions-These sessions will examine the benefits of employment and the independent living model for the recovery from psychiatric disorders.**

### **Maximizing Your Potential-Salon C**

This session will discuss employment as a whole and explain how obtaining employment may impact other disability and social security benefits. The benefits of the Independent Living model will also be discussed.

Doug Hovey, President and Chief Executive Officer, Independent Living, Inc.

Garrett Smith, Regional Advocacy Specialist, New York State Office of Mental Health

### **The Importance of Employment for People With Serious Mental Illness--Salon B**

Work is important to many people diagnosed with serious mental illness, yet too few find employment. NAMI-NYS is thrilled to welcome back Dr. Tom Jewell from the Center for Practice Innovation (CPI) to detail CPI's recently [released report](#) on how using a supported employment approach helps people diagnosed with serious mental illness find and maintain meaningful jobs.

Thomas Jewell, Ph.D., Project Manager, Center for Practice Innovations, New York State Psychiatric Institute.

### **5:15-6:15pm Screening of *Bipolar Rock "N" Roller*-The Empire Room**



Before you get to meet and hear from 2018 Leader of Mental Health Awareness Honoree Mauro Ranallo, learn his remarkable story chronicled in this acclaimed documentary.

Bipolar Rock "N" Roller is a raw and unflinching account of Mauro Ranallo's decades-long struggle with Bipolar Affective Disorder. The voice of WWE and Showtime Championship Boxing, Ranallo has called some of the biggest sports events in history - all the while fighting his own epic battles with mental health. Follow his journey as he combats the stigma behind mental health issues and sheds light on what it's like being at the top of the industry despite seemingly insurmountable odds.

### **5:15-6:00pm Meet the Board Candidates-Salon D**

This is your opportunity to meet and hear from this year's board candidates. Onsite voting will take place on Saturday from 9am-5pm.



6:30pm **Dinner, Address by NAMI CEO Mary Giliberti and Awards Ceremony--The Ballroom**

# EVERY FIGHT NEEDS A VOICE



This is sure to be the highlight of the conference and an inspiring evening you will not soon forget. The theme of the evening is *Every Fight Needs A Voice*. This is not only the tagline for the film *Bipolar Rock "N" Roller* but the perfect metaphor for the evening. NAMI-NYS is thrilled to use this year's award reception to honor leading voices in the fight against the stigma of mental illness and the discrimination and social justice issues plaguing individuals and families affected by mental illness and keeping them from accessing recovery services.

We are also delighted to be joined by **NAMI's leader, CEO Mary Giliberti**, who will be giving a presentation titled: *"Learning from the past and creating our future together."* Mary will also present the NAMI 2018 Exemplary Psychiatrist Award to Tarun Kumar, MD, who works at the Comprehensive Psychiatric Emergency Program at St. Joseph's hospital in Syracuse.

The following awards will be presented during this session:

- ❖ 2018 NAMI Exemplary Psychiatrist to Tarun Kumar, MD
- ❖ Leader of Mental Health Awareness to Mauro Ranallo

- ❖ Leader of Mental Health Awareness to Edward Hallowell, MD
- ❖ Leader of Mental Health Awareness to Toni Lasicki
- ❖ Parity at Ten to United States Representative Paul Tonko (NY-20)
- ❖ Parity at Ten to Tom O'Clair
- ❖ Parity at Ten to Andrew Malekoff
- ❖ Parity at Ten to Karla Lopez
- ❖ Media to Alisa Roth

NAMI-NYS is honored to recognize the commitment of all of these leaders who are giving the issues most important to NAMI-NYS families the attention and scrutiny they deserve. Hope Starts With You

## Saturday, October 27<sup>th</sup>

8:00-9:00 **Breakfast Served Buffet Style-Salons D,E**

Breakfast will be set up in the exhibit area and attendees will bring their food into the ballroom.

8:15-8:45am **Annual NAMI-NYS Business Meeting-The Ballroom**

9:00-10:00am **NIMH Update: New Ways to Address Treatment Resistant Depression –Salons D,E**



This year's update from the National Institute of Mental Health, will feature Dr. Bruce Lubner detailing the work being done to help those with treatment resistant depression and NIMH's newly launched study comparing Electroconvulsive therapy (ECT) and Transcranial magnetic stimulation (TMS).

[Bruce Lubner, Ph.D, Staff Scientist, Noninvasive Neuromodulation Unit, National Institute of Mental Health](#)

9am **Young Adult Breakfast and Networking Sessions-Breakfast available in Salons D,E and you can take plates to the Troy-Schenectady Room**

9:30-10:45am **Young Adult Session One: The Importance of Self-Care-Troy-Schenectady Room**

The ability to care for yourself and prioritize your needs can be a challenge for people of all ages, but can be more of a struggle for young adults. Learn about the importance of self-care from mental health blogger Allie Quinn, who wrote a recent [NAMI Blog](#) on the subject and Morgan DeSimone, Co-author, [The Daily Brew Journal: A 365-Day Guided Journal](#).

[Morgan DeSimone, Co-author, The Daily Brew Journal: A 365-Day Guided Journal](#)  
[Allie Quinn, NAMI Mid-Hudson](#)

10:45-11:30am **Young Adult Session Two: How to Build A Sustainable Support System-Troy-Schenectady Room**

Building a person-centric support system is a key component to achieve and maintain recovery. This session will explore best practices to build a robust support system that is tailored to you and your loved ones. Chris will guide you through barriers and opportunities to build an effective support system you will be proud of and help you stay happy and healthy long term.

[Chris Gaur, NAMI Westchester](#)

10:15-11:15am **Focus Sessions on Innovative Research and Treatment Conducted at the New York State Psychiatric Institute**



These concurrent sessions will give attendees the choice to learn about the innovative work being done at one of two of the New York State Office of Mental Health's world class psychiatric centers, the New York State Psychiatric Institute (NYSPI), which is associated with Columbia University. Attendees will receive insight of the work conducted at two of NYSPI's groundbreaking centers; the Center of Prevention and Evaluation (COPE) and the Center for Practice Innovation.

**A-Research Session-Salons D,E**

This session will begin with the presentation of the 2018 NAMI-NYS Research Award to Ragy Girgis, MD, Director of the Center of Prevention and Evaluation: COPE. Dr. Girgis will then present on his recent landmark study on *A Longitudinal Study of Violent Behavior in a Psychosis-Risk Cohort* and discuss the work being done at COPE, an outpatient research program for teenagers and young adults experiencing changes in thoughts and feelings that have led to problems in relationships, school or work and their research focusing on the causes and course of these symptoms.

[Ragy Girgis, MD, Director, Center of Prevention and Evaluation: COPE, New York State Psychiatric Institute, Associate Professor of Clinical Psychiatry at Columbia University College of Physicians and Surgeons](#)

**B-Treatment Session-The Empire Room**

NAMI-NYS is pleased to welcome Sapana Patel, PhD, Director of Strategic Planning and Curriculum Development at the Center for Practice Innovations (CPI) who will detail the cutting edge work being conducted at CPI. CPI supports the New York State Office of Mental Health's mission to promote the widespread availability of evidence-based practices to improve mental health services, ensure accountability, and promote recovery-oriented outcomes for consumers and families. Programs facilitated by CPI include OnTrackNY (New York's early intervention program) and Wellness Self-Management.

[Sapana Patel, PhD, Director of Strategic Planning and Curriculum Development at the Center for Practice Innovations, New York State Psychiatric Institute](#)



11:30am-12:30pm **ZERO Suicide Sessions**

## **ZERO SUICIDE SESSIONS**

**Saturday October 27th 11:30am-12:30pm**

### **Session 1**

#### ***Family Role in Suicide Prevention***



**Perry Hoffman, Ph.D**  
**President, NEA-BPD**

### **Session 2**

#### ***Connect Suicide Prevention Program***



**Ken Norton**  
**Executive Director NAMI New Hampshire**

NAMI-NYS is committed to providing our members and conference attendees with the tools necessary to help combat suicide. These two concurrent sessions will explain the roles that families and NAMI can play in preventing suicide.

#### **FOR THOSE NOT COMFORTABLE DISCUSSING SUICIDE:**

We understand that this is a difficult and possibly painful subject; for attendees uncomfortable with discussing suicide there will be an alternative session taking place featuring Dr. Ned Hallowell. There will also be a suicide healing session following these sessions.

#### **The Role Families Can Play in Suicide Prevention-Salons D,E**

There are many ways family members and caregivers help individuals struggling with suicidality. This presentation will focus on how the importance of engaging and including families whose loved ones are in suicidal crisis or have attempted suicide. We are pleased to welcome Dr. Perry Hoffman, the director of the National Education Alliance on Borderline Personality Disorder to discuss the Family Connection program which is geared towards families of individuals who have attempted suicide and Silvia Giliotti, from the NYS Suicide Prevention Office to discuss how families can help prevent suicide.

[Silvia Giliotti, PhD, New York State Suicide Prevention Office](#)

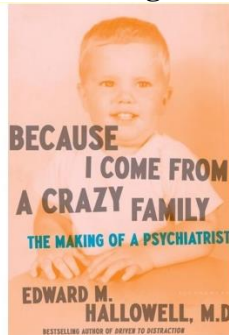
[Perry Hoffman, Ph.D, President, National Education Alliance on Borderline Personality Disorder](#)

#### **An Introduction to the Connect Suicide Prevention Program and The Power of NAMI in Preventing Suicide-The Empire Room**

NAMI-NYS is thrilled to welcome Ken Norton, Executive Director of NAMI New Hampshire to discuss their innovative suicide prevention program. NAMI NH has received national and international acclaim for its Connect Suicide Prevention Program. Connect is designated as a National Best Practice training program in suicide prevention, intervention and response to a suicide death. By working with and training key service providers and community members, Connect promotes a community based approach to early recognition of mental illness and improved access to care. When people are educated about the risks and warning signs of suicide and ways to prevent it, lives can be saved!

[Ken Norton, Executive Director, NAMI New Hampshire](#)

11:30am-12:15pm **Featured Author Session: Dr. Edward Hallowell, author of *Because I Come From a Crazy Family: The Making of a Psychiatrist***-Salon C



This special session will allow attendees to get to know the remarkable story of 2018 NAMI-NYS Leader of Mental Health Awareness Award winner, renowned ADHD expert and best-selling author, Dr. Edward (Ned) Hallowell

Ned's new memoir, [\*Because I Come from a Crazy Family: The Making of a Psychiatrist\*](#) recounts how at eleven years old a voice out of nowhere told him he should become a psychiatrist. A mental health professional of the time would have called this psychosis. But young Ned took it in stride, despite not quite knowing what "psychiatrist" meant. With a psychotic father, alcoholic mother, abusive stepfather, and two so-called learning disabilities of his own, Ned was accustomed to unpredictable behavior from those around him, and to a mind he felt he couldn't always control. [Click here](#) to learn more.

Copies of the book will be on sale and Dr. Hallowell will be doing a signing following his talk.

12:30-1:30pm **Suicide Healing Session-The Empire Room**

This session will provide a forum for healing from feelings that may have arisen during the suicide discussion. We are thrilled to welcome back Brett Scudder to lead this session.

[Brett Scudder, Executive Director, Scudder Intervention Services Foundation, Inc.'s Abuse and Suicide First Aid Response and Wellness Centers](#)

12:30-1:30pm **Special Wellness Session: Introduction to Energy Medicine & Stress-Buster Workshop-The Albany Room**

Join Holistic Mind-Body-Spirit Practitioner and Coach, Jan Firstenberg as she introduces you to Energy Medicine. Using volunteers and various energy modalities, Jan will show people multiple techniques to help relieve stress, worry, anxiety, and help transition negative thoughts into a more positive outlook.

[Jan Firstenberg, Holistic Mind-Body-Spirit Practitioner/Coach](#)

12:30-1:30pm **Young Adult Session 3 Manic Manifestos in Musical Theater-Troy-Schenectady Room**



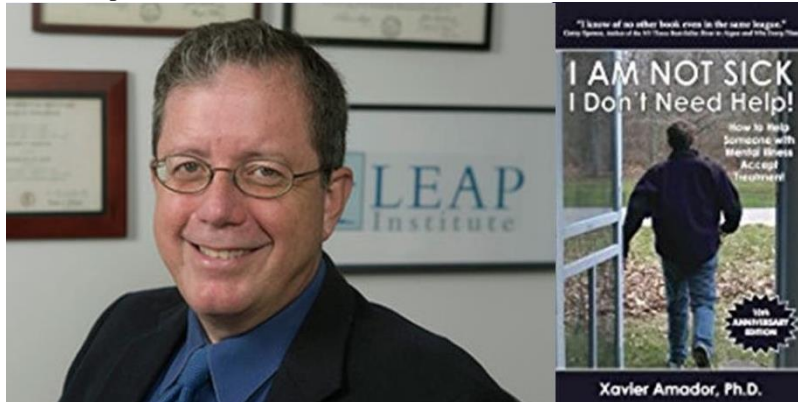
Step inside the head of NAMI-NYS YA Network member and 2018 NAMI-NYS Young Leader Award winner, Zak Sandler as he takes you on a multimedia journey aimed to help participants understand what it is like to experience bipolar disorder and mania. Zak will begin with a short TedTalks styled presentation then he and two singers will perform songs from his shows [A Bit Too Much About Me](#) and *Inside My Head*, both of which detail Zak's experience with bipolar disorder. Zak will detail how to bring the shows to your school or community.

**12:45-1:15pm Featured Author Session: Dr. Xavier Amador, author of I Am Not Sick, I Don't Need Help-The Colonie Room**

This session will allow attendees to have their copies of Dr. Amador's landmark book, [\*I Am Not Sick, I Don't Need Help\*](#) signed. Due to time constraints, Dr. Amador will not be able to sign books following his afternoon featured presentation. Copies of the book will be sold onsite.

**1:15-2:30pm Lunch Served Buffet Style-Salons D,E**

**1:45-2:45pm Featured Presentation Dr. Xavier Amador-The Ballroom**



NAMI-NYS is honored to welcome back Dr. Xavier Amador, founder of the LEAP Institute.

Dr. Xavier Amador is an internationally renowned clinical psychologist and leader in his field. His books, authoritative clinical research, worldwide speaking tours and extensive work in television news and entertainment make him truly unique among his peers.

His work as a leading individual, family, child and couples' therapist has been featured on PBS NOVA, ABC Prime Time Live, and NBC Bravo where he has been filmed doing psychotherapy with couples and individuals. Author of many popular books including *I am Right, You're Wrong, Now What?*; *I am Not Sick, I Don't Need Help!*; *When Someone You Love is Depressed: How to help without losing yourself*; *Being Single in a Couples' World: How to be happily Single and Open to Love*; Dr. Amador draws on thirty years of experience as a therapist, his personal story, and solid research when giving advice.

His expertise has been called upon by government, industry and the broadcast and print media. This will surely be a presentation you will not want to miss.

[Xavier Amador, PhD, President, The LEAP Foundation for Research to Practice](#)

**3:00-4:00pm Disease Focus Workshop Sessions.** These workshop sessions will provide insights on research and treatment of specific psychiatric disorders from leading experts.

**Schizophrenia-Salon A**

[Stephen J. Glatt, Ph.D., Director, Psychiatric Genetic Epidemiology & Neurobiology Laboratory \(PsychGENe Lab\), SUNY Upstate Medical University](#)

**Bi-Polar/Depression-Salon B**

[Diana Samuel, MD, Assistant Professor of Clinical Psychiatry, Columbia University Medical Center](#)

## **Anxiety Disorders–Salon C**

Speaker TBA

## **Borderline Personality-Salon F**

Matt and Ann Costello, Family Connection Trainers

Meg Macci, Administrator, Family Connections/Teleconnections, National Education Alliance for Borderline Personality Disorder

## **Geriatric Psychiatric Issues-Salon G**

Nabil Kotbi, MD, Unit Chief of The Haven and The Retreat, New York-Presbyterian Hospital-Payne Whitney Westchester, Assistant Professor of Psychiatry at Weill-Cornell Medical College.

## **Wellness-Salon H**

Madeline Kennedy, Kennedy Coaching

## **Young Adult Peer Support Troy-Schenectady Room**

Beth Sickler, President, Depression and Bipolar Support Alliance

4:00-4:30 **Break and visit exhibitors**

4:00-4:30 **Featured Author Session, Vivian Peters, author of *Oops: Tales of a Sexpert*-Salon C**



Take a journey with Vivian Peters and her book [\*Oops: Tales From a Sexpert\*](#). As an Outreach Educator for her local Planned Parenthood, she spent fifteen years providing sexual health education—and so much more—to people in rural poverty, where generational teen parenting and large families are the norm. There are a myriad of mental health impacts on this generational struggle.

The books will be on sale and Vivian will be doing a signing following her talk.

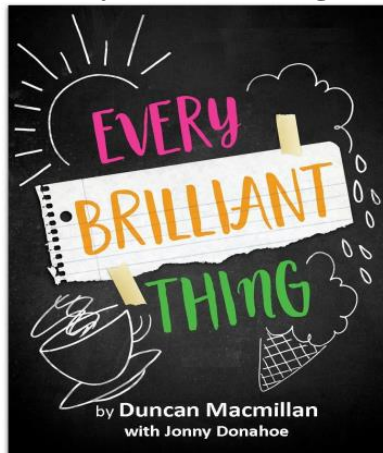
4:00-4:30 **Special Wellness Session Introduction to Energy Psychology and Emotional Freedom Technique-The Albany Room**

EFT was developed to help with trauma, phobias, fears, etc., but can be used for any issue. Using volunteers, Holistic Mind-Body-Spirit Practitioner and Coach, Jan Firstenberg will teach a basic EFT routine to everyone, and everyone will be able to participate in using this technique to help them with an individual issue that each person chooses for themselves.

[Jan Firstenberg, Holistic Mind-Body-Spirit Practitioner/Coach](#)

4:30-6:00pm **Performance of Every Brilliant Thing and Focus Sessions:** New this year attendees will get to choose between a performance of the one person play *Every Brilliant Thing* or one of two focus sessions that will take an in-depth look at critical issues.

## A-Every Brilliant Thing-The Empire Room



We are thrilled to include a special performance of *Every Brilliant Thing*. The one person play by Duncan Macmillan and Jonny Donahoe strikes a delicate balance between sobering loss and cathartic laughter as the protagonist recounts a life lived in the shadow of suicide. The play will be performed by Lori Schneider, Executive Director of NAMI Sullivan County, who performed the show throughout the Mid-Hudson Valley and Catskill region during Mental Health Awareness Month.

A review in the Middletown Times Herald Record states: "Everything about this production, directed and starring Lori Schneider, is indeed brilliant...Schneider knows her subject well, and she offers it in a manner that is both engaging and witty."

This performance is produced by special arrangement with Dramatists Play Service, Inc.

**Disclaimer on *Every Brilliant Thing*:** Seating will be limited to 100 people for this special performance. Those who wish to attend are strongly encouraged to arrive by 4:15pm. Since this is a theatrical performance and not a traditional presentation, once the performance starts, latecomers will not be admitted and all attendees must stay seated as people moving around will be distracting to both the performer and the audience. The show is slightly more than an hour long. We also want to remind all attendees that this show does discuss suicide and if you believe the subject matter will be upsetting or trigger suicidal ideations, we recommend not attending the performance.

## B- Understanding All Facets of Mental Health Housing-Salon F

The availability of mental health housing with wrap-around services has long been a priority for NAMI-NYS and our members. NAMI-NYS has assembled a panel of experts to answer many of the questions people have about mental health housing. These include: What are the different types of mental health housing programs? How do you access mental health housing? What are individual's and family's legal rights following discharge from a psychiatric facility? How can family members advocate for housing for their loved ones? What is happening on the federal level that is impacting mental health housing in New York State?

[Denise Duncan, LMHC, CASAC, NCC, Director, Supported Housing, Concern for Independent Living](#)

[Andrew Sperling, Director, Legislative and Policy Advocacy, NAMI](#)

[Chris Syracuse, Executive Director, Residential Programs, Depaul](#)

## C- Introducing Resources to Underserved Communities-Salon G

While accessing mental health services remains a challenge for many people across New York State, there are certain populations that are more underserved than others. It is NAMI-NYS's goal to ensure that mental health services are accessible to all. This session features a panel of experts who will detailing the history and obstacles faced by traditionally underserved populations including, those in rural areas, inner-urban areas, multicultural communities and the African-American and LGBTQI communities. The session will also give examples of how these gaps in services are being bridged including 2018 Multicultural Award awardee Rev. Kyndra Frazier, who will detail the extraordinary work of First Corinthian Baptist Church's HOPE Center, which is delivering mental health care to the residents of Harlem and an introduction to Talkspace which will examine the benefits of telepsychiatry and support.

[Antoine B Craigwell, Founder, President and CEO DBGM, Inc.](#)



Rev. Kyndra Frazier, LMSW, M.Div, Associate Pastor of Pastoral Care, First Corinthian Baptist Church and Director, HOPE Center  
Meg Macci, Administrator, Family Connections/Teleconnections, National Education Alliance for Borderline Personality Disorder  
Kai Macci, Advocate  
Lynda Martin, LMFT, Therapist, Talkspace  
Ellen Stewart, Author

**6:00-6:30 Young Adult Focus Track Discussion on NAMI on Campus-Troy-Schenectady Room**

This session will answer questions and provide examples of how to start or grow the NAMI on Campus program.

[Alison Barclay, NAMI Mid-Hudson](#)

[Tina Lee, Community Education and Outreach Manager, NAMI-NYS](#)

**6:45 Dinner, Awards and Featured Presentation “Never Give Up Hope” by Dick Beardsley-The Ballroom**



The evening's featured presentation *Never Give Up Hope* will be delivered by marathon great Dick Beardsley. As a competitor Dick was a part of two of the most legendary close outcomes in marathon history as he tied for first place with Inge Simonsen in the inaugural 1981 London Marathon and he took a close second to Alberto Salazar in the 1982 Boston Marathon, which was the subject of the book, *Duel in the Sun: Alberto Salazar, Dick Beardsley, and America's Greatest Marathon*. Dick's most difficult challenges happened off the race course as he lost a son to suicide and faced his own mental health and substance abuse issues. Dick is now an advocate for both physical and psychological wellness, which he will detail in this inspiring presentation.

Whether Dick is talking about his world class running career or series of numerous accidents, where he started at the very bottom of the running world to becoming a world class athlete or he's talking about the beginnings of his horrific addiction to narcotic pain medicines, attendees will leave the event a changed person. They will be encouraged and inspired to face their own demons with courage and to continue getting up no matter how many times life may knock you down.

Dick's book *Staying The Course: A Runner's Toughest Race* will be on sale throughout the conference and he will be signing following the presentation.

Prior to Dick's presentation, we will be presenting the following awards:

- ❖ Muriel Shepherd Award to Roy Neville
- ❖ Signature Program Award to Ann Canastra
- ❖ Young Adult Leader Award to Zak Sandler
- ❖ Affiliate of the Year to NAMI Buffalo
- ❖ Small Affiliate of the Year to NAMI Sullivan County

## Sunday, October 28<sup>th</sup>

### 8:00-9:00am **Breakfast Served Buffet Style**

Breakfast will be set up in the exhibit area and attendees will bring their food into the ballroom.

### 8:15-8:45am **Interfaith Service-Salon F**

### 9:00-10:15 **Presentation of the Inaugural Dr. Lewis Opler and Memorial Award and Featured Presentation on The Importance of Engaging Families in Recovery The Ballroom**



This year's conference will be bittersweet as it will be the first in more than 30 years not to include Dr. Lew Opler, who passed away earlier this year. To honor Dr. Opler's memory and commitment to NAMI-NYS, we have created the Dr. Lewis Opler Memorial Award which will be presented to psychiatric providers who share Dr. Opler's dedication to partnering with NAMI-NYS and/or our affiliates.

There is no better candidate to receive this award than Lisa Dixon, MD, MPH, Director of the Center for Practice Innovations at the New York State Psychiatric Institute. Dr. Dixon's work on the importance of engaging families and exposing the struggles of care-givers is truly legendary as is her consistent support of NAMI, NAMI-NYS and NAMI NYC-Metro. She headed the research study that led to the Family-to-Family program being deemed an evidence based practice by SAMHSA . She has also been a constant source of support and guidance to NAMI-NYS on a myriad of issues. We are privileged to thank Dr. Dixon for her constant friendship and recognize her devotion to NAMI-NYS and our members.

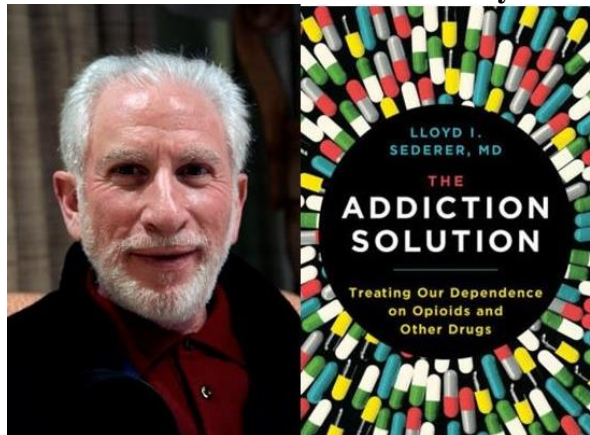
Dr. Dixon will then present on the importance of family engagement in the recovery process and detail the benefits of forming a recovery team between individuals with an illness, their family and their providers. Dr. Dixon will also explain how the Center for Practice Innovations' programs support this model. Following Dr. Dixon's presentation we will hear from one of our NAMI-NYS families as Christine Robinson Cooley (a Family-to-Family teacher) and her brother Curtis (an In Our Own Voice presenter and Peer-to-Peer teacher) will detail how family engagement advanced and has helped sustained Curtis' recovery. This is sure to be an inspirational celebration of Dr. Opler, partnerships and family engagement that you will not want to miss.

[Lisa Dixon, MD, MPH, Director, Center for Practice Innovations, New York State Psychiatric Institute](#)

[Elisha Curtis Robinson,](#)

[Christine Robinson-Cooley, NAMI Rensselaer](#)

10:15-11:15am **Town Hall with Dr. Lloyd Sederer-The Ballroom**



Dr. Lloyd Sederer's annual Town Hall session is always a highlight for conference attendees. This year Dr. Sederer will be discussing his newest book [The Addiction Solution](#) and detail the overlap of mental illness and substance abuse. Written with warmth, accessibility, and vast authority, the book is a practical guide through the world of drug use and abuse and addiction treatment. As is tradition, the Town Hall will allow participants to interact with Dr. Sederer and ask questions. The book will be on sale and Dr. Sederer will be signing copies following the presentation.

[Lloyd I. Sederer, MD, Medical Editor, Mental Health, The Huffington Post, Adjunct Professor, Columbia University, School of Public Health, Chief Medical Officer, New York State Office of Mental Health](#)

11:15am-12:15 **Ask the Doctor The Ballroom**



The conference will conclude with the Ask the Doctor session. NAMI-NYS is delighted to welcome Dr. Donna Anthony, Chief Medical Officer of Gracie Square Hospital. Dr. Anthony will offer up her perspective on many of the topics discussed during the conference and answer questions from participants.

[Donna Anthony, M.D., Ph.D, Chief Medical Officer, Gracie Square Hospital](#)