



Frequently Asked Questions

1. What are the dates and the location of the 2016 NAMI-NYS Education Conference?

The NAMI-NYS Conference dates are November 11^h-13th.

The Conference will be held at the Desmond Hotel and Convention Center located at 66 Albany Shaker Road, Albany NY.

2. How much does it cost to register for the convention?

The cost of registration is listed below:

	<i>Entire Conference</i>	<i>Friday Only</i>	<i>Saturday Only</i>	<i>Saturday and Sunday</i>
NAMI Members	\$215.00	\$100.00	\$100.00	\$120.00
Non-Members	\$300.00	\$175.00	\$175.00	\$195.00

3. What does registration include?

Registration to the NAMI-NYS Education Conference includes all of the conference activities, as well as all meals. (Lunch and dinner on Friday; breakfast, lunch and dinner on Saturday; and breakfast on Sunday).

4. Is the hotel included in the registration fee?

No, the hotel cost is not included in the registration fee. In order to reserve a room at the Desmond Hotel and Convention Center, contact the hotel (518-869-8100) and mention that you are registering as part of the NAMI conference. The NAMI rate will be \$128 for a room with a king size bed or a room with two queen size beds.

5. Are there scholarships available for the convention?

Yes, there are scholarships available for people living with a mental illness and family members of people living with a mental illness. Scholarships are **only available to NAMI-NYS members**. Scholarship applications are available.

6. Who attends the NAMI-NYS conference?

The NAMI-NYS conference consists of NAMI-NYS Grassroots leaders, people living with a mental illness, family members and friends of people with a mental illness, providers of mental health services, mental health advocates and New York State agency leaders.

7. Do I have to be a member in order to attend the conference?

No, you do not have to be a member to attend the conference but, there is a price differential between members and non-members.

8. Can I exhibit at the NAMI-NYS conference?

Yes, there are opportunities available to exhibit during the conference. All exhibitors will receive a 10 x 20 space with a skirted table and full registration including all meals. The cost to exhibit on Friday or Saturday individually is \$400. The cost to exhibit on both Friday and Saturday is \$600.

9. What goes on at the NAMI-NYS Education Conference?

The NAMI-NYS Education Conference offers the latest information on current research, treatment options and advocacy issues that impact the delivery of mental health care.

The 2016 NAMI-NYS Education Conference- *New Horizons in Recovery: Breakthroughs in Research and Treatment* will not only detail new breakthroughs in research and treatment of various psychiatric disorders but will also explore four of the most crucial elements impacting people living with a mental illness and their families in a more in-depth manner than any previous NAMI-NYS Conference has before. These issues are:

- Recognizing and addressing trauma.
- Suicide prevention
- Employment issues
- The importance of an individual's insight on their illness and the need to work with their family and providers as a recovery team

10. On Friday, do I need to register for a focus track, and do I need to stay on one track?

No, you do not need to register for a specific focus track on Friday, nor do you have to stay on one track. You are free to pick and choose whichever sessions you want to attend.

11. What will be included in the focus track for Young Adults and who can attend the track?

The Young Adult track will feature three workshop sessions curated by and featuring NAMI-NYS's young leaders and focus on mental health issues prevalent in those ages 18-30 and how to communicate positive mental health to this community. Though anyone can participate in any session they choose throughout the conference, the information presented on this track will be most beneficial for those in the aforementioned age group and faculty members of college campuses.

12. What is the NAMI-NYS Wellness Room and Wellness Track?

The NAMI-NYS Wellness Room will be where attendees can go to take a break and relax. There will be soothing music, comfortable seating and information on various wellness resources. This year will also see the introduction of a Wellness Track which will feature workshops providing information on mindfulness, nutrition, exercise, holistic approaches, creative arts therapies and other complimentary modalities to advance recovery. There will also be special demonstrations of wellness practices throughout the weekend.

13. If I am registered for the entire conference do I have to attend all sessions?

No, it would be impossible to attend all sessions at the conference. The conference will offer a plethora of learning opportunities, absorbing all of this will be exhausting. So, we encourage people to take a break and relax if you are tired or feel overwhelmed. Please don't feel pressured to do everything.

14. How do I get to the Desmond Hotel and Convention Center?

If you are traveling by car, The Desmond Hotel and Conventional Center is located off Exit 4 of the 1-87 Northway. If traveling by train, the Desmond Hotel and Convention Center is a fifteen minute cab ride from the Albany/ Rensselaer train station. If you are traveling by plane, the Desmond Hotel is about five minutes from Albany International Airport; there is a complimentary shuttle from the airport straight to the Desmond Hotel.

15. I am trying to plan my travel. What time should I arrive at the conference?

The NAMI-NYS Education Conference begins on Friday, November 11th, with registration beginning at 9:00 am. Their exhibit area will be open at that time and there will be wellness activities taking place. The first group of workshop sessions begins at 10:30am. A buffet lunch will be served beginning at 11:30am and the first plenary session begins at 12:15pm. On Saturday, the conference begins at 8:30am with our annual business meeting. The first education session begins at 9am.

For any other questions please contact Matthew Shapiro

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