



**MENTAL HEALTH**  
IS NOT A DESTINATION  
BUT A PROCESS.  
IT'S ABOUT HOW YOU DRIVE,  
NOT WHERE YOU'RE GOING.

—NOAM SHPANCER

**NAMI SHOALS**  
National Alliance on Mental Illness

749 Thompson Street

—  
Florence, AL 35630

Phone: 256-765-2081

—  
Join our membership today!  
[www.nami.org](http://www.nami.org)

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**Sponsored by:**  
North Alabama Regional Hospital  
(The Renaissance Center for Emotional  
Health)

RCHP dba ECM and Shoals Hospital is  
approved as a provider by the  
Alabama Board of Nursing through  
August 5, 2018. Provider #  
**ABNP1440**

# **NAMI Shoals Psychiatric Conference**

*"Just because you don't understand it  
doesn't mean it isn't so."*

**Friday, May 4, 2018  
8:00-4:30pm**

**Cross Point Church of Christ  
Florence, AL**

**7 CEUs for Nurses & 5.8 for  
Social Workers**

RNs/LPNs must provide ABN License Number  
and RNs/LPNs and Social Workers must attend  
program in its entirety to receive Continuing  
Education Credit.

## NAMI Shoals Psychiatric Conference

### Did you know?

- ❖ In 2016, there were an estimated 44.7 million adults aged 18 or older in the United States with a mental illness. This number represented 18.3% of all U.S. adults.
- ❖ Young adults aged 18-25 years had the highest prevalence of a mental illness (22.1%) compared to adults aged 26-49 years (21.1%) and aged 50 and older (14.5%).

(NIMH, 2018)

### THE MYTH:

People with mental illness can't be cured and they are a menace to the rest of society. The only way to handle "these types of people" is to lock them away in an asylum.

### THE FACTS:

All mental illnesses **can** be Treated!

Some mental illnesses can't be cured **but they can be managed so that individuals can lead a full and productive life!**

## Conference Schedule

8:00am-8:30am Registration and Breakfast  
8:30-8:45am Welcome  
8:45am-9:35am Nikita Duke, DNP, PMHNP-BC  
Stigma in Mental Health  
9:40am-10:30am Sandra Loew, Ph.D., LPC,  
NCC, CCMHC/ Family Self-Care  
10:30-10:45am Break/Vendors  
10:45am-11:35am Tim Glover, Lauderdale  
County Drug Task Force  
Heroin/Fentanyl Abuse in Lauderdale County  
11:40am- 12:30pm  
Laura Heckert- Losing a family member  
to suicide  
Tommy Hayes- Peer Support Specialist  
12:30pm-1:30pm Lunch on your own  
1:30pm- 1:45pm About NAMI of the Shoals  
1:45pm-2:35pm Adria Galloway, LPC, NCC  
Anger Management  
2:40pm- 3:30pm Heath Haddock, BS, CCM, ADC  
Opioid Use Disorder  
3:35pm-4:25pm Sarah Schmidlkofer, LPC  
Helping Children with Grief  
4:25pm-4:30pm Closing Remarks

CONFERENCE SCHEDULE

## NAMI Shoals Psychiatric Conference 2018

Friday, May 4, 2018

8:00am-4:30pm

Cross Point Church of Christ  
Florence, AL

### Registration Form:

Professional (needing CEUs) \$50

Student (non CEUs) FREE

Patient/Family member FREE

Complete and mail this form or turn in to the NAMI Shoals Office with your payment to the address listed below by **Tuesday, May 1st.**

Name: \_\_\_\_\_

Title: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Make Checks Payable to:  
**NAMI Shoals**

❖ On Site Registration  
\$60 for Professionals

749 Thompson St.  
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256-765-2081