



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

Follow us on Facebook:
[https://www.facebook.com/
NAMI-Shoals](https://www.facebook.com/NAMI-Shoals)

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 Schmidtkofer, 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**

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Florence, AL 35630
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