



# ANNUAL CONFERENCE



October 18-19, 2019  
The Conference Center at Sheppard Pratt  
Towson, Maryland

(410) 884-8691  
[info@namimd.org](mailto:info@namimd.org)  
[www.namimd.org](http://www.namimd.org)

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# NAMI MARYLAND



NAMI Maryland is a grassroots organization dedicated to education, support and advocacy for individuals with mental illnesses, their families and the wider community. Our mission is to improve the quality of life for individuals with mental illnesses and their families in Maryland.

Today, NAMI Maryland encompasses a strong statewide network of more than 49,000 families, individuals, community-based organizations and service providers. We support 11 local NAMI affiliate organizations throughout the state, including trainings for their grassroots volunteers to lead signature NAMI education and support programs such as NAMI Family-to-Family, NAMI Peer-to-Peer and NAMI peer support groups. We actively engage and educate our program participants about the importance of becoming advocates for mental health, using their personal experience. NAMI Maryland also provides public education workshops, an annual conference, teleconferences on specific issues, and a statewide help-line and resource materials.

NAMI Maryland is a strong voice on mental illness, carrying out ongoing advocacy efforts to improve mental health services throughout the state, reducing the stigma associated with mental illness, and supporting effective treatment and recovery programs. NAMI Maryland has developed a policy agenda to ensure that people living with mental illness receive the treatment and support they need to lead full and satisfying lives as valued members of the community. We equip our grassroots members with the skills necessary to share their stories effectively and use them to engage decision-makers on key advocacy issues.

# WELCOME

Dear Friends,

The Board of Directors, staff and volunteers of NAMI Maryland are thrilled to host its Annual Conference for the sixth year in a row at the beautiful campus of Sheppard Pratt. Sheppard Pratt has been providing mental health, special education, substance use, and community support services for more than 161 years. For the past 27 years, Sheppard Pratt has consistently ranked as a top national psychiatric hospital by U.S. News & World Report. NAMI Maryland has had a long-standing relationship with Sheppard Pratt, under Dr. Steven Sharfstein and now Dr. Harsh K. Trivedi's, leadership.

It is an exciting time at NAMI Maryland as our ability to accomplish our mission, improve the quality of life for individuals with mental illnesses and their families, continues to grow throughout the state! This growth has enabled NAMI Maryland to support new and emerging local affiliates in areas of the state where NAMI has not had a robust presence. We have brought six affiliates under our umbrella to nurture them and help them grow.

We have significantly increased the number of NAMI Signature Program training opportunities in the last year to ensure local NAMI affiliates have an adequate number of program leaders. NAMI Maryland is also advancing as a trusted partner on state task forces, work groups, and other consensus-building opportunities that ensure we are able to positively influence policy decisions, state regulations and legislation that affects our members. And finally, our visibility as a trusted and reliable resource on mental illness has increased to a network of more than 49,000 families, individuals, community-based organizations and service providers. Of course, we cannot accomplish our mission without the efforts of our volunteer leaders and affiliates throughout the state, and we thank them for their efforts.

Thank you for your attendance, dedication and commitment to NAMI Maryland, and to building better lives for the more than one million Marylanders affected by mental illness. If you are interested in helping increase community understanding, volunteering, or becoming an advocate, please fill out the volunteer interest form in your conference folder.

Thank you.



*Joe Ashworth, President, NAMI Maryland Board of Directors*



# FRIDAY AT A GLANCE

8:00 am - 9:00 am	Registration, Refreshments, Exhibits				
9:00 am - 10:00 am	FRIDAY MORNING PLENARY – IMPROVING RESPONSE TO PEOPLE WITH MENTAL ILLNESSES				
10:00 am - 10:10 am	Break				
10:10 am - 11:10 am	FRIDAY MID-MORNING PLENARY – UNDERSTANDING YOUR MENTAL HEALTH INSURANCE COVERAGE				
11:10 am - 11:20 am	Break				
Workshop Session I 11:20 am - 12:20 pm	Hospitalization Today: Why, When, and How? Room: 55	Work and Benefits: Where Do We Go from Here? Room: Auditorium	Changing Culture of Safety for Staff & Patients Room: 70	NAMI In Our Own Voice Room: 30	Psychiatric Medications in Child/Adolescent Psychiatry; Ask the Dr. Room: 155
12:20 pm - 1:05 pm	Lunch & Exhibits				
1:05 pm - 2:10 pm	FRIDAY AFTERNOON PLENARY – PARITY IN PRACTICE				
2:10 pm - 2:20 pm	Break				
Workshop Session II 2:20 pm - 3:20 pm	What Are Assertive Community Treatment Services? (Available both days) Room: Auditorium	New Approaches to Using Brain Stimulation in Depression Room: 155	Accessing SSI/SSDI: Busting Myths through the Maryland SOAR (Available both days) Room: 30	Chronic Pain Assessment among Individuals with Serious Mental Illness Room: 70	Our Duty to Protect: Suicide Prevention for Clinicians Room: 55
3:20 pm - 3:30 pm	Break				
Workshop Session III 3:30 pm - 4:30 pm	Supporting Military Service Members, Veterans and Families to Prevent Substance Use and Suicide Room: 30	The Relationship between Gambling, Mental Health, and Substance Use Room: 155	Housing Options and Resources: Opening the Door to Recovery (Available both days) Room: 70	Communicating with Families in Crisis Room: 55	Cross-cultural Therapeutic Interactions Room: Auditorium
4:30 pm - 5:00 pm	CEU's and COA's – Registration Desk				

To receive CEU/COAs, you must submit a completed evaluation form for a full day's attendance to the staff at the registration desk between 4:30 p.m. and 5:00 p.m.

# SATURDAY AT A GLANCE

Registration, Refreshments, Exhibits				
8:00 am - 9:00 am	SATURDAY MORNING PLENARY – NAMI MARYLAND'S ANNUAL MEETING, WALK CELEBRATION & BOARD ELECTION			
9:00 am - 10:00 am	Break			
10:00 am - 10:10 am	Maryland's Response to the Opioid Overdose Epidemic	Accessing SSI/SSDI: Busting Myths through Maryland's SOAR (Available both days)	Crisis Intervention and Safety	Mental Health and Aging in America
Workshop Session I 10:10 am - 11:10 am	Room: Auditorium	Room: 55	Room: 70	Room: 30
11:10 am - 11:20 am	Break			
11:20 am - 12:20 pm	What's Ours is Yours: Free Mental Health Resources from the Department of Veterans Affairs	Housing Options and Resources: Opening the Door to Recovery (Available both days)	Ask the Doctor...	NAMI Maryland's Policy Priorities: Get Educated!
Room: 30	Room: 70	Room: 55	Room: Auditorium	
12:20 pm - 1:10 pm	Lunch & Exhibits   Program Leader Lunch			
1:10 pm - 2:10 pm	SATURDAY AFTERNOON PLENARY – SHATTERING THE SILENCE: LET'S TALK ABOUT SUICIDE AND STIGMA			
1:00 pm	Annual Meeting Voting Over			
2:10 pm - 2:20 pm	Break			
Workshop Session III 2:20 pm - 3:20 pm	Supporting Someone with Co-Occurring Disorders: Brain Injury, Behavioral Health, & Substances	What Are Assertive Community Treatment Services? (Available both days)	How to Convince Someone to Get Help	Charting Your Recovery Developing a Relapse Plan & Mindfulness Tools Part I
Room: Auditorium	Room: 30	Room: 55	Room: 70	
3:20 pm - 3:30 pm	Break			
Workshop Session IV 3:30 pm - 4:30 pm	Tardive Dyskinesia - A Risk That Persists	N.O.S. - The Power of Film & Moving Forward After an Episode	What is Harm Reduction, & A Family Member's Response	Charting Your Recovery Developing a Relapse Plan & Mindfulness Tools Part II
Room: 30	Room: Auditorium	Room: 55	Room: 70	
4:30 pm - 5:00 pm	CEU's and COA's – Registration Desk			

To receive CEU/COAs, you must submit a completed evaluation form for a full day's attendance to the staff at the registration desk between 4:30 p.m. and 5:00 p.m.

# PLENARY SPEAKERS



**SECRETARY  
ROBERT L. GREEN**  
MARYLAND DEPARTMENT  
OF PUBLIC SAFETY AND  
CORRECTIONAL SERVICES

**Robert L. Green** was appointed Secretary of the Maryland Department of Public Safety and Correctional Services by Governor Larry Hogan in April 2019. Secretary Green has more than 34 years of experience in public safety and corrections, most recently as Director of the Montgomery County Department of Correction and Rehabilitation. During this time, he created a Detention Services Re-Entry Unit at the Montgomery County Correctional Facility, which was nationally recognized and replicated in other jurisdictions across the country. While under his watch, the department received numerous National Association of Counties awards for innovations and commitment to the best in correctional practices.

Secretary Green also served as the Director of Corrections and Corrections Bureau Chief for the Frederick County Sheriff's Office. He began his career in 1985 as a correctional officer following completion of the academy. This experience has given him a unique perspective and advantage in the care and custody of those incarcerated, as well as the men and women who serve and protect on a daily basis.

Secretary Green is a member of the American Correctional Association and currently serves on the Commission on Accreditation for Corrections. He currently serves two gubernatorial appointments for Governor Hogan as the Chair of the Maryland Commission on Correctional Standards and the State Justice Reinvestment Oversight Board.



**MELISSA REULAND**  
JOHNS HOPKINS

**Melissa Reuland** is a Senior Adviser to the Bureau of Justice Assistance (BJA)-funded, Vera Institute of Justice Serving Safely Initiative, which provides training and technical assistance to law enforcement agencies interested in improving responses to people with mental illnesses and people with intellectual or developmental disabilities. Ms. Reuland is also a Senior Research Program Manager at the Johns Hopkins School of Medicine, Department of Psychiatry.

In the early 2000's, Ms. Reuland worked with the Council of State Governments (CSG) Justice Center and the Police Executive Research Forum (PERF) on the BJA-funded Law Enforcement/Mental Health Partnership Project. For this project, she developed publications designed to support expansion of specialized responses to people with mental illnesses. Publications include: Improving Responses to People with Mental Illnesses: Tailoring Law Enforcement Initiatives to Individual Jurisdictions; The Essential Elements of a Specialized Law Enforcement Program; and Statewide Law Enforcement/Mental Health Efforts: Strategies to Support and Sustain Local Efforts. Ms. Reuland holds an MS in Criminal Justice from the University of Baltimore and a BA in Psychology from the University of Michigan.



**JANEL CUBBAGE**  
GOVERNOR'S COMMISSION  
ON SUICIDE PREVENTION

**Janel Cubbage, LGPC** is the Director of Suicide Prevention at the Behavioral Health Administration where she works with stakeholders to increase awareness of suicide. She works to improve preparedness identifying individuals at-risk, and providing support to promote healing and improved quality of life. Ms. Cubbage is currently appointed as the Chair for the Governor's Commission on Suicide Prevention. In addition to her work in public health, she is also a Licensed Graduate Professional Counselor and continues to work with a diverse group of clients, previously providing therapy services to individuals incarcerated at Carroll County Detention Center, now seeing clients at a private practice in Columbia. Through her clinical work, Ms. Cubbage specializes in depression, trauma, and suicidal ideation in underserved populations including the African American and military community.

Ms. Cubbage began her career in the juvenile justice field working with adjudicated youth and later became involved in suicide prevention through her work as a program manager for the Army National Guard. She is committed to conveying hope, support, and connectedness to those in need in all work she does, whether on a large-scale or individual level. She holds a Master of Science in Clinical Mental Health Counseling from McDaniel College and recently was selected to the 2019 cohort of the Bloomberg American Health Initiative Fellows at Johns Hopkins School of Public Health to earn her Master of Public Health degree.

# PLENARY SPEAKERS



**COMMISSIONER  
AL REDMER, JR.**  
MARYLAND INSURANCE  
ADMINISTRATION

**Alfred W. Redmer, Jr.** was appointed Maryland Insurance Commissioner by Governor Larry Hogan in January 2015 and previously served as Commissioner from 2003-2005. At the Maryland Insurance Administration, Commissioner Redmer oversees the independent agency's approximately 266 employees and an annual budget of \$31 million. Commissioner Redmer is a member of the Governor's Sub-Cabinet on International Affairs and sits on the Board of Directors of the Maryland Health Benefit Exchange. Nationally, Redmer is a board member at the National Insurance Producer Registry (NIPR). He also represents the state's interests as an active member of the National Association of Insurance Commissioners (NAIC).

A respected businessman and former member of the Maryland General Assembly, Commissioner Redmer most recently managed Redmer Insurance Group, LLC, and owned Redmer Financial Group. His business experience includes time as partner and president of Landmark Insurance & Financial Group and as chief executive officer of Coventry Health Care of Delaware, Inc. During his 13-year tenure in the General Assembly representing Baltimore County, Commissioner Redmer served two years as the House Minority Leader. Throughout his career, he has stayed involved in numerous community and nonprofit organizations. Together, he and his wife have five grown children and eight grandchildren.

**JOY HATCHETTE**  
MARYLAND INSURANCE  
ADMINISTRATION

**Joy Hatchette** serves as the Associate Commissioner for Consumer Education and Advocacy Unit at the Maryland Insurance Administration (MIA). She is responsible for overseeing outreach to Maryland consumers so they can better understand their rights and obligations under their insurance policies. She previously served as Associate Commissioner for Consumer Complaints at the MIA from 1997-2004. In 2016, she was appointed by Governor Larry Hogan to the Maryland Commission on Aging. As a member of the Maryland Commission on Aging, Ms. Hatchette is one of 13 members who are charged with reviewing programs and activities for older adults and making program recommendations to the Maryland Secretary of Aging.

From 1993- 1997 she served as an Assistant Attorney General for the MIA. From 1988 to 1993, she was an Associate in the law offices of Gordon, Feinblatt, Rothman, Hoffberger and Hollander and prior to that was the judicial law clerk for the United States Fourth Circuit Court of Appeals. Ms. Hatchette is a graduate of the University of Virginia Law School and is a member of the bar associations in Maryland, Virginia, and the District of Columbia.



**ELLEN WEBER**  
LEGAL ACTION CENTER

**Ellen Weber, J.D.** is the Vice President for Health Initiatives at the Legal Action Center (The Center), a law and policy organization whose mission is to fight discrimination against individuals with histories of addiction, HIV/AIDS, or criminal records, and to advocate for sound public policies in these areas. Ms. Weber helps lead The Center's efforts to expand access to comprehensive and equitable substance use treatment at both the state and federal levels. She worked at The Center from 1985 to 2002, during which time she conducted disability rights litigation, established The Center's D.C. office, and led their national policy work. She led the field efforts to obtain protections for persons with substance use disorders under the Americans With Disabilities Act, participated in the first round of national health care reform legislation, and advocated for a more balanced federal budget for the prevention and treatment of substance use disorders.

Prior to rejoining The Center, Ms. Weber was Professor of Law at the University of Maryland Carey School of Law. From 2002-2017, she established and directed the Drug Policy and Public Health Strategies Clinic where she worked with students on disability rights litigation and legislative advocacy, implementation of the Affordable Care Act and Parity Act in public and private insurance in Maryland, and adoption of harm reduction legislation to address the opioid epidemic. Ms. Weber has published in the areas of disability rights, women's health issues, integration of substance use disorder treatment in primary care, medical cannabis laws, and the enforcement of the Mental Health and Addiction Equity Act. She began her career in 1980 as a trial attorney in the Civil Rights Division of the U.S. Justice Department, where she litigated cases to enforce the Voting Rights Act. Ms. Weber graduated from Dickinson College and the New York University School of Law.

**JOY ASHCRAFT**

MARYLAND ARMY NATIONAL GUARD

**Joy Ashcraft** is the Maryland Army National Guard (MDARNG) Alcohol and Drug Control Officer. She oversees the MDARNG Substance Abuse and Suicide Prevention Programs. Under her leadership, her team has expanded their training capacity and reach.

Ms. Ashcraft was the Maryland State Coordinator for the Building Healthy Military Communities pilot program that aimed to improve access to and navigation of, existing military and community-based resources for geographically-dispersed service members and their families in order to improve the Joint Force's recruitment, retention, readiness and resilience. While in this role, she coordinated the statewide service provider conference called "Building Collaborative Communities in Maryland: A Conference for Those Who Serve Service Members, Veterans, and Their Families".

Ms. Ashcraft has received recognition for major improvements to the programs and bringing innovative programs to MDARNG to reduce the stigma around and increase education about substance abuse and suicide. She is a Maryland native and has spent the past 14 years working alongside and in support of service members, veterans, and their families in her roles as a Social Worker, Senior Family Readiness Support Assistant, Security Director, and Volunteer. Ms. Ashcraft is a Licensed Master Social Worker in Maryland and is passionate about supporting this community and truly enjoys connecting them with wellness resources and opportunities.

**JOY CHERIELL BROWN**  
THIRD PERSON OMNISCIENT  
PRODUCTIONS

**Joy Cheriell Brown** is the founder of Third Person Omniscient Productions, a production company whose mission is to produce quality movies, plays, and television shows that enlighten audiences about the human condition and shed light on the meaning of life. Her first feature film, *Love's Duty*, is currently in development by her production company. Beyond writing and producing original works, Ms. Brown also coaches screenwriters who want to write meaningful, production-ready screenplays.

She has served as a screenwriting mentor for the DC Shorts Filmmaking Mentor Series and a panelist for the screenwriting panel at the Prince George's Arts and Humanities Council's Festival of Literary Arts. Ms. Brown has written six feature-length screenplays and received numerous accolades. She is an accomplished screenwriter, with an MFA in creative writing from National University and a bachelor's degree from Howard University, where she studied film and English and graduated summa cum laude.

**CAROLINE BOLAS**  
LEVELHEADED INC.

**Caroline Bolas** serves as the Director of the SSI/SSDI Outreach, Access, and Recovery Initiative (SOAR) and is the SOAR State Lead consultant for the Maryland Behavioral Health Administration. In this role, she provides technical assistance to the statewide SOAR program. She is a nationally trained SOAR trainer and Train the Trainer.

Ms. Bolas holds a Master's in Occupational Psychology and a Master's in Social Policy and Social Work. She has spoken at numerous conferences, including many of NAMI Maryland's previous annual conferences.

**JULIE CLEVELAND**  
NAMI MARYLAND/NAMI HOWARD COUNTY

**Julie Cleveland** began volunteering with NAMI after retirement from the corporate world. Mental health and its stigma became front and center in her life when she was diagnosed with bipolar disorder. In her fourteen years at NAMI, she has spent eight as a NAMI Howard County Board member and NAMI Maryland's Board. She is a National Peer-to-Peer teacher, National Smarts for Advocacy trainer and NAMI In Our Own Voice presenter. In August 2019 she was appointed to the Howard County Health Department Advisory Board and has a wide range of knowledge of the mental health field.

# WORKSHOP SPEAKERS

**ANN MARIE DESMOND**  
NEUROCRINE BIOSCIENCES

**Anne Marie Desmond** is an Advanced Practice Registered Nurse (APRN) and Clinical Practice Liaison with Neurocrine Biosciences. As a Medical Affairs team member, she is responsible for meeting the needs of educating APRNs/PAs and RNs on the assessment and recognition of movement disorders, as well as being a clinical expert on the products marketed by Neurocrine. Ms. Desmond was a founding member of the Acute Pain Service at Tufts New England Medical Center and later the outpatient chronic pain clinic where she worked with the patients experiencing pain and depression. She has extensive experience in education as the clinical educator for pain management at Metrowest Medical Center and also as a clinical instructor at Laboure College of Nursing Boston Mass. Anne Marie resides in Southborough, MA, is married, and has 2 teenagers.

**HEATHER ESCHLEMAN**  
MARYLAND CENTER OF EXCELLENCE ON  
PROBLEM GAMBLING

**Heather Eshleman** is the Prevention Manager at the Maryland Center of Excellence on Problem Gambling. She currently oversees youth and special population underage and problem gambling prevention grants. From 2006-2019, Ms. Eshleman served as the Alcohol and Substance Abuse prevention supervisor at the Anne Arundel County Department of Health, overseeing the Substance Abuse Prevention coalitions, the Opioid Misuse Prevention Program, the Strengthening Families Program, the Fatal Overdose Review Team, and Coordination of the Students Against Destructive Decisions Chapters. She was the grants administrator at Anne Arundel County Department of Health from 2002-2006, coordinating substance abuse prevention community grants for local organizations.

Ms. Eshleman received her Masters in Public Health from the State University of New York at Albany, School of Public Health and her Bachelor's degree in School and Community Health Education from Towson University. Heather served in the United States Peace Corps in Morocco, North Africa, as a Maternal and Child Health volunteer, working on hygiene promotion and pre-natal care for two years. Masters in Public Health from the University at Albany School of Public Health and her Bachelor's degree in School and Community Health Education from Towson University. Heather served in the United States Peace Corps in Morocco, North Africa, as a Maternal and Child Health volunteer, working on hygiene promotion and pre-natal care for two years.

**KATE FARINHOLT**  
NAMI MARYLAND

**Kathryn (Kate) Farinholt** is the Executive Director of NAMI Maryland. Her involvement with NAMI began more than 30 years ago, when NAMI members helped Ms. Farinholt's parents advocate for her older sister when she was diagnosed with schizophrenia at 14. As a result, Ms. Farinholt was soon recruited to be a local and state NAMI board member and in 1999 became the Executive Director of NAMI Baltimore. In 2004 under Ms. Farinholt's direction, NAMI Baltimore was chosen as the "Outstanding Local NAMI Affiliate" from a field of 1,500 local affiliates for its integration of consumers of mental health services at all levels, its advocacy and education on criminal justice and other issues, its focus on diversity and its regional impact.

In 2011 Kate became the Executive Director of NAMI Maryland, where she devotes significant efforts advocating to improve systems change, to engage and empower stakeholders in advocacy, and to fill gaps in programs and resources. Ms. Farinholt has been nationally recognized for her work on crisis programs, criminal justice staff training, criminal justice reform, consumer and family peer programming, and empowerment and engagement of individuals and relatives in treatment, program design and implementation, and research.

Ms. Farinholt has helped develop and/or pilot numerous nationally recognized peer-led NAMI signature and emerging programs, including the NAMI support group model and facilitator training, NAMI Peer to Peer, and 2 programs which provide individuals with mental illness and family members an opportunity to share their personal journeys with mental illness through recovery with the wider community: the NAMI In Our Own Voice: Living with Mental Illness program, and the NAMI Ambassador program. Among her many awards, she especially treasures the national NAMI Executive Director Peer Excellence Award she received in 2008 and the 2018 American Psychiatric Association's APEX award for outstanding service. In 2018, she was also chosen as one of the Daily Record's "Most Admired CEOs."

# WORKSHOP SPEAKERS



**DEBBIE FLING**  
SAVE OUR CHILDREN

**Debbie Fling** is the founder of Save Our Children (SOC), Boonsboro, MD. SOC offers support, services, resources and education to families struggling with addiction. Debbie's journey began when her two sons began exhibiting signs of emotional disorders in their teens and later on were diagnosed with a mental illness and substance use disorder. As a mother, she understands the challenges loved ones' face. She learned that in order to help her children she had to become knowledgeable about their illnesses, and as a result, decided to be part of the solution. Hear her story and how she became an advocate for all children and loved ones struggling with a mental disorder.



**MARIANNE GIBSON**  
OPIOID OPERATIONAL  
COMMAND CENTER

**Marianne Gibson** is the director of planning and state partner coordination with the Opioid Operational Command Center. She has nearly 10 years of experience working in the substance use field, and has a passion for substance use prevention. Ms. Gibson holds a B.A. in Social Work from Salisbury University and an M.S. in Health Science with a focus on Community Health Education from Towson University.



**TONYA GREEN-PYLES**  
BALTIMORE COUNTY  
HEALTH DEPARTMENT

**Tonya Green-Pyles** is a recovering substance user who has been clean for over sixteen years. Currently, Ms. Green-Pyles works at the Baltimore County Health Department on their Harm Reduction Program as a Human Service Associate. In 2004, she was diagnosed with HIV when she began receiving prenatal care for her youngest son. Since 2007, she has been speaking about substance use and the importance of HIV medical adherence and harm reduction. Ms. Green-Pyles has been in the field of HIV/HCV and Harm Reduction for over 13 years.

From 2007-2016 she was a housing case manager at Women Accepting Responsibility. She lives one day at a time, knowing that she is very blessed to be here and plans to continue to spread her message about substance abuse, incarceration, HIV, HCV and the importance of harm reduction. She has attended Coppin State University and Baltimore City Community College. Ms. Green-Pyles was raised in Queen Anne's County on the Eastern Shore of Maryland. She is a widowed mother of four, two males ages 25 and 14 years old and two females ages 23 and 21, and three grandchildren.



**AMY GREENSFELDER**  
PRO-BONO COUNSELING PROJECT

**Amy Greensfelder** is Executive Director of the Pro Bono Counseling Project (PBCP).

Prior to joining PBCP, Ms. Greensfelder served as the Refugee Mental Health Program Coordinator at the Maryland Department of Health. In that role, she coordinated the implementation of universal mental health screening for adult refugees entering Maryland, support groups for newly arrived refugees, and peer support for refugee communities. Additionally, she has worked overseas in refugee processing and has provided immigration legal services as a Board of Immigration Appeals Accredited Representative.

Ms. Greensfelder holds a Master in Social Work from the University of Maryland Baltimore.



**SAMANTHA HACK**  
DEPARTMENT OF VETERANS' AFFAIRS

**Samantha Hack**, PhD, LMSW is a Research Health Scientist and Co-Associate Director at the Department of Veterans Affairs VISN 5 Mental Illness Research, Education, and Clinical Center (MIRECC) and a person with a mental health disorder. Her research focuses on person-centered mental health care and integrated mental and physical health care in VA health care settings.

She is the principal investigator of a five-year study to characterize existing person-centered communication in VA mental health care and develop a brief intervention to empower recent veterans with stress-related disorders to lead and personalize their mental health care in support of their functional recovery.

**ALVIN HARRIS**  
NAMI PROGRAM LEADER

**Alvin Harris** is a NAMI In Our Own Voice presenter, a NAMI Peer-to-Peer mentor, and a state trainer for NAMI Connection Recovery Support Group.



**JOSHUA HINZMAN**  
NAMI PROGRAM LEADER

**Joshua Hinzman** is a musician, artist and general nerd who grew up in Maryland, moved around a lot and then ended up finding his calling back in Maryland as a co-facilitator of the Young Adults Group for NAMI in Silver Spring, an In Our Own Voice and Crisis Intervention Training presenter. He is a consultant for creative individuals who want to get more out of their digital lifestyle.

He currently lives with his cat and close friend who have both been very helpful in making the right decisions to progress forward.



**VANESSA HOWARD**  
PRO-BONO COUNSELING PROJECT

**Vanessa (Sepopo) Howard** is a Clinical Associate with the Pro Bono Counseling Project. In addition to helping connect Marylanders with clinicians who agree to see them for free or for a low fee, Vanessa teaches Cross-Cultural Psychology at Towson University. She is interested in the intersection of mental health and diversity-related issues. Through scholarship and professional experiences, Vanessa is dedicated to serving individuals with mental health concerns and educating others about mental health.



**DR. MARK KOMRAD**

**Mark Komrad, M.D.** is the recipient of NAMI National's "Exemplary Psychiatrist" award, and named by NAMI Baltimore as "Mental Health Professional of the Year". He is a psychiatrist on the teaching faculty of Sheppard Pratt Hospital, Johns Hopkins Hospital, and the University of Maryland.

For 25 years, Dr. Komrad has treated patients and advised people in the community on how to convince an emotionally or behaviorally troubled loved one to accept psychiatric evaluation and treatment. He has worked in both outpatient and inpatient settings. He maintains a private practice in psychiatry in Towson, MD.



**ANDREA LANDRY-BROWN**  
NAMI PROGRAM LEADER

**Andrea Landry-Brown, CPRS**, is a mental wellness strategist, peer mentor, award-winning national speaker, author and educator. She was diagnosed with bipolar disorder, anxiety and PTSD in 2006. After a few years of diagnosis denial, she relocated from California to Maryland and discovered the National Alliance on Mental Illness (NAMI).

Since 2008, Ms. Landry-Brown has been a National Trainer for In Our Own Voice and a State Trainer for Peer-to-Peer. Ms. Landry-Brown received a community service award for her mental wellness advocacy from the University of Phoenix, her college alma mater.

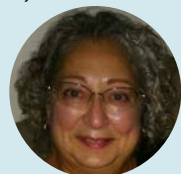


**DR. BRUCE LUBER**  
NIMH

**Bruce Luber, Ph.D.** is a Staff Scientist in the Noninvasive Neuromodulation Unit of the NIMH in Bethesda, MD. He is an Experimental Psychologist and Neuroscientist primarily interested in executive and memory functioning in healthy, geriatric, and depressed populations, studying these using brain stimulation (over the last 23 years). His research in brain stimulation spans both noninvasive (TMS and tDCS) and convulsive (MST and ECT) modalities. He was Professor of Psychiatry and Psychology at Duke University and Columbia University.

**E. CAROLINE MASON**  
MARYLAND DISABILITY  
DETERMINATION SERVICES

**Caroline Mason** is the Medical Relations Director at the Maryland Disability Determination Services (DDS). Ms. Mason oversees the implementation of Maryland's SSI/SSDI Outreach, Access, and Recovery Initiative (SOAR) within the DDS and participates in training SOAR providers across the state. Ms. Mason has spoken at numerous conferences, including at previous NAMI Maryland annual conferences and all five of the Maryland Annual SOAR conferences. She holds a bachelor's degree in Liberal Studies from Salisbury State University.



**DEBBIE MEYER**  
NAMI PROGRAM LEADER

**Debbie Meyer** worked for the State of Maryland and collaborated with the Howard County Police Department as a member of their Grassroots Mobile Crisis Team. Since retiring as a social worker in 2009, she first became a volunteer with NAMI Howard County serving on the Faith Outreach Committee. Debbie moved into other roles as an In Our Own Voice (IOOV) presenter, Peer-to-Peer Teacher, and was elected to the NAMI Howard County Board of Directors in 2013. Her favorite role is as an IOOV presenter because it helps her stay connected to others with mental illness and remain focused on her recovery. NAMI Howard County gave her purpose and hope in her life when she felt she had nothing to offer.

Today, as a proud senior citizen, Debbie has learned that living with mental illness and aging has become a challenge and found herself wanting to learn more about mental health conditions and the older American and aging successfully.



**MOIRA MOYNIHAN CYPHERS**  
COMPASS GOVERNMENT RELATIONS

**Moira Moynihan Cyphers** is an accomplished lobbyist on healthcare, renewable energy, local government, and social justice issues in Maryland. On behalf of her diverse roster of clients, Moira has secured tens of millions in operating and capital budget funds – from major health care providers to after-school programs.

Nationally, Moira does policy work and logistics planning for conferences across the US and in Canada. A lobbyist since 2014, she served as senior staff on a gubernatorial race. Prior to that, Moira spent five years in the House as Legislative Director to a member on the Appropriations and Health and Government Operations Committees. In her off-session time, Moira has worked on federal health care policy, state and local elections and grassroots issue campaigns.

# WORKSHOP SPEAKERS

**MABEL MUNOZ**  
MARYLAND EMPLOYMENT NETWORK

**Mabel Munoz** has been serving her community for over 6 years, assisting individuals with disabilities in achieving financial independence. She currently serves The Maryland Employment Network as a Benefits Planning Specialist, where she continues her close collaboration with community partners and individuals with disabilities. She offers experience in crisis counseling and employment-centered case management, which have enriched her abilities and skills as a benefits planner. Ms. Munoz's proficiency in writing and speaking English and Spanish, allows her to provide bilingual services to the community. She has a degree in psychology and is certified as a Community Partner Work Incentives Coordinator through Virginia Commonwealth University.



**JESS NESBITT**  
BRAIN INJURY ASSOCIATION  
OF MARYLAND

**Jess Nesbitt** serves as a bilingual Case Manager and Health Educator at the Brain Injury Association of Maryland. Ms. Nesbitt has extensive experience in case management with a focus on trauma-informed care and harm reduction.

Ms. Nesbitt worked for the National Abortion Federation in Washington, DC as well as Southwestern Women's Options in Albuquerque, NM. She graduated with a B.A. in anthropology from American University in 2014.



**ROBIN RICKARD**  
OPIOID OPERATIONAL COMMAND CENTER

**Robin E. Rickard** is the deputy director and chief of staff of the Opioid Operational Command Center. Prior to that, she was an Assistant State's Attorney for Anne Arundel County where she prosecuted hundreds of felony drug cases. In 2008, she became involved with Drug Court and oversaw both the Circuit and District Drug Courts for the State's Attorney's Office. It was during that time in which she became passionate about saving lives and helping defendants with substance use disorder get their life back. She received her Juris Doctorate from the University of Baltimore School of Law in 1999.



**DR. STEVEN SHARFSTEIN**  
SHEPPARD PRATT HEALTH SYSTEM

**Steven S. Sharfstein, M.D.** recently retired as President and Chief Executive Officer of the Sheppard Pratt Health System where he worked for 30 years. Currently, he is Clinical Professor of Psychiatry at the University of Maryland.

With more than 45 years as a practicing clinician, Dr. Sharfstein is best known for his research and writing on the economics of practice and public mental health policy. He has written on a wide variety of clinical and economic topics and has published more than 160 professional papers, 40 book chapters, and ten books, including (as coauthor) *Madness and Government: Who Cares for the Mentally Ill?*, a history of the federal community mental health centers program. More recently, he was chief editor of *Textbook of Hospital Psychiatry*. Over a period of 13 years, Dr. Sharfstein held a variety of positions at the National Institute of Mental Health, including Director of Mental Health Service Programs. In 1979-1980, he worked at the White House with First Lady, Rosalynn Carter on The Mental Health Systems Act of 1980.

A graduate of Dartmouth College and the Albert Einstein College of Medicine, he trained in psychiatry at the Massachusetts Mental Health Center in Boston from 1969 to 1972. Dr. Sharfstein also received a Masters in Public Administration from the Kennedy School of Government in 1973 and a certificate from the Advanced Management Program at the Harvard Business School in 1991. He was President of the American Psychiatric Association from 2005-2006.



**KEIRSTYN SILVER**  
MARYLAND EMPLOYMENT NETWORK

**Keirstyn Silver** is the Director of The Maryland Employment Network, a program approved by the Social Security Administration to provide Ticket to Work Services. In her current role, Ms. Silver continues to work with multiple Supported Employment Programs across the state of Maryland, providing guidance on the Ticket to Work program. She strives to educate others about employment as a cornerstone of recovery.

Ms. Silver began her career nearly a decade ago in the Public Behavioral Health System, and has worked as a Benefits Counseling Specialist, Program Coordinator, and Program Director in a large, multi-site Supported Employment program. During this time, she developed expertise in Supported Employment service, and witnessed firsthand the positive impact that work had on recovery.

Ms. Silver has a bachelor's degree in Psychology and is a Certified Psychiatric Rehabilitation Practitioner, as well as a Community Partner Work Incentive Counselor.



**RUSSELL SPRINGHAM**  
BEHAVIORAL HEALTH ADMINISTRATION

**Russell Springham** has spent nearly 25 years at Baltimore Mental Health System, the Core Service Agency (CSA) for mental health in Baltimore City. In that role, he oversaw various services including Section 8 housing for persons with mental health disabilities, Residential Rehabilitation (RRP), Supported Employment (SEP), Transition Age Youth (TAY), Case Management, and Psychiatric Rehabilitation Program (PRP).

Since 1997, when managed care was implemented, Mr. Springham has also been trained as a care manager at the CSA; approving services through different Administrative Service Organizations (ASO) that have served Maryland. He has also monitored numerous grant-funded contracts. In addition to his full-time positions, Mr. Springham served as a crisis intervention specialist at two different hospital emergency rooms in Baltimore and as a therapist in a group practice. He has assisted various family members and friends with behavioral health concerns.

Mr. Springham graduated with an MSW degree from the University of MD in 1989.

**BETTE STEWART**  
UNIVERSITY OF MARYLAND SCHOOL  
OF MEDICINE

**Bette Stewart's** relative was diagnosed with a mental illness more than 25 years ago. As a result, she learned about NAMI support groups. Her involvement with NAMI opened the door to hope and a new career path in behavioral health. Ms. Stewart has led and coordinated NAMI support groups, as well as NAMI's evidence-based practice program, Family-to-Family (FtF). She was a national and state FtF teacher trainer, past Executive Director of NAMI MD and is currently a consultant and trainer for the UMB Evidence-Based Practice Center (EBPC), where she works with public behavioral health provider agencies delivering EBP Assertive Community Treatment (ACT) and Family Psychoeducation (FPE). Ms. Stewart is the Johnson & Johnson – Dartmouth Family Advocacy Team Leader for the Community Mental Health Program. She has worked closely with NAMI families to embrace the recovery benefits of EBP Supported Employment and to share her belief of recovery from mental illness.



**KARIN TAYLOR**  
JOHNS HOPKINS HOSPITAL

**Karin Taylor** currently serves as a Clinical Specialist in psychiatry at Johns Hopkins Hospital. She is also a Clinical Instructor at Johns Hopkins University. Her special interests include inpatient safety and reduction of seclusion and restraint.

# WORKSHOP SPEAKERS

**DR. LETITIA TRAVAGLINI**  
VETERANS AFFAIRS CAPITOL  
HEALTHCARE NETWORK

**Letitia Travaglini, Ph.D.** conducts research focused on the functional recovery of veterans with co-occurring physical and mental health disorders. Specifically, she is interested in chronic pain experiences and management among veterans with serious mental illness (SMI), and is developing a line of research to examine the use of nonpharmacological approaches to chronic pain management among veterans with SMI. In addition to research activities, Dr. Travaglini completes psychosocial pain evaluations and conducts individual and group cognitive behavioral therapy for chronic pain (CBT-CP) within the Baltimore VA Chronic Pain Service. Dr. Travaglini is a post-doctoral fellow in the Veterans Affairs (VA) Advanced Fellowship for Mental Illness and Treatment at the VISN 5 Mental Illness Research, Education, and Clinical Center (MIRECC). She obtained her Ph.D. in Human Services Psychology at University of Maryland, Baltimore County, with a specific focus on clinical and community/applied social psychology.

**DR. STUART VARON**  
AMERICAN PSYCHIATRIC ASSOCIATION

**Stuart Varon, M.D.** is a psychiatrist in private practice in Lutherville, Maryland. He treats children and adolescents in the outpatient setting, consulting on diagnosis, and medical treatment options using a family-centered treatment approach. Prior to entering private practice, Dr. Varon worked extensively in community mental health in Baltimore City. Previous research activities focused on the interface between religion and mental health treatment. His faculty appointments include: Fellow, American Psychiatric Association; Part-Time Assistant Professor of Psychiatry at the Department of Psychiatry and Behavioral Health Sciences, The Johns Hopkins University School of Medicine; Clinical Assistant Professor at the Department of Psychiatry for the University of Maryland School of Medicine. He was voted a Top Doctor in Child and Adolescent Psychiatry by Baltimore Magazine in 2009, 2010, 2013, 2014 and 2018 and was voted Most Compassionate Doctor by Vitals.com in 2012 and 2017.



**DAVID WASHINGTON**  
WASHINGTON COUNTY  
HEALTH DEPARTMENT

**David Washington** has worked as a counselor in the criminal justice field for close to two decades. He has been instrumental in establishing trauma-specific services around the country for various organizations.

Since 1989, Mr. Washington has been in the field of substance use disorder treatment and worked for The Johns Hopkins Hospital Program for Alcoholism and Other Drug Dependencies and the Department of Behavioral Health for the state of Maryland. He is also a Harm Reduction Practitioner and Peer Recovery Supervisor.



**ROBERT ZELLNER**  
WASHINGTON COUNTY  
HEALTH DEPARTMENT

**Robert Zellner** is the Peer Recovery Specialist Supervisor for Washington County Health Department Division of Behavioral Health, Harm Reduction Program and Law Enforcement Assisted Diversion. He is also a Certified Peer Recovery Specialist, a Registered Peer Supervisor, a Field Supervisor for Johns Hopkins Bloomberg School of Public Health's BeSure West research study, a representative for Maryland Heroin Awareness Advocates Washington County Chapter, and a speaker for Washington Goes Purple, (a prescription and opioid awareness campaign in Washington County).

Mr. Zellner is an alumnus of the AmeriCorps-Conquering Opioid Abuse Together program, a Connecticut Community for Addiction Recovery Coach Academy trainer, and a Master Presenter for Regrouping Our Response on the Stages of Change. He has been selected to serve on expert panels including: the Health Resources and Services Administration's National Grantee Gathering for Rural Opioid Support, the Maryland Department of Health's Regional Opioid Summit in Western Maryland and the third cohort of Syringe Services Program Core Training.

## WORKSHOP SESSION I

11:20 am - 12:20 pm

### HOSPITALIZATION TODAY: WHY, WHEN, & HOW?

**Dr. Steven Sharfstein,**  
*Sheppard Pratt Health System*

There is misunderstanding and controversy about psychiatric hospitalization in today's environment of care. The shortage of psychiatric beds creates a crisis of access and long emergency room stays. The goals of inpatient care include safety, crisis stabilization, re-evaluation of treatment, and discharge to outpatient settings. This may or may not be accomplished within a five to seven-days. Some of these goals can be accomplished in alternative settings such as day treatment and residential care. These issues will form the basis for discussion in this workshop and increase the appreciation of what hospitalization might accomplish for recovery.

**Room: 55**

### WORK & BENEFITS: WHERE DO WE GO FROM HERE?

**Keirstyn Silver and  
Mabel Munoz**  
*The Maryland Employment Network*

Do you or your family member want to work, but face seemingly insurmountable roadblocks? This interactive session will discuss employment in the context of recovery. It will address some of the roadblocks and provide valuable information about the impact of work on public benefits. In addition, attendees will receive information about community resources to help put their employment goals into action.

**Room: Auditorium**

### CHANGING & MAINTAINING A CULTURE OF SAFETY FOR STAFF AND PATIENTS

**Karin Taylor**  
*Johns Hopkins Hospital*

This workshop will discuss programs and staff education to foster and maintain a culture of engagement and safety on inpatient psychiatric units. These actions have resulted in a 90% decrease in seclusion and restraint as well as an increase in patient satisfaction.

**Room: 70**

### NAMI IN OUR OWN VOICE: SHARING OUR STORIES

**Joshua Hinzman and  
Alvin Harris**  
*NAMI Program Leaders*

Individuals living with mental illness will lead an interactive presentation about living with mental illness. Hear their personal stories of struggles, acceptance, treatment, coping strategies, successes, hopes and dreams!

**Room: 30**

### PSYCHIATRIC MEDICATIONS USED IN CHILD & ADOLESCENT PSYCHIATRY; ASK THE DOCTOR

**Dr. Stuart Varon**  
*American Psychiatric Association*

This workshop will include a brief presentation of the categories of medications used in treating psychiatric disorders in the child and adolescent population. Following the presentation questions will be taken from the audience. This workshop could be helpful for patients, families, students and/or caregivers.

**Room: 155**

## WORKSHOP SESSION II

2:20 pm - 3:20 pm

### WHAT ARE ASSERTIVE COMMUNITY TREATMENT SERVICES?\*

**Bette Stewart**

*University of Maryland School of Medicine*

Evidence-Based Assertive Community Treatment (EBP ACT) is designed for individuals for whom traditional mental health services have not been successful. ACT provides recovery-based interventions for mental health, co-occurring disorders, employment, and somatic health from a trans-disciplinary team of clinical and peer specialists to support mental health recovery.

**\*Available both days!**

**Room: Auditorium**

### NEW APPROACHES TO USING BRAIN STIMULATION IN DEPRESSION

**Dr. Bruce Luber**

*National Institute of Mental Health*

A large proportion of people suffering from major depression do not respond to traditional drug or talk therapies. New research using non-invasive brain stimulation--both convulsive and non-convulsive-- that hold promise in remediating treatment-resistant depression are discussed.

**Room: 155**

### ACCESSING SSI/SSDI: BUSTING MYTHS THROUGH THE MARYLAND SOAR PROGRAM\*

**Caroline Bolas**

*LEVELheaded, Inc.*

**E. Caroline Mason**

*Maryland Disability Determination Services*

The implementation of key principles can increase the numbers of successful SSI/SSDI applications. The session aims to debunk the many myths surrounding the benefit process, and provide practical tools that can be used when applying for benefits.

**\*Available both days!**

**Room: 30**

### CHRONIC PAIN ASSESSMENT & MANAGEMENT AMONG INDIVIDUALS WITH SERIOUS MENTAL ILLNESS

**Dr. Letitia Travaglini**

*VA VISN 5 Mental Illness Research, Education, and Clinical Center*

Chronic pain is highly prevalent among individuals with serious mental illness (SMI: schizophrenia spectrum, bipolar, and major depressive disorders), yet it is often under-addressed. This workshop will discuss considerations for chronic pain assessment and management for individuals with SMI, including veteran populations.

**Room: 70**

### OUR DUTY TO PROTECT: SUICIDE PREVENTION FOR CLINICIANS

**Janel Cabbage**

*Governor's Commission on Suicide Prevention*

Clinicians have an ethical and legal responsibility to protect clients from self-harm and suicide. However, anxiety on assessing and managing suicide risk in clinical practice is a challenge for many clinicians.

This workshop will discuss how to mitigate clinicians' anxiety with a learned set of tools to assess and reduce suicide risk among clients. *Our Duty to Protect* goes beyond a legal and ethical responsibility in times of crisis. This session focuses on how we can continue to provide effective, ongoing clinical care and be prepared to confidently assess and manage suicide risk.

**Room: 55**

## WORKSHOP SESSION III

3:30 pm - 4:30 pm

### SUPPORTING MILITARY SERVICE MEMBERS, VETERANS & THEIR FAMILIES TO PREVENT SUBSTANCE ABUSE AND SUICIDE

**Joy Ashcraft**

*Maryland National Guard*

In this workshop, you will acquire knowledge regarding military culture and explore the demographics, prevalence and unique considerations related to substance abuse and suicide among National Guard/Reserve Service Members. Available resources will also be shared.

**Room: 30**

### THE RELATIONSHIP BETWEEN GAMBLING, MENTAL HEALTH, & SUBSTANCE USE

**Heather Eschleman**

*Maryland Center of Excellence on Problem Gambling*

This workshop will discuss services offered at the Maryland Center of Excellence on Problem Gambling. The presenter will also review the most recent trends on underage and problem gambling, risk and protective factors for gambling, mental health, and substance use.

**Room: 155**

### CROSS-CULTURAL THERAPEUTIC INTERACTIONS

**Amy Greensfelder**

*The Pro-Bono Counseling Project*

This interactive workshop will provide practical information about cultural identities, cross cultural interactions, and how culture may influence mental health/outcomes. Pro Bono Counseling Project staff will share tips for incorporating consumer and provider culture into therapeutic interactions.

**Room: Auditorium**

### COMMUNICATING WITH FAMILIES IN CRISIS

**Kate Farinholt**

*NAMI Maryland*

This workshop provides training on how to work with family members in the context of a mental health or substance use crisis. It will be especially helpful to emergency department personnel, police, other first responders, as well as providers offering services to persons cycling in and out of intense episodes.

**Room: 55**

### HOUSING OPTIONS & RESOURCES: OPENING THE DOOR TO RECOVERY\*

**Russell Springham**

*Behavioral Health Administration*

Housing is fundamental to recovery. Persons with behavioral health conditions who also are low income often need help accessing and maintaining safe affordable housing. This session will explore different types of housing: independent living, supported housing: residential rehabilitation, transitional housing, and assisted living, as well as eligibility, access, and support services available.

**\*Available both days!**

**Room: 70**

## WORKSHOP SESSION I

10:10 am - 11:10 am

### MARYLAND'S RESPONSE TO THE OPIOID OVERDOSE EPIDEMIC

**Robin Rickard and  
Marianne Gibson**

*Opioid Operational Command Center*

The Opioid Operational Command Center (OCCC) was established in 2017 in response to Governor Hogan's declaration that the opioid epidemic was a state-of-emergency in Maryland.

Serving as the coordinating entity for the state's opioid response, the OCCC partners with 20 state agencies and all local jurisdictions, and monitors opioid-related programming to ensure that their efforts align with the Governor's priority areas for addressing the crisis.

These priorities include: prevention/education, treatment and recovery, and enforcement and public safety. This workshop will provide an overview of the OCCC and will describe promising practices occurring in local Maryland jurisdictions.

**Room: Auditorium**

### MENTAL HEALTH & AGING IN AMERICA

**Julie Cleveland**

*NAMI Maryland Board of Directors*

**Debbie Meyer**

*NAMI Program Leader*

The United States population is aging. Because mental health is essential to overall health and well-being, it must be recognized and treated in all Americans, especially in older adults. This workshop is designed to begin a discussion and to bring about public awareness regarding the complexities of older adults and their mental health.

**Room: 30**

### CRISIS INTERVENTION & SAFETY

**Karin Taylor**

*Johns Hopkins Hospital*

This workshop will focus on the identification of the escalation continuum. It will also discuss supportive and neutral responses for each stage and identification of self-behaviors that may influence the escalation continuum. It will also include a discussion of ideas on how to apply these methods to your own or similar situations.

**Room: 70**

### ACCESSING SSI/SSDI: BUSTING MYTHS THROUGH THE MARYLAND SOAR PROGRAM\*

**Caroline Bolas**

*LEVELheaded, Inc.*

**E. Caroline Mason**

*Maryland Disability Determination Services*

This workshop will discuss how implementing key principles can lead to increased numbers of successful SSI/SSDI applications. The session aims to debunk the many myths surrounding the benefit process, and provide practical tools that can be used when applying for benefits.

**\*Available both days!**

**Room: 55**

## WORKSHOP SESSION II

11:20 am - 12:20 pm

### WHAT'S OURS IS YOURS: FREE MENTAL HEALTH RESOURCES FROM THE DEPARTMENT OF VETERANS AFFAIRS

**Samantha Hack**

*Veterans Affairs VISN 5 Mental Illness Research,  
Education, and Clinical Center*

This presentation will review materials from the Department of Veterans Affairs that are available for free for service users, providers, and social supports, including smart phone apps, educational videos, decision support materials, and CEUs.

**Room: 30**

### HOUSING OPTIONS & RESOURCES: OPENING THE DOOR TO RECOVERY\*

**Russell Springham**

*Behavioral Health Administration*

Housing is fundamental to recovery. Persons with behavioral health conditions and low income often need help accessing and maintaining safe affordable housing. This session will explore different types of housing: (independent living, supported housing, residential rehabilitation, transitional housing, and assisted living, as well as eligibility, access, and support services available.

**\*Available both days!**

**Room: 70**

### ASK THE DOCTOR, OR EVERYTHING YOU'VE EVER WANTED TO ASK A PSYCHIATRIST BUT DIDN'T HAVE THE TIME

**Dr. Mark Komrad**

*Psychiatrist*

Ask a Psychiatrist is an opportunity for you to ask a wide range of questions. Time with your doctor is often limited to the most immediate and pressing issues. There is a need among many consumers and families to obtain deeper information and understanding.

This open Q&A will allow participants to pose questions regarding treatment, state-of-the-art understandings of mental disorders, how to navigate the mental health systems, how to convince someone to get into treatment, and other pressing questions. Everything you've ever wanted to ask a psychiatrist, but didn't have time.

**Room: 55**

### NAMI MARYLAND'S POLICY PRIORITIES: GET EDUCATED!

**Moir Moynihan Cyphers**

*Compass Government Relations*

Learn about upcoming legislation, NAMI Maryland's public policy priorities, and gear up for the upcoming legislative session in January.

**JOIN US FOR ADVOCACY DAY ON 2/27/2020!**

**Room: Auditorium**

## WORKSHOP SESSION III

2:20 pm - 3:20 pm

### SUPPORTING SOMEONE WITH CO-OCCURRING DISORDERS: BRAIN INJURY, BEHAVIORAL HEALTH, AND SUBSTANCE USE

**Jess Nesbitt**

*Brain Injury Association of Maryland*

This session will cover incidence, prevalence, and common ramifications following traumatic brain injuries, with a focus on how behavioral health and substance use relate back to brain injury. Attendees will learn some accommodating strategies for supporting a loved one or client managing co-occurring disorders.

**Room: Auditorium**

### WHAT ARE ASSERTIVE COMMUNITY TREATMENT SERVICES?\*

**Bette Stewart**

*University of Maryland School of Medicine*

Evidence-Based Assertive Community Treatment (EBP ACT) is designed for individuals for whom traditional mental health services have not been successful. ACT provides recovery-based interventions for mental health, co-occurring disorders, employment, and somatic health from a trans-disciplinary team of clinical and peer specialists to support mental health recovery.

**\*Available both days!**

**Room: 30**

### CHARTING YOUR RECOVERY, PART I

**Andrea Landry-Brown**

*NAMI Program Leader*

**Alvin Harris**

*NAMI Program Leader*

Based on NAMI Peer-to-Peer, participants will gain knowledge and understanding about mental illness coping strategies, develop a straightforward and useful approach to relapse prevention, and learn how to respond and assist with an individual who is struggling with their own triggers and supports.

**Part one of a two-session workshop. You must attend both sessions for the full workshop.**

**Room: 70**

### HOW TO CONVINCE SOMEONE TO GET HELP

**Dr. Mark Komrad**

*Psychiatrist*

Just about everyone knows a relative, friend, or coworker who is exhibiting signs of emotional or behavioral turmoil. Yet figuring out how to reach that person can feel insurmountable. This workshop will review why people often don't get professional help on their own, and how you can work with them to achieve that goal. Methods of effective communication and persuasion will be reviewed. Certain considerations, such as how to choose the right time and place, how work with key allies, and how to move from persuasion to "therapeutic coercion", will be presented.

Participants will learn how to maximize the best outcome if working towards an involuntary evaluation. Based on Dr. Komrad's book **You Need Help: A Step-by-Step Guide to Convince a Loved One to Get Counseling** (Hazelden Press, publication date 8/28/12)

**Room: 55**

## WORKSHOP SESSION IV

3:30 pm - 4:30 pm

### TARDIVE DYSKINESIA - A RISK THAT PERSISTS

**Ann Marie Desmond**  
*Neurocrine Biosciences*

Tardive dyskinesia (TD) is a drug-induced movement disorder characterized by involuntary repetitive movements, particularly in the oral, lingual, and buccal regions. It is associated with the long-term use of dopamine-blocking agents, such as anti-psychotic medications.

In this workshop, we will explore the history, characteristics and risk factors for TD. Current treatment guidelines will be presented. Videos will help learners identify TD and other drug-induced movement disorders.

**Room: 30**

### WHAT IS HARM REDUCTION & A FAMILY MEMBER'S RESPONSE

**David Washington**  
*Washington County Health Dept.  
Division of Behavioral Health Services*  
**Robert Zellner**  
*Washington County Health Department*  
**Debbie Fling**  
*Justice and Recovery Advocates, Inc.*

This workshop will focus on what harm reduction is as a movement for social justice that is built on the belief in, and respect for, the rights of people who use substances. It will also address the impact of substance use on the family and community and explore strategies for safer use, managed use, and abstinence. The importance of meeting people "where they are" and presenting services to reduce harm will also be discussed, as will the stigma associated with the practice of harm reduction.

**Room: 55**

### N.O.S. - THE POWER OF FILM & MOVING FORWARD AFTER AN EPISODE

**Joy Cheriell Brown**  
*Third Person Omniscient Productions*

This workshop will show the short film, **N.O.S.**, about how the director had her first episode of schizoaffective disorder and was hospitalized for five days before she realized that she could go home. Audiences will learn how to cope after an episode, how to move on, and ultimately find closure. This film screening will feature a talk with the director, Joy Cheriell Brown.

**Room: Auditorium**

### CHARTING YOUR RECOVERY, PART II

**Andrea Landry-Brown**  
*NAMI Program Leader*  
**Alvin Harris**  
*NAMI Program Leader*

Based on NAMI Peer-to-Peer, participants will gain knowledge and understanding about mental illness coping strategies, develop a straightforward and useful approach to relapse prevention, and learn how to respond and assist with an individual who is struggling with their own triggers and supports.

**Part two of a two-session workshop. You must attend both sessions for the full workshop.**

**Room: 70**



## Sunovion Is Proud To Support NAMI Maryland

Sunovion is a global biopharmaceutical company focused on the innovative application of science and medicine to help people with serious medical conditions. Our spirit of innovation is driven by the conviction that scientific excellence paired with meaningful advocacy and relevant education can improve lives.

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We offered specialized and compassionate care helping individuals manage a mental health or substance use issue, overcome challenges and move into stabilization and recovery.

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802 Baltimore Pike in Bel Air, Maryland



UNIVERSITY of MARYLAND  
UPPER CHESAPEAKE HEALTH

# MACS

Maryland Addiction Consultation Service

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*Offering consultation and technical assistance to  
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- ♦ Free phone consultation for clinical questions
- ♦ Education and training opportunities related to substance use disorders and chronic pain management
- ♦ Assistance with addiction and behavioral health resources and referrals
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MACS is administered by the University of Maryland School of Medicine and funded by the Maryland Department of Health, Behavioral Health Administration.



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Call the Crisis Information & Referral Line

**410-433-5175**



**Behavioral Health System**  
Baltimore



**Fraternal Order of Police**  
**Baltimore County**  
**Lodge #4**

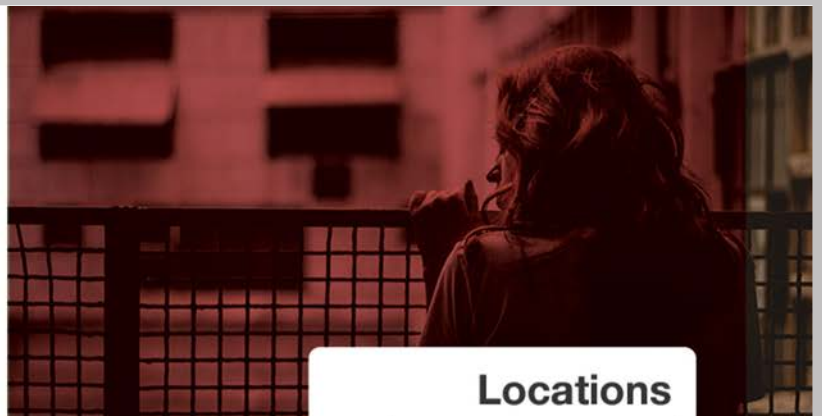
*Proud Supporter of the*  
*National Alliance of Mental Illness*  
*Maryland*



**Programs and Levels of Care**

Accredited for Integrated Behavioral Healthcare

- ASAM Level 0.5 - DUI/DWI, Early Intervention and Harm Reduction for Adults
- ASAM Level I.I - Traditional Outpatient Substance Abuse for Adults
- ASAM Level II.I - Intensive Outpatient Substance Abuse for Adults
- ASAM Level III.I - Low Intensity Residential Treatment
  - Men, Women, and Women w/ Children
- ASAM Level III.3 - High Intensity Residential Treatment
  - Men, Women, and Women w/ Children
- Psychiatric Rehabilitation Program (PRP) for Adults
- Comprehensive Outpatient Mental Health Clinic (OMHC)
  - Adults, Children, and Adolescents
  - Counseling, Neurofeedback, and Medication Management
- Peer Certification Training
  - CCAR, WRAP, Ethics, and more
- Case Management and Ancillary Services



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21 W. 25th Street  
Baltimore, MD, 21218  
(410) 366-1717

6201 Greenbelt Road,  
Suite U-18  
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- Depression
- Sexual, physical or emotional abuse
- Acting out
- Family stress

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Center for Child and Family Traumatic Stress  
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# We Work For Health is proud to support NAMI Maryland



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# Recovery Centers of America is proud to support NAMI Maryland



Recovery Centers *of* America



The NIMH-funded Johns Hopkins ALACRITY Center is a research-to-practice translation center focusing on developing and testing innovative strategies to scale up evidence-based interventions to address all heart disease risk factors in mental health consumers.

If you are interested in joining our listserv, our Stakeholder Advisory Board, or would like more information on training opportunities, email [alacritycenter@jhmi.edu](mailto:alacritycenter@jhmi.edu) or call us at (410)955-0510

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[www.biamd.org](http://www.biamd.org)  
800.221.6443

Founded in 1983, the Brain Injury Association of Maryland (BIAMD) is the only state-wide organization devoted solely to serving Maryland families coping with the challenges of brain injury.

Often called “the invisible epidemic”, this year we have joined with the national Unmasking Brain Injury Project, to work with the individuals we serve to tell the story of brain injury and put a face on this healthcare crisis. The Unmasking Brain Injury Project asks individuals to tell their stories by creating a mask describing their experiences.

Using your smartphone or tablet in camera mode, scan the QR codes next to the mask to see some of our incredible member stories. For more stories, visit <http://bit.ly/BIAMDUnmasking20>



Laune E.  
Motor Vehicle Accident



Martin K.  
Hit by a Car



BIAMD CELEBRATES NAMI MARYLAND AND ALL OF ITS AMAZING WORK. WE ARE PROUD SPONSORS OF THIS YEAR'S CONFERENCE AND WISH NAMI ALL THE BEST SUCCESS!



**Alkermes is proud to support the NAMI Maryland Annual Conference**

Alkermes is a fully integrated global biopharmaceutical company that applies its scientific and technological expertise to develop innovative medicines to better the lives of individuals living with substance use disorder and serious mental illness.

For more information about Alkermes, please visit: [www.alkermes.com](http://www.alkermes.com)

**Alkermes**

# CONFERENCE EXHIBITORS



Complete the Exhibitor Score Card in your conference folder, and you'll be entered into a raffle to win a **NAMIWalks TSA Approved Carry-on Suitcase!**

Return your completed card to the front desk no later than 12:00 pm, Saturday, October 19th, 2019 to enter into the drawing.

We'll text you if you've won!

Maryland Addiction and Behavioral Health Professionals Certification Board

NIMH - Schizophrenia Research

Rare Patient Voice

B'More Clubhouse

Maryland Insurance Administration

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Maryland EIP Program

Maryland Suicide Prevention and Early Intervention Network

NIMH - Noninvasive Neuromodulation Unit

NIMH - Experimental Therapeutics & Pathophysiology Branch

# ACKNOWLEDGEMENTS

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