

**2017 Education Conference**

November 10-12  
The Desmond Hotel and Conference Center, Albany



Three Pronged Approach to  
Sustainable Mental Health Recovery

# Conference Agenda Overview



**NAMI** New York State

National Alliance on Mental Illness

## HONORS LEADERS IN AWARENESS



PULITZER PRIZE WINNER

RON POWERS



SUPER BOWL CHAMPION

KEITH O'NEIL



ACCLAIMED SINGER/SONGWRITER

MATT BUTLER

**FRIDAY, NOVEMBER 10 6:45 PM**

For Friday evening's *NAMI-NYS Honors Leaders in Mental Health Awareness Celebration*, we have chosen three individuals who are using various forms of media to enhance the understanding of how mental health issues impact both individuals and families. The honorees are:

**Ron Powers**, the Pulitzer Prize winning author of *Flags of Our Fathers* and *Mark Twain: A Life*. Mr. Powers' new book *No One Cares About Crazy People: The Chaos and Heartbreak of Mental Health in America* details both his experience of having two sons with schizophrenia as well as America's history of failing to provide adequate mental health care.

[Click here](#) to hear Ron on NPR's *Fresh Air*.

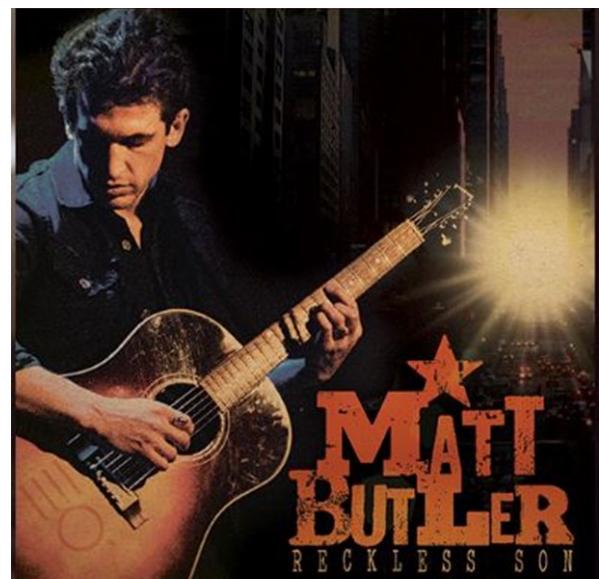
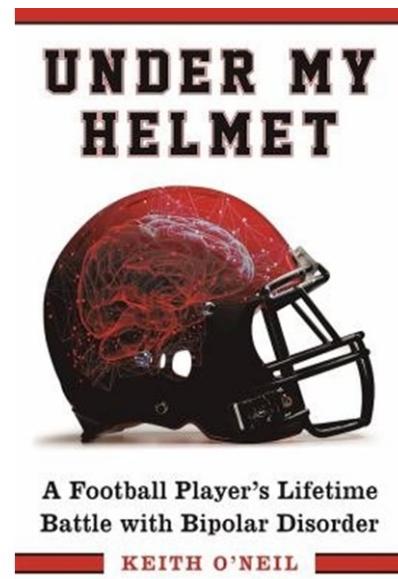
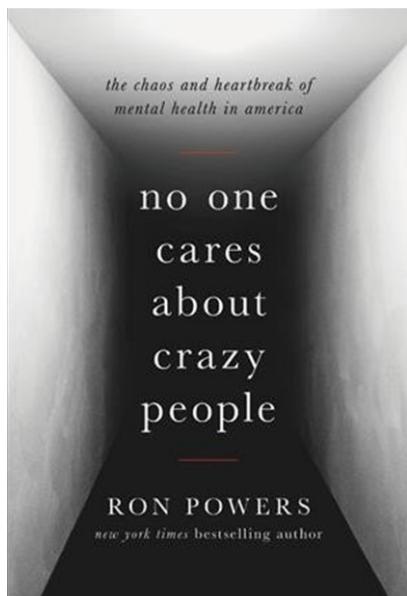
**Keith O'Neil**, who was the special teams captain of the Super Bowl champion Indianapolis Colts, is the author of the upcoming book *Under My Helmet: A Football Player's Lifelong Battle with Bipolar Disorder*. Keith has become a good friend to NAMI-NYS serving as the Grand Marshal of the inaugural [NAMIWalks NYS](#) and working with NAMI Buffalo to raise awareness of mental health issues and the NAMI services which benefited his family.

[Click here](#) to watch Keith on NAMI-NYS's *Mental Health Now* TV show.

**Matt Butler**, a singer/songwriter weaving personal experience with a timeless style, Butler brings honesty and openness to his classic approach to songwriting. His critically acclaimed album *Reckless Son* chronicles his experience with mental health and substance abuse issues and many of the songs (which Matt will be performing at the event) are achingly honest depictions of how his illness impacted members of his family.

[Click here](#) to watch the music video for Matt's song *Just One*.

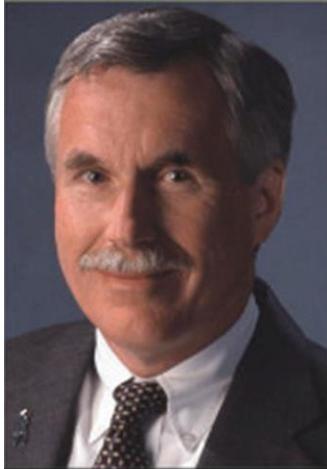
**This will be a stirring celebration  
you will not want to miss!**



Scroll Down to Continue

## OTHER FRIDAY HIGHLIGHTS

### ZERO SUICIDE



**FRIDAY, NOVEMBER 10**

**12:45PM**

NAMI-NYS will be continuing to use the conference to advance our goal of *ZERO Suicide* with a plenary session immediately following Friday's lunch. We are thrilled to welcome back former New York State Office of Mental Health Commissioner, **Michael Hogan, Ph.D** to moderate the session. The *ZERO Suicide* discussion will also feature **Rosa Gil, PhD**, Founder, President and CEO of Comunilife, Inc , **Brett Scudder**, Executive Director, Scudder Intervention Services Foundation, Inc.'s Abuse and Suicide First Aid Response and Wellness Centers, and Wellness Centers and **Allen Hershman, PhD, PsyD NCS**, Veteran Services Coordinator, BRiDGES.

#### **Friday Will Also Feature:**

- **Focus Tracks on Friday on children and adolescent mental health issues, improving the mental illness-criminal justice interface and mental health issues prevalent in veterans and military families.**
- **Workshops on building community partnerships.**
- **Wellness Room and wellness activities.**
- **Tribute to Veterans and Military Families.**
- **Networking and exhibitors.**

**Scroll Down to Continue**

# SATURDAY HIGHLIGHTS

## SPECIAL MOVIE SCREENING & PANEL DISCUSSION



### BEYOND SILENCE

a film by: SHAUL SCHWARZ & DEMI LOVATO



LAUREN BURKE



JEFF FINK



LLOYD HALE

SATURDAY, NOVEMBER 11

6:45PM

The inspiration of Friday evening and the use of media to detail the realities of living with a mental illness will be mirrored on Saturday evening with a special screening of the movie *Beyond Silence*. The documentary follows the efforts of **Jeff Fink**, **Lauren Burke** and **Lloyd Hale** to live well and break through the silence often associated with mental illness. The film, provides a glimpse into their lives and their diagnoses—which include bipolar disorder, schizophrenia, depression and anxiety—ultimately weaving together a cohesive narrative about how speaking up is key to living well with a mental health condition. Following the screening we are honored to be joined by Jeff, Lauren and Lloyd for a panel discussion.

**Scroll Down to Continue**

# SATURDAY MORNING PLENARIES

## **Self-Care and Wellness**

### **Strategies for Individuals with Mental Health Issues, Family Members and Caregivers**



**Paul Margolies, PhD**  
**9:00am**

## **Presentation of the**

### **NAMI-NYS**

### **Excellence in Research Award and Research Update**



**Kristen Brennand, PhD**  
**11:15am**

Saturday will begin with a session on self-care and wellness strategies. NAMI-NYS is thrilled to welcome **Paul Margolies, PhD**, Associate Director of New York State Psychiatric Institute's Center for Practice Innovations to lead the session. Dr. Margolies is a leader in developing Wellness Self-Management, a research informed approach that assists seriously mentally ill adults to manage symptoms and accomplish personally meaningful recovery goals. The morning will also feature the presentation of the NAMI-NYS Excellence in Research Award to **Kristen Brennand, PhD**, Director of Brennand Laboratory at the Ichahn Medical Institution. Dr. Brennand is a stem cell biologist working to bridge the fields of developmental neuroscience and psychiatry. She will be presenting on her work developing in vitro models for schizophrenia in order to identify novel insights into the molecular and cellular phenotypes of mental illness.

Announcements on other Saturday morning sessions will be announced shortly. Be sure to visit [www.NAMINYS.Org](http://www.NAMINYS.Org) for the latest conference information.

**Scroll Down to Continue**

***With Intervention, Engagement & Implementation***  
***Recovery is Possible***



**SATURDAY, NOVEMBER 11**

**1:00PM**

Life experiences, self-advocacy and the role of family support will also be offered during Saturday's lunch session *With Intervention, Engagement and Implementation Recovery is Possible*. This panel discussion moderated by **John Allen**, the New York State Office of Mental Health's Special Advisor to the Commissioner will feature insights on recovery from people who have overcome severe and persistent mental illness. Panelists include **Fred Frese**, Ph.D., FAPA, FAPPA, Professor of Psychiatry, Northeast Ohio Medical University and Coordinator of the Recovery Project. Dr. Frese has been living with schizophrenia for almost a half a century and has become leading psychiatric professor and mental health advocate. One of NAMI-NYS's leading faces of recovery **Hakeem Rahim**, will also be participating to tell his story which has taken him from developing severe delusions caused by bi-polar disorder while at

**SATURDAY WORKSHOPS**

Session 1: 3:00-4:00pm

- ♦ Schizophrenia
- ♦ Depression
- ♦ Personality Disorders
- ♦ Anxiety
- ♦ Dual Diagnosis
- ♦ Wellness Track: Nutrition

Session 2: 4:30-5:30

- ♦ Motivational Interviewing
- ♦ Narcan Training
- ♦ Art Therapy
- ♦ Multicultural Mental Health
- ♦ LGBTQI Mental Health Issues
- ♦ Wellness Track: Smoking Cessation

**Saturday will also feature a YOUNG ADULT FOCUS TRACK-More Details Coming Soon**

**Scroll Down to Continue**

# SUNDAY MORNING

**Update on New NYS  
Initiatives:  
ABLE Accounts, Paid Family  
Leave & HCBS**



**Town Hall**

**Ask the Doctor**



**Speakers TBA**  
**9:00am**

**Lloyd Sederer, MD**  
**10:00am**

**Lew Opler, MD**  
**11:15am**

Sunday will begin with an update on initiatives new to New York State such as ABLE Accounts, Paid Family Leave and Home and Community Based Services (HCBS) which will impact individuals living with a mental illness and their family members. The update will be followed by a Town Hall Session with **Lloyd Sederer, MD**, Chief Medical Officer of the New York State Office of Mental Health, the opportunity to interact with Dr. Sederer has been a highlight for many attendees at past conferences. The conference will conclude with an Ask the Doctor session with our trusted advisor **Lew Opler, MD**.

Stay Up to Date on the 2017 NAMI-NYS Education Conference

Visit our website: [WWW.NAMINYORG](http://WWW.NAMINYORG)

Follow the hashtag [#NAMINYEDCON17](#) on social media.