

## Conference Agenda (as of September 8th)

### Friday, November 10<sup>th</sup>

9:00am **Registration Wellness Suite and Exhibit Area Open**

10:15-11:15am **Multi-Track Session 1** (each session will feature a workshop on each of the following issues: Children and Adolescent Mental Health; Mental Health in the Military Community; and Criminal Justice)

#### **A-Children's Mental Health –An Overview of the NAMI Basics and Ending the Silence Programs**

##### **Fort Orange 7**

Beginning in the next school year, mental health education must be taught in schools and NAMI has programs that can be used for mental health curriculum. Learn about the various NAMI Signature programs designed to enhance the understanding of children's mental health issues and how these programs, NAMI Basics and Ending the Silence can be used to educate families, students and school staff.

Tina Lee, Executive Director, NAMI Mid-Hudson

Sharon McCarthy, Executive Director, NAMI Westchester

**This session is eligible for 1 CEU**

#### **B-Military Families: An Introduction to Saratoga WarHorse**

##### **Fort Orange 9**

Saratoga WarHorse is a nonprofit organization assisting veterans who are suffering from invisible, psychological wounds by providing a confidential, peer-to-peer, action-based, equine-assisted experience that initiates immediate and long-lasting empowering changes. The unique and powerful approach of Saratoga WarHorse has been described by veterans as "life-changing beyond words."

Bob Nevins, Founder and Veteran Program Director, Saratoga WarHorse

Susan Rhoades, Executive Director, Saratoga WarHorse

#### **C-Criminal Justice: We've Come a Long Way Since Mayberry: Update on CIT & How to Advocate for Implementation in Your Community**

##### **Fort Orange 5**

This presentation will describe the progress in implementing the two objectives of the NYS Senate funded state-wide Crisis Intervention Team (CIT) program: 1) to transform crisis response systems so that police are not the first responders to individuals suffering emotional crises in the community, and 2) to prepare law enforcement officers so that when they are the first responders they have the knowledge, skills and support to de-escalate situations and divert individuals from the criminal and juvenile justice systems. A NAMI member will discuss specific actions she took to advocate for her county to be included in the CIT program.

Don Kamin, PhD., Director, Institute for Police, Mental Health & Community Collaboration

Sue Gagne, NAMI-NYS Board Member

**This session is eligible for 1 CEU**

11:30am – 1:00pm Lunch **Buffet Service**

**Lunch buffet served in King St. Courtyard**

## **Lunch Program**

### **King St. Ballroom**

#### **12:05pm Welcoming Remarks**

Wendy Burch, Executive Director, NAMI-NS

Cecele McIntosh Green, Conference Chair, NAMI-NYS

Judy Watt, MSRN, President, NAMI-NYS

#### **12:15pm Presentation of Colors, Singing of the Star Spangled Banner and Veteran's Day Appreciation**

#### **12:30pm Presentation of the Max Gabriel Veterans Mental Health Award and Criminal Justice Award**

#### **12:45-2:15pm Zero Suicide Panel**

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. This session features an expert panel which will explore insights to suicidal ideation and prevention strategies for youth, multicultural communities, military families and within the criminal justice system.

Rosa Cifre, LCSW, Chief Program Officer, Communilife, Inc.

Brett Scudder, Executive Director, Scudder Intervention Services Foundation, Abuse and Suicide First Aid Response and Wellness Centers

Moderated by Garra Lloyd-Lester, Associate Director, The Suicide Prevention Center of New York

**This session is eligible for 2 CEUs**

#### **2:30-3:30pm Multi-Track Session 2**

#### **A-Children – Play Deficit Disorder: A National Crisis and How to Solve it Locally**

##### **Fort Orange 7**

Dr. Peter Gray will be detailing his research which led to his new book, *Free to Learn: Why Unleashing the Instinct to Play Will Make Our Children Happier, More Self-Reliant, and Better Students for Life*. The session will explain the importance of play and how it is crucial for children's healthy psychological development and ability to thrive in life. All children are born with an innate curiosity, playfulness, sociability and deep desire to learn, but at some point after they enter school, what was once fun and engaging begins to feel forced. Dr. Gray believes this is why anxiety and stress levels among youths are at an all-time high as they are bogged down with homework, over-scheduled with extracurricular activities, deprived of free play, and faced with the pressures of getting into a top college.

Peter Gray, PhD, Research Professor, Boston College

**This session is eligible for 1 CEU**

#### **B-An Introduction to Veteran's Outreach Centers**

##### **Fort Orange 5**

Learn about New York's Veterans Outreach Centers designed to enrich the veteran's quality of life by providing supportive comprehensive services to all veterans in need so they may successfully integrate back into the society to which they served. The centers are devoted to assisting veterans and their families in multifaceted ways through strong collaboration and dedication of the professionals involved so that growth will occur.

Vincent Scalise, Veterans Outreach Center

## **C-Improving Mental Health within Correctional Facilities**

### **Fort Orange 9**

Jails and prisons across the country are overpopulated by people living with a mental illness. Making matters worse is that these correctional facilities are ill-equipped to recognize psychiatric issues and how to handle the many complicated needs of those living with mental illness. In this session, Steve Micchio will detail the eight-hour training developed to educate correction officers on mental health. Former Rikers Island correction officer Lorenzo Steele will detail his experience working inside the prison and how that has led him to be an advocate for the need to reform solitary confinement.

Steve Micchio, CEO, PEOPLE Inc

Lorenzo Steele

3:30-3:45pm **Break**

3:45-5:00pm **Workshops on Forming Community Partnerships and How NAMI Can be a Resource**

These sessions will discuss the various ways NAMI-NYS and our affiliates can serve as a resource to schools, the criminal justice system and the military community, as well as be a conduit to raise awareness about mental health through NAMIWalks and the NAMI-NYS Ribbon Awareness Campaign. Each session will detail how NAMI-NYS affiliates can augment existing services, introduce conversations about mental health and provide examples of various partnerships.

**Session leaders and CEU information will be announced shortly.**

A-NAMI Walks as a Way to Enhance Mental Health Awareness and the NAMI Identity in Your Community

**Town Hall**

B-Partnerships with VA's and Other Military Organizations

**Fort Orange 7**

C-How the NAMI Ending the Silence Program can be a resource for Schools, Faith-Based and Civic Organizations

**Fort Orange 5**

D-Examples of NAMI Affiliates Working in the Criminal Justice System

**Fort Orange 9**

5:15-6:15pm **Meet the Board Candidates**

**Town Hall**

6:45-7:30pm **Dinner Service**  
**King St. Ballroom**

7:30-9:30pm **NAMI Honors Leaders in Mental Health Awareness**  
**King St. Ballroom**



For our inaugural NAMI-NYS Honors Leaders of Mental Health Awareness, NAMI-NYS has 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.

**Keith O'Neil** - The Special Teams captain of the Super Bowl Champion Indianapolis Colts and author of the new book, *Under My Helmet: A Football Player's Lifelong Battle with Bipolar Disorder*, Keith has become a good friend to NAMI-NYS by serving as the Grand Marshal of the inaugural NAMIWalks NYS in 2016 and working with NAMI Buffalo.

**Matt Butler** - 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. 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.

## Saturday, November 11<sup>th</sup>

8:00-9:00am **Breakfast**  
**Breakfast buffet served in King St. Courtyard**

8:15-8:45am **NAMI Business Meeting**  
**King St. Ballroom**

9:00am-Noon **Plenary Sessions**  
**King St. Ballroom**

### SATURDAY MORNING PLENARIES

**Self-Care and Wellness  
Strategies for Individuals with  
Mental Health Issues, Family  
Members and Caregivers**



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

**Novel Clinical Approaches  
and Involving Families in Treatment**



**Alan E. Fruzzetti, PhD**  
**10:00am**

**Update on NIMH Research**



**Kathleen Merikangas, PhD**  
**10:30am**

**Presentation of the  
NAMI-NYS Excellence in Research  
Award and Research Update**



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

9:00-10:00am **Maintaining Self-Care**  
10:00-10:30am **Novel Approaches in Treatment**  
10:30-11:00am **Novel Approaches in Research**  
11:15-Noon **Excellence in Research Award Presentation**  
**The morning plenary session is eligible for 3 CEU's**

Saturday morning's plenary sessions will present the latest in research and clinical advances, as well as self-care strategies.

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 session on novel clinical approaches will feature [Alan Fruzzetti, PhD](#), Program Director of the 3East Boys Intensive Program and the director of Family Services for 3East Continuum at Harvard Medical School's McLean Hospital. Dr. Fruzzetti has adapted and implemented dialectical behavior therapy for underserved populations and developed many successful DBT programs for people with borderline personality disorder and other problems with emotion regulation. His research focuses on the connections between severe psychopathology and interpersonal/family processes and their interplay with emotion dysregulation.

The morning will also feature a research update featuring two national leaders. [Kathleen R Merikangas, PhD](#), Chief of NIMH's Genetic Epidemiology Research Branch, will present on her landmark community-based family study of affective spectrum disorders and their overlap with other mental disorders and medical disorders such as migraine and cardiovascular disease.

The NAMI-NYS Excellence in Research Award will be presented 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.

**Saturday Morning Young Adult Sessions-While these sessions are tailored towards young adults they are open to everyone. Though space is limited and priority will be given to young adults.**

#### [The Lodge](#)

10:00am: **Self Advocacy in Higher Education and Your Communities**

The ability to advocate for yourself is crucial for anyone facing mental health challenges. This is especially true for young adults. This session is designed to provide the tools you need to ensure that you are able to access the supports appropriate for you, in schools, the work setting and in your community.

Presenters:

[Torie Keeton](#)

[Emily Pierce](#)

11:00am: **Using Creativity to Advance Recovery**

#### [The Lodge](#)

Tapping into your creative side can be tremendously beneficial in gaining an understanding of mental health challenges and explaining them to friends and family. Showcasing creativity is also empowering and helps others understand that they are not alone. This session will feature some of our most talented members who are using theater, music, writing and graphic arts to explain the realities of living with a mental illness.

Presenters:

[Joseph Fusaro](#)

[Jason Paden](#)

[Zak Sandler](#)

[Lindsay Wheeler](#)

Noon-12:30pm **Break Visit Exhibitors**

12:45-2:30pm **Lunch Service & Recovery is Possible Session**



King Street Ballroom

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



**SATURDAY, NOVEMBER 11**

**1:00PM**

Saturday's lunch session *With Intervention, Engagement and Implementation Recovery is Possible* will be panel discussion moderated by **John Allen**, the New York State Office of Mental Health's Special Advisor to the Commissioner. It will feature insights on recovery from people who have overcome severe and persistent mental illness. Panelists include: past NAMI President and current Director for the Office of Consumer Affairs and Center for Mental Health Services at SAMHSA; **Keris Jan Myrick**. Keris is a leading mental health advocate and executive known for her innovative and inclusive approach to mental health reform. **Hakeem Rahim**, one of NAMI-NYS's leading faces of recovery, will tell his story which has taken him from developing severe delusions caused by bi-polar disorder while at Harvard University to traveling the globe informing students about mental health, testifying before the U.S. Senate and being one of the featured faces of recovery in the New York City Thrive campaign. **Amanda Lipp**, is a NAMI board member and an in demand speaker throughout the country on mental and behavioral health. Her messages come from a place of passion from experiencing psychiatric hospitalization her freshman year of college to consulting professionally in mental health care and serving on national boards.

John Allen, Special Assistant to Commissioner, New York State Office of Mental Health

Keris Jan Myrick, Director, Office of Consumer Affairs and Center for Mental Health Services, Substance Abuse and Mental Health Services Administration

Amanda Lipp, Board Member, NAMI

Hakeem Rahim, EdM, MA., I am Acceptance

**This session is eligible for 1 CEU**

2:30-3:00pm **Break Visit Exhibitors**

3:00-4:00pm **Workshop Sessions 1**

**A-Schizophrenia-Town Hall**

TBA

**B -Person Centered Approach to treating Depression and Anxiety-Fort Orange 5**

A person centered approach is about ensuring someone with a psychiatric disorder is at the center of decisions which relate to their life. A person centered process involves listening, thinking together, coaching, sharing ideas, and seeking feedback. This approach is especially important in treating anxiety and depression. Dr. Kelly Richards will discuss how she uses a person centered approach in treating these disorders. Dr. Richards has practiced in many clinical settings (i.e., three university counseling centers, private practice, community mental health, and an outpatient

clinic). These experiences have taught her the importance of exploring each individual's unique world view. This allows her to tailor her approach to each person's needs and to develop an effective working relationship with each client.

[Kelly Richards, PsyD, Kelly Richards Psychology](#)

### **C - Borderline Personality Disorder (BPD): A Workshop on Hope for Families -Fort Orange 7**

Ann and Matt Costello will review basic information about BPD, including the major symptoms, cooccurring disorders, prevalence, and origin. They will discuss how emotional dysregulation occurs and the role families can play in helping loved ones 'manage' their emotions. Then they will discuss the National Education Alliance (NEA) BPD Family Connections Program, sharing the research about the effectiveness of this program in reducing grief, loss, sharing, and sense of burden while increasing mastery. Next, Ann and Matt will review a few of the core Dialectical Behavior Therapy skills that are taught to families, such as Validation, Radical Acceptance, Primary Emotions, and Observing Limits. You will also learn how to enroll in a free Family Connections class.

[Matt Costello, National Education Alliance on Borderline Personality Disorder](#)

[Ann Costello, National Education Alliance on Borderline Personality Disorder](#)

### **D-Dual Diagnosis-Fort Orange 9**

[TBA](#)

### **E-Wellness: Nutrition-Wellness Room**

It is often said that "you can't have health without mental health" and while that is true, it goes both ways. Proper nutrition and improving one's physical health can have a huge impact on one's mental health. Nutritionist Sarah Ferreria will detail how healthy eating and lifestyles lead to healthier brains, even for those living with a mental illness.

[Sarah Thomsen-Ferreira, MS, MPH, RD, CDN, CNSC, IFNCP, Nourished Brain Solutions](#)

**This session is eligible for 1 CEU**

### **Young Adult Session 3: Peer Support-The Lodge**

Peer support is an essential element of recovery from mental health and substance abuse conditions. This is especially true for young adults who often feel isolated when facing mental health challenges. Peer support and learning from others who have had experiences similar to yours can support and advance recovery. This session will explore various types of peer support including NAMI models and peer services on college campuses.

Presenters:

[Nicole Bulunchuk](#)

[Sarah Felman](#)

[Allie Hill](#)

[Beth Melendez](#)

## **4:30-5:30pm Workshop Sessions 2**

### **A-Motivational Interviewing-High Street Ballroom**

Motivational Interviewing (MI) is a goal-oriented, client-centered counseling style for eliciting behavior change by helping clients to explore and resolve ambivalence. MI recognizes and accepts the fact that clients who need to make changes in their lives approach counseling at different levels of readiness to change their behavior. MI is non-judgmental, non-confrontational



and non-adversarial. The approach attempts to increase the client's awareness of the potential problems caused, consequences experienced, and risks faced as a result of the behavior in question. Alternatively, or in addition, therapists may help clients envision a better future, and become increasingly motivated to achieve it.

Cheryl Martin MA, RN, CASAC, Integrated Health Trainer and Clinical Consultant, Coordinated Care Services, Inc

**This session is eligible for 1 CEU**

### **B-LGBTQI Mental Health-Fort Orange 7**

People in the LGBTQI community have their own unique set of mental health challenges. NAMI-NYS is pleased to welcome two experts on addressing mental health in the LGBTQI population. Antoine Craigwell will discuss the specific challenges faced by depressed black gay men and Acey Mercer will be looking at the mental health issues impacting the broader LGBTQI community.

Antoine B Craigwell, Founder, President and CEO DBGM, Inc.

Acey A. Mercer, LMSW, Psychotherapist, Choices Counseling & Consulting, Senior Consultant, Training Institute for Gender, Relationships, Identity & Sexuality

### **C-Art As Therapy-Fort Orange 9**

Engaging in art and tapping into your creative side can be both therapeutic and tremendously beneficial in gaining an understanding of mental health challenges. This session will discuss how art can be used as therapy and allow participants to work on sample art projects.

Karen Gormandy, Fountain House

### **D-Narcan Training-Town Hall**

Opioid addiction has become an epidemic both in New York and nationwide. Many people with addiction issues also have psychiatric disorders. This is why it is crucial for our community to learn about addiction and how to apply doses of Narcan which can save the life of someone who has overdosed. This session will detail opioid addiction and teach participants how to administer Narcan as a nasal spray.

Joseph Filippone, Director of Prevention Services, Catholic Charities Care Coordination Services

### **E-Multicultural Mental Health Issues-Fort Orange 5**

TBA

### **Wellness: Smoking Cessation-Wellness Room**

Smoking continues to be a huge problem among people living with a mental illness and a leading contributor to the population living an average of twenty-five years less than the general population. NAMI-NYS is thrilled to welcome Dr. Harlan Juster, the Director of the Bureau of Tobacco Control at the NYS Department of Health to discuss the latest steps New York is taking to curb the use of tobacco.

Harlan Juster, PhD, Director, Bureau of Tobacco Control, New York State Department of Health

### **Young Adult Session 4: Employment and Creating Businesses Around Mental Health- The Lodge**

Employment is something that can be very concerning for people with mental health issues. However, several of our Young Adult Network members have used their entrepreneurial spirit to create successful businesses around mental health promotion. This session will give you the opportunity to learn from their successes.

Presenters:

Steve Druan  
Chris Gaur  
Marissa Pane

6:45pm **Dinner Service**

**King Street Ballroom**

7:45-9:00pm **Screening of “Beyond Silence” and Panel Discussion with Jeff Fink, Lauren Burke, Lloyd Hale**

**King Street Ballroom**

**SPECIAL MOVIE SCREENING & PANEL DISCUSSION**





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.

**This session is eligible for 1 CEU**

9:00-10:30pm **DJ & Dancing**

## Sunday, November 12<sup>th</sup>

8:00-9:00am **Breakfast**

**Breakfast buffet served in King St. Courtyard**

8:30-9:00am **Interfaith Service**

**Town Hall**

9:00am-Noon **Plenary Sessions**

**King Street Ballroom**

### SUNDAY MORNING

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



**Speakers TBA  
9:00am**

**Town Hall**



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

**Ask the Doctor**



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

### 9:00-10:00am **Update on New York State Initiatives Affecting Individuals and Families Impacted by Mental Illness**

New York is in the middle of introducing two programs that will be beneficial for families of those living with a mental illness: Paid Family Leave and ABLE Accounts. This session will provide information on both these new initiatives and explain how they can help you and your loved one. The session will provide an update on the work being done by the New York State Justice Center and changes in Medicaid managed care services.

John Allen, Special Advisor to the Commissioner, New York State Office of Mental Health

Courtney Vallee, Assistant Counsel, NYS Workers' Compensation Board

Dee Levy, Director, Individual and Family Support Unit, New York State Justice Center for the Protection of People with Special Needs

**This session is eligible for 1 CEU**

10:00-11:15am **Town Hall**

**This session is eligible for 1 CEU**

11:15am-Noon **Ask the Doctor**

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**.