



2017 Young Adult Focus Track

NAMI-NYS looks forward to continuing develop the next generation of mental health advocates. The Young Adult track was put together by our Young Adult Steering Committee to address issues of interest of people 18-30. [Click here for a Young Adult scholarship application.](#)

Friday Night After Party and Mixer: New this year will be our Friday night after party following the NAMI-NYS Honors Leaders in Awareness banquet. Refreshments will be served.

Saturday Workshop Sessions

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

3:00pm: **Peer Support**

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

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

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

4:00pm: **Employment and Creating Businesses Around Mental Health**

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

