



**NAMI New York State**

## 2019 Education Conference

October 25-27 · The Wolf Road Marriott Hotel, Albany

# Building a Movement

by  
Learning Together,  
Sharing Our Stories and  
Strengthening Our Voice

## Young Adult Track



**Funding for the Young Adult were made possible through the generous support of the Dustin Mele Memorial Concert and the Mele Family.**



**NAMI-NYS looks to use our annual education conference develop the next generation of mental health advocates by offering special scholarships and sessions that are designed to be of interest of people 18-30. You will also get to hear from actor Wil Wheaton, MMA Superstar Frank "the Legend" Shamrock and acclaimed singer Matt Butler**

### Saturday Workshop Sessions October 26th

#### 9:15am: Kanye Attitude, Drake Feelings: Pop Culture and Mental Illness

Is mental illness really as taboo as we think? We'll look at examples in music, television and politics to examine stigma and decide whether it's really still relevant. From there we'll build a foundation for social-emotional programming that translates and connects with wider audiences.

Mike Rosen, International Storyteller & Health Advocate

#### 10:30am The Role of Creativity in Recovery

Join storyteller Mike Rosen and musician/playwright Zak Sandler for two riveting, uplifting and empowering takes on living with mental illness. This session will use art to explore and break down stigma. We'll conclude with tips for finding your own voice and a brief writing exercise.

Mike Rosen, International Storyteller & Health Advocate  
Zak Sandler

#### 11:45: Singing My Way Out of the Darkness

Join musician and American Foundation for Suicide Prevention, Capital Region board member Will Foley as he takes you through his journey out of the darkness and into recovery. Will will tell his story and explain the important part music plays in his recovery as he performs songs that inspire him as well as his originals. Will will also explain how helping others through his work with AFSP has helped him.

Will Foley

#### 11:45am: Creative Mind

Nicole Nagy was not an average teenager, in spite of trying hard to be one. That's because she was grappling with mental illness, which affected most every part of her daily existence. Her book *Creative Mind* tells the story of her life and how she learned to navigate her way to success as a young woman. Her story is a cautionary tale for families, schools, and health professionals and will help us better understand how the brain works and how challenging it can be for so many kids grappling in the shadows with these issues.

Nicole Nagy

#### 3:15 Daily Brew and the Power of Journaling

Keeping a journal can be a powerful tool to maintain your mental self-care, yet starting to journal can be tricky. Have you ever started a personal journal only to give up because you didn't know what to write about? Have you ever wanted to keep a journal but didn't know how to start? Well, The Daily Brew Journal might be just the thing for you! The book is a byproduct of a collaboration between two college students from Hartwick and their faculty advisor and during this session the authors will detail the collaboration, explain the power of journaling and do a few writing exercises.

Gary Robinson  
Morgan DiSimone  
Maria Pita

#### 4:45 Stories Behind Matt Butler's Songs of Recovery & Hope

Matt Butler has performed his songs of recovery and hope to audience in prisons, recovery facilities and the Vans Warped Tour. In this not to be missed session he will share the stories behind some of his most inspiring tunes.

Matt Butler

**Scholarship Application and More Info on Reverse Side**

# Information on Young Adult Scholarships

- ◆ The scholarships are available to young adults ages 18-30
- ◆ They cover registration for all three days of the conference, all conference meals and two-nights of a shared hotel room (you can request your roommate)
- ◆ Although the sessions listed on the reverse page are designed to be of interest to young adults, you can attend any of the sessions taking place at the conference.
- ◆ Your registrations also covers the Friday night dinner featuring [Wil Wheaton](#) and Saturday's dinner featuring [Frank "the Legend" Shamrock](#) and a performance by Matt Butler

## Scholarship Application

Name: \_\_\_\_\_

School (if you are not in school just put N/A):\_\_\_\_\_

Email:\_\_\_\_\_

Phone: \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Do you have a preference for a roommate? \_\_\_\_\_

Any other info you would like to share? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Applications are Due by Friday, October 11th  
All Recipients will be contacted by Wednesday, October 16th.**

You can send the application to NAMI-NYS Attn: Tammie Paradis  
99 Pine St, Suite 105  
Albany, NY 12207

You can also [click here](#) or go to <http://bit.ly/YoungAdultApp> to apply online.

Please contact Matthew Shapiro at 518-462-2000 or [Matthew@naminys.org](mailto:Matthew@naminys.org) if you have questions.