

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

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.

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The morning will also feature a research update featuring two national leaders. **Kathleen R Merikangas, Ph.D**, 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.

[Click here](#) to register for the conference.

