

2020 NAMI-NYS Education Conference

Building Momentum:



**Coming Together to
Create Our Future.**

Agenda for Virtual Education Conference (as of 9/16)

Friday, October 23rd

9:45am Opening Remarks: *The Importance of Coming Together to Support Each Other and Create Our Future*

Wendy Burch, Executive Director, NAMI-NYS
Ariel Coffman, President NAMI-NYS
Lynda Regan, NAMI-NYS Conference Chair

10-11:30am *First Steps Towards Healing: Addressing and Overcoming the Grief and Trauma of COVID-19, the Economy and Racial Injustice*

This session is designed to help participants begin healing from the traumas of 2020 and will feature three presentations. The first will explain the grief we are all experiencing from the loss of our sense of normalcy (and for some the loss of a loved one or a job) and detail how to overcome these stressors and start healing. The second presentation will look at racial injustice, the consequences of mental health disparities and how NAMI can be part of the solution. The third session will explore the psychological impact of 2020 on children as well as overcoming trauma.

Christine Crawford, MD, MPH, Assistant Professor, Associate Director of Psychiatry Medical Student Education
Boston University School of Medicine
Wilfred Farquharson, Ph.D, Director, Child and Adolescent Psychiatry Outpatient Clinic & Psychologist,
Renaissance School of Medicine at Stony Brook University
Speaker TBA

11:30am-12:15pm-Break-Visit Exhibitors-Networking Discussions.

12:15-1:15pm Featured presentation: *Our Path Forward: Understanding and Prevailing Over Our Current Social Determinants of Mental Health*

Dr. Merrill Rotter, Special Assistant to the New York State Office of Mental Health Commissioner, will explain how the COVID-19 outbreak both exposed long-existing negative social determinants of mental health as well as created a series of new ones. He will detail how the New York State Office of Mental Health aims to address these and how NAMI is involved in these efforts.

Dr. Rotter is also an expert on reforming the criminal justice-mental illness interface and will discuss the role of law enforcement in social determinants of mental health. With increased discussions across the country on changing the role of police, Dr. Rotter will detail changes to police procedures that can improve the social determinants of mental health in many communities in New York State.

[Merrill Rotter, M.D., Special Assistant to the Commissioner, New York State Office of Mental Health](#)

1:15-1:45pm-Break-Visit Exhibitors-Networking Discussions

1:45-2:45pm Breakout Sessions-*Education to Action Creating Our Future*

These breakout sessions are designed to empower participants so they can help shape a future where mental wellness initiatives and access to mental health services are available in every community in New York State.

Topics:

- ***Act and Vote for Mental Health:*** 2020 will be one of the most important elections of our lifetime. This session is designed to help advocates ensure that the need for mental health services and key NAMI concerns are included in local, state and federal elections. This session will also explain all the changes to voting in New York State including early voting and voting by mail. Finally, we will explain the appropriate ways NAMI affiliates as non-profit organizations can interject their voices into elections in a non-partisan way.
- ***How NAMI-NYS and Our Affiliates are Creating the Future:*** This session will detail how NAMI-NYS and our affiliates are helping create a future with increased mental wellness by engaging in innovative projects which are introducing mental health education and support to communities that typically experience mental health disparities.
- ***Thinking Big and Taking Action:*** Often people have big ideas but struggle to put these ideas into action. In this session participants will learn from both people living with mental illness as well as family members to explain the steps they took putting their big ideas into action.
- ***Using Multimedia to Increase Our Voice:*** One positive thing to come out of 2020 is that it has forced us to learn how to use different media outlets to educate and support one another. This session will explore different ways NAMI-NYS and our affiliates are using multimedia platforms to increase our reach. Among the initiatives highlighted will be NAMI-NYS's new *Breakthroughs* video series.
- ***Casting a Wider Faithnet:*** Establishing relationships with faith-based institutions can have a tremendous impact in introducing NAMI programs to new communities. The session will detail how NAMI affiliates are partnering with faith-based institutions and the benefits of holding NAMI programming in places of worship.

Panelists for the above sessions will be announced shortly.

7-8:15pm *Coming Together to Celebrate Resiliency and Hope-Honoring our 2020 Leaders of Mental Health Awareness Honorees and the Spirit NAMI-NYS Members*

This evening of inspiration will celebrate the resiliency of our 2020 Leaders of Mental Health Awareness honorees and NAMI-NYS members as well the hope generated by the unique ways they are telling their stories.

Interspersed with presenting Leaders of Mental Health Awareness Awards to and discussions with **Lily Cornell Silver**, host of Mind Wide Open, **AJ Mendez**, former WWE Women's Champion, author and NAMI Ambassador and former NBA all-star **Metta World Peace**, will be performances from some of the most talented members of the NAMI-NYS family. You will also have the opportunity to meet several of NAMI-NYS's 2020 Off the Mask models who will detail why they are taking to the runway to help spread mental health awareness. This will surely be a celebration you will not want to miss.

Saturday October 24th

9:30-10am-Annual Business Meeting

10-11am 2020 NAMI-NYS Excellence in Research Award Presentation

NAMI-NYS is thrilled to present our 2020 Excellence in Research Award to Dr. Barbara Cornblatt, Dr. Cornblatt is a professor of psychiatry and molecular medicine at the Donald and Barbara Zucker School of Medicine at Hofstra/Northwell. For more than 20 years, she has focused her research on the causes and treatment of serious mental illness.

She also directs the Recognition and Prevention (RAP) program, which she founded in 1998, at Zucker Hillside Hospital. RAP is dedicated to treating early warning signs of mental illness in adolescents and young adults and is one of the longest running centers of its kind in North America. More than 500 young people have participated in both the research and treatment components of this program. Early treatment in the RAP Clinic has been consistently associated with a high rate of clinical improvement.

Dr. Cornblatt has authored or co-authored over 150 scientific articles and book chapters and has given many scientific talks nationally and internationally to a variety of prestigious scientific organizations, hospitals and consumer groups. She is the co-director of the International Prodromal Research Network, which sponsors international collaborations and prevention studies. She is also a member of the North American Prodrome Longitudinal Study (NAPLS) consortium, one of the largest and most successful prevention collaborations worldwide.

[Barbara A. Cornblatt, PhD, MBA, Director, Recognition and Prevention \(RAP\) Program Department of Psychiatry, Zucker Hillside Hospital](#)

[Moderated by Robert Laitman, MD, Research Chair, NAMI-NYS](#)

10-11am Young Adult Session 1: *Managing Our New Back to School Stress*

This session will explore how to address both the normal school anxieties as well as the added stressors generated by COVID-19 and the transition to virtual learning. NAMI-NYS board member Pooja Mehta will detail NAMI's *Back to School* initiative and NAMI-NYS Communication Specialist, Cassandra Farrugia will detail the partnership between NAMI-NYS and Rensselaer Polytechnic Institute (RPI) to enhance mental health supports on their campus.

11-11:15am Break-Visit Exhibitors-Networking

11:15am-12:30pm Partnering on Research

Research has always been paramount to NAMI-NYS's mission and as we often say, "research is our hope for the future." This session will explore the crucial question that if research is such a vital conduit to our better future, than why is it not discussed in a more urgent way by most mental health advocates? In answering that question this session will debunk many common misconceptions about those who conduct research and myths about participating in clinical trials. We also ponder what the effect would be if the mental health movement fully incorporated the importance of research into their work and how NAMI-NYS and our affiliates can include research in our programs.

For the second part of the session we have assembled a group of the world's pre-eminent researchers to provide updates from the New York State Office of Mental Health's two world-class research facilities, the NYS Psychiatric Institute and Nathan Kline and from the Brain and Behavior Research Foundation and the National Institute of Mental Health.

Our aim is that this session will inspire you to embrace the hope that research holds and how that *hope starts with you*.

Jeffrey Borenstein, M.D. President and CEO, Brain & Behavior Research Foundation

Dwight Dickenson, Ph.D, Research Scientist, National Institute of Mental Health Schizophrenia Unity

Donald Goff, MD, Director Nathan Kline Institute

Luke Kramer, Executive Director, the STARR Coalition

Jeffrey A. Lieberman, MD, Lawrence C. Kolb Professor and Chairman, Department of Psychiatry, Columbia University College of Physicians and Surgeons; Director, New York State Psychiatric Institute; and Psychiatrist-in-Chief, Columbia University Medical Center of the NewYork-Presbyterian Hospital

Matthew Shapiro, Associate Director, Public Affairs, NAMI-NYS

Speaker TBA

11:15am-12:15pm-Young Adult Session 2: How to Curate a Healthy Social Media Feed

Social media has always been a double-edge sword in that while it has positively kept people connected, it can also have many negative impacts on our mental health. The events of 2020 as well as the divisive political discourse that will surround the 2020 elections are increasing the adverse effects of social media. This session will details ways to root out the harmful influences and cultivate a healthy social media feed.

12:15-1:00pm-Visit Exhibitors-Networking

1-2pm-Workshop sessions

1. Schizophrenia
2. Overlap of Depression and Anxiety
3. Bipolar Disorder
4. Dual Diagnosis
5. Borderline
6. **Young Adult 3– Addressing Anxiety (Turning Negative “What Ifs” to Positives).**

For many young adults uncertainties can be a major cause of anxiety. Whether it is worrying about taking tests or contemplating your future, it is easy to be engulfed in

negative ideas about these uncertainties. The events of 2020 have exasperated these feelings for many. This session will guide participants in how to reframe the perspective of negative “what ifs” into positive “what ifs.”

Presenters to be announced shortly.

2-2:30pm Break-Visit Exhibitors-Networking

2:30-4pm Workshops Sessions on Increasing Mental Wellness

1. *Expanding Mental Wellness in the LGBTQI Community*
2. *Zero Suicide: Recognizing and Addressing Warning signs of Suicide During COVID and Social Isolation*
3. *Using Communication to Cut Through Cultural Divides and Address Mental Health Disparities*
4. *Young Adult 4-Act and Vote for Mental Health*
Young adult voices are critically needed both in advocating for mental health services during these challenging times as well in the upcoming 2020 elections. This session will provide you with the tools to interject your voice into the important discussions shaping public policy and the elections, as well as how to expand mental wellness in your community. We will also discuss the various voting options including absentee and early-voting.

Panels for the above sessions will be announced shortly.