

Conference Agenda (as of September 8th)

Friday, November 10th

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 NAMI Programs

Fort Orange 7

Learn about the various NAMI Signature programs designed to enhance the understanding of children's mental health issues. These programs such as 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

12:05 Welcoming Remarks

Wendy Burch, Executive Director, NAMI-NS

Cecele McIntosh Green, Conference Chair, NAMI-NYS

Judy Watt, MSRN, President, NAMI-NYS

12:25 Presentation of Colors, Singing of the Star Spangled Banner and Veteran's Day Appreciation

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

Michael Hogan and Allen Hershman who were originally scheduled to be on this panel will not be presenting as planned. Their replacements will be announced shortly.

This session is eligible for 1 CEU

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, Ph.D, Research Professor, Boston College

This session is eligible for 1 CEU

B-Veteran's Outreach Programs

Fort Orange 5

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 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, Author and Advocate.

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 NAMI Can Aid Schools in Mental Health Education

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 11th

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

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-12:30 **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, Ed.M, M.A., 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

Kelly Richard, Psy.D, Kelly Richards Psychology

C -Personality Disorders-Fort Orange 7

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

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

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

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

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

Karen Gormandy, Fountain House

D-Narcan Training-Town Hall

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

TBA

Young Adult Session 4: 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

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 12th

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

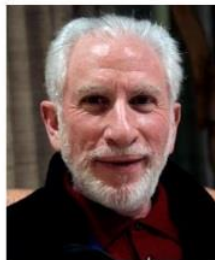
SUNDAY MORNING

**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**
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**

Sunday will begin with an update on initiatives new to New York State such as ABLE Accounts, Paid Family Leave and Home and Community Based Services (HCBS) which will impact individuals living with a mental illness and their family members. The role of the New York State Justice Center will also be detailed. 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**.