



nami
National Alliance on Mental Illness

New York State

2016 Education Conference

November 11-13

The Desmond Hotel, Albany

Conference Agenda (as of October 7)

Friday, November 11th

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-No Letting Go

Randi Silverman, Writer/Producer, NO LETTING GO

B-Veteran & Military Families Writing Group

Mary Finucane, Greater Rochester Veterans Writers Group

C-Raise the Age (FTNYS) – Families and youth perspective

Brad Hansen, Public Policy Coordinator, Families Together in New York State
Other presenter TBA

11:30am – 1pm **Lunch Buffet Service**

12:00-2:15pm **Featured Plenary Session**



NAMI-NYS will recognize the dedicated service of our veterans and military families with a special color Guard presentation and the singing of our National Anthem and a medley of official military branch songs. We will also be honoring those who are making extraordinary efforts in recognizing the mental health challenges of veterans and helping them with recovery and reintegration home post deployment.

12:20-12:45 **Presentation of Awards**

Honoring the Extraordinary Work of Those Addressing Veterans' Mental Health Issues and Improving Their Lives



Zachary Iscol, Executive Director, The Headstrong Project
Ann Beeder, MD, Medical Director, The Headstrong Project
Gerard Ilaria, LCSW, Director of Operations, The Headstrong Project
Gary Horton, New York State Defenders, Veterans Defense Program

Featured Session
The Importance of Recognizing and Addressing Trauma
Friday, November 11th, 12:45-2:15pm



12:45-2:15-New Horizons of Recognizing and Addressing Trauma: The role of trauma in someone's long term mental health is one of the fastest growing focuses in psychiatric care. This session will explore how to recognize potential trauma in children, veterans and military families, multicultural communities and in the criminal justice system. Along with recognizing trauma, the session will also detail how to communicate concerns to the appropriate parties and steps to properly address trauma.

1.5 CEU Credits Available

Joseph Benamati, MSW, EdD, National Child Traumatic Stress Network
Diane Cameron, Author, Never Leave Your Dead
Elisa English, PhD, LCSW-R, Co-Founder and Chief Medical Officer, PD Consulting and Clinical Services and AskDrElisa.com

#IWillListen

Friday, November 11th Continued

2:30-3:30pm **Multi-Track Session 2**

A-New Horizons in Treating Children's Mental Health-1 CEU Credit Available
Phillip Murray, MD

B-Military Families Veterans Defense Program-1 CEU Credit Available
Gary Horton, Director, Veterans Defense Program, New York State Defenders Association

C-Reforming Solitary Confinement
Speakers TBA



4:00-5:00pm, **Zero Suicide Initiative:**

While most causes of death in the United States are decreasing, suicide in America is increasing. This trend needs to be reversed and we all have a hand in preventing suicide. NAMI-NYS will be exploring this important issue with four concurrent workshops which will provide information on preventing suicide in the general population as well as prevention for children and young adults, within the military community and in the criminal justice system.

Zero Suicide Initiative Sessions

A-General-1 CEU Credit Available
Tom O'Clair, Advocacy Specialist II, Family Affairs, Office of Consumer Affairs, NYS Office of Mental Health

B-Kids-1 CEU Credit Available
Tom Templeton
Dally Sanchez

C-Veterans and Military Community-1 CEU Credit Available
Joseph Hunter, MSW, Suicide Prevention Program Coordinator, Stratton VA

D-Criminal Justice and Corrections-1 CEU Credit Available
Presenters TBA

5:15-6:15pm **Meet The Board Candidates**

6:15-6:45pm **Pre Dinner Break**

6:45-7:30pm **Dinner Service**

7:30-8:00pm **Awards and Announcements**

8:00-9:30pm **New Horizons in Effective Engagement-1.5 CEU Credits Available:** Friday's dinner program will explore how we can expand awareness about mental health and mental illness in diverse communities. We are thrilled to welcome **Elise Banks**, Miss International 2015 who will discuss her work as a NAMI Ambassador to raise awareness of mental health issues in the African American community and **Oscar Jiménez-Solomon, MPH**, Research Coordinator, Center of Excellence for Cultural Competence, New York State Psychiatric Institute, Columbia University who will detail the combined efforts of the CECC and the NAMI Starr Center to increase cultural competency in care and engagement by multi-cultural youth.

Elise Banks, **MS, LPC**, Miss International 2015
Oscar Jimenez-Solomon, MPH, Research Coordinator, Center of Excellence for Cultural Competence, New York State Psychiatric Institute, Columbia University

Featured Session

New Horizons in Effective Engagement

Friday, November 11th, 8:00-9:30pm



#IWillListen#IAmAcceptance

Saturday, November 12th

8:00am **Breakfast**

8:15am-8:45am **NAMI Business Meeting**

9:00-12:00am **Morning Plenary Sessions**

9:00-10:30am **New Horizons in Partnerships: The Importance of Forming Recovery Teams--1.5 CEU Credits Available:**
A theme that is core to NAMI-NYS’s belief is that we are truly better together. A major component of this is the need to form recovery teams. This panel discussion details the proven benefits of an individual living with a mental illness working with their family members and providers to form a recovery team with shared goals and open communication. All perspectives will be represented in the panel.
Thomas Jewell PhD, Project Manager, Division of Mental Health Services and Policy Research, Center for Practice Innovations, New York State Psychiatric Institute
Bill Perun, President, NAMI Rochester, Board Member, NAMI-NYS
Nina Scholler, PhD, Division Chief, Schizophrenia Research Division, SUNY Downstate Medical Center
Shelia Sutton, RN, NAMI Orange County

Featured Session:

New Horizons in Partnerships: The Importance of Forming Recovery Teams

Saturday, November 12th, 9-10:30am



Saturday, November 12th Continued

10:40-11:20am **Enhancing Insight and Personal Perspective on Mental Illness--.5 CEU Credits Available:** A major obstacle to engaging an individual in treatment for mental illness and having them form a recovery team is denial of their illness largely due to a lack of insight. NAMI-NYS is delighted to welcome back **Dr. Donald Goff**, Director of the Nathan Kline Institute, who will discuss communication strategies when someone refuses treatment and denies having a mental illness or mental health issue.
[Donald Goff, MD, Director, Nathan Kline Institute](#)

11:25-Noon**NIMH Update--.5 CEU Credits Available:** NAMI-NYS is proud to serve as the NIMH Outreach Partner for New York State and we are honored to welcome **Robert K. Heinssen**, PhD, ABPP, the Acting Branch Chief of NIMH's Adult Treatment and Preventive Intervention Research Branch, to provide an update on research conducted by NIMH.
[Robert Heinssen, PhD, ABPP, Acting Branch Chief Adult Treatment and Preventive Intervention Research Branch, National Institute of Mental Health](#)

12:00-12:30pm **Break Visit Exhibitors**

12:30-4:00pm **Lunch and Featured Sessions**

1:15-2:30pm **Mental Health in the Workplace and the Corporate World--1.5 CEU Credits Available:** Employment plays an important role in recovery which is why it is vital that awareness of mental illness and mental health issues are expanded within the corporate culture and all workplaces. NAMI-NYS is thrilled to welcome these innovators in improving mental health in the workplace.

[Aofia O'Donnell, LCSW SAP, CEO, National EAP](#)
[Laurel Pickering, MPH, President and CEO, Northeast Business Group on Health](#)
[Victoria Repka-Geller, Senior Vice-President, Client Services, RAPP](#)
[Michael Thompson, President and CEO, The National Business Coalition on Health](#)

2:45-4:00pm **Improving Mental Health Four Secrets Hidden in Plain Sight--1.5 CEU Credits Available:** NAMI-NYS is pleased to welcome back Lloyd Sederer, MD, who will be discussing his new book *In Improving Mental Health: Four Secrets in Plain Sight*. The book and this afternoon's talk draws upon four decades of diverse clinical practice, mental health research and public health experience to help clinicians improve the lives of their patients--and patients to improve their own lives--by identifying four secrets and taking action in ways that can work immediately, closing the science-to-practice gap. In addition to mental health and primary care clinicians, patients and their families will find Dr. Sederer's insights, clinical examples and cultural references fascinating and illuminating.

[Lloyd Sederer, MD, Medical Editor, Mental Health, The Huffington Post, Associate Professor, Columbia University, Chief Medical Officer, New York State Office of Mental Health](#)

4-4:30pm **Break Visit Exhibitors**

4:30-5:30pm **Workshop Sessions 1-Disease Focus**

Workshop-1-Schizophrenia

[David Kimhy, PhD, Associate Professor of Clinical Psychology, Department of Psychiatry, Columbia University, Director, Experimental Psychopathology Laboratory, New York State Psychiatric Institute](#)

Workshop-2-Bipolar/Depression

[Presenter TBA](#)

Workshop-3-Anxiety

[Richard O'Neill PhD, FAClinP, CGP, Professor, Department of Psychiatry, Institute for Decision Excellence and Leadership, SUNY Upstate Medical University](#)

Workshop-4-Borderline Personality

[Matt Costello, National Education Alliance on Borderline Personality Disorder](#)
[Ann Costello, National Education Alliance on Borderline Personality Disorder](#)

Workshop-5-Peer Support in Recovery or Employment

[Chris Wasilenko ,In Our Own Voice and Peer-to-Peer State Trainer, NAMI-NYS](#)
[Presenter TBA](#)


Wellness Workshop-The Importance of Wellness and Treating the Mind and Body


[Robert Laitman, MD, Board Member, NAMI-NYS](#)

Featured Session
Enhancing Insight and Personal Perspective on Mental Illness
Donald Goff, MD, Director, Nathan Kline Institute
Saturday, November 12th, 10:40-11:20am



Featured Session
Update on NIMH Research
Robert Heinssen, PhD, ABPP, Acting Branch Chief Adult Treatment and Preventive Intervention Research Branch, NIMH
Saturday, November 12th, 11:25am-12:00pm



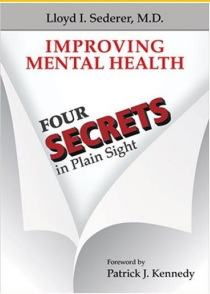



Research=Hope!!!

Featured Session
Mental Health in the Workplace and the Corporate World
Saturday, November 12th, 1:15-2:30pm



Featured Session
Improving Mental Health: 4 Secrets Hidden in Plain Sight
Saturday, November 12th, 2:45-4:00pm



5:45-6:45pm **Workshops Session 2**

Workshop-1 Faith Based Perspectives

[Presenters TBA](#)

Workshop-2 Employment Getting Back to Work and SSI/DI Impact:

[Christina Bruni, Peer Specialist, NAMI Staten Island](#)

Workshop-3 Laughter as Medicine: The 3 Amigos of Mental Health and Standing Up to Mental Illness

[Michael Weitzman, Three Amigos of Mental Health](#)
[Daniel Laitman, Stand Up Comic With Lived Experience](#)

Workshop-4 Understanding the Benefits of Transmagnetic Stimulation

[Nasri Ghaly, MD, Ghaly Healing & Wellness Center](#)
[Colleen Johnson, NAMI Delaware County](#)

Workshop-5 Reaching Underserved Populations

[Ariel Coffman, LMSW, Board Member, NAMI-NYS](#)
[Rina Riba, Board Member, NAMI-NYS](#)

Wellness 2-Caring for Caregivers: Maintaining Caregiver's Wellbeing

[Geraldine Burton, Parent Partner-IDEAS Center, Department of Child and Adolescent Psychiatry, NYU Child Study Center, NAMI Family-to-Family and Homefront State Trainer, NAMI-NYS, NAMI NYC Metro](#)
[Frank Greco, Coordinator/Family Services & EAP Coordinator, Capital District Psychiatric Center](#)
[Kinsey McManus, LMSW, Services Director, NAMI-NYC Metro](#)
[Pam Solomon, Coordinator, Family-to-Family, NAMI-NYC Metro, NAMI Family-to-Family State Trainer, NAMI-NYS](#)

Saturday, November 12th Continued

6:45-7:30pm Consumer Council, Peer and Family Support Groups

7:30-8:00pm Dinner Service

8:00-8:30pm Awards

8:30-9:15pm Screening of Life in Recovery

Following dinner there will be a screening of *Life In Recovery*, a documentary about 2015 NAMI-NYS Young Adult Award winner [Allie Hill](#) and her family as they navigate her road to recovery. Following the screening, there will be a panel with the film's director [Morgan Malecki](#), Allie and her mom [Tina Lee](#).

[Allie Hill](#), Young Adult Peer Specialist, NAMI Mid-Hudson

[Tina Lee](#), Director of Public Relations, NAMI Mid-Hudson

[Morgan Malecki](#), Film Director, *Life in Recovery*

9:15-10:30pm Karaoke and Dancing

Sunday, November 13th

8:00-9:00am Breakfast

8:00-9:00am Discussion Groups at breakfast (topics signed on table)

8:30-9:00amInterfaith Service

9:00-10:00am Town Hall on Advocacy

This special Town Hall session will explore key issues and next steps following Election days and how to build on one of the most beneficial New York State Legislative sessions in recent history for individuals and families impacted by mental illness. There will be an in-depth look at Kendra’s Law, which will be a key New York State issue in 2017 as the law is set to expire. We are honored to be joined by Pat Webdale, the mother of Kendra Webdale, the law’s namesake. The session will detail advocacy issues around housing issues and federal legislation.

[Toni Lasicki](#), Executive Director, Association for Community Living

[Matthew Shapiro](#), Public Engagement Coordinator, NAMI-NYS

[Brian Stettin](#), Policy Director, Treatment Advocacy Center

[Pat Webdale](#), Advocate

11:15am-Noon Ask the Doctor

The conference will wrapup with attendees having the opportunity to ask any unanswered questions they may have to NAMI-NYS’s trusted advisor Dr. Lew Opler.

[Lew Opler](#), MD, Long Island University

Noon Conference Adjourns



Featured Session

Ask The Doctor

Lew Opler, MD Long Island University

Sunday, November 13th, 11:15am-Noon



Register Today

WWW.NAMINYS.Org

518-462-2000

#NAMINYEEdCon16