



## 2016 Education Conference

November 11-13

The Desmond Hotel, Albany

### Conference Agenda (as of October 7)

**Friday, November 11<sup>th</sup>**

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

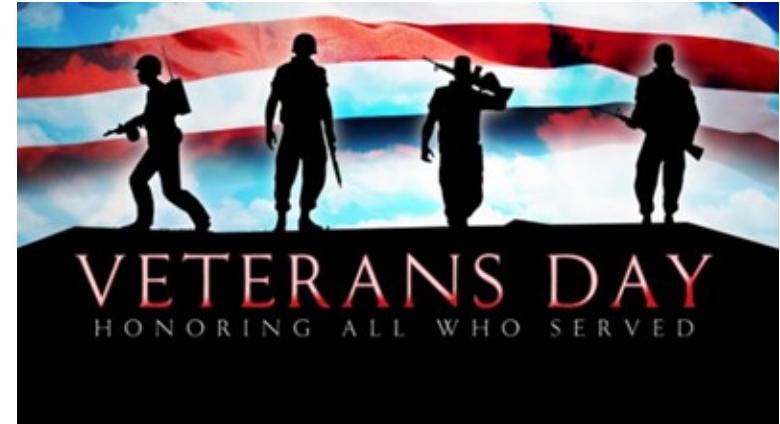
Mary Finucane, Greater Rochester Veterans Writers Group

#### 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**



**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

## 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

### Featured Session

Enhancing Insight and Personal Perspective on Mental Illness

Donald Goff, MD, Director, Nathan Kline Institute

Saturday, November 12th, 10:40-11:20am



### 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

### 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!!!

### 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

### Featured Session

Mental Health in the Workplace and the Corporate World

Saturday, November 12th, 1:15-2:30pm



#### 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

### 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 13<sup>th</sup>

8:00-9:00am **Breakfast**

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

8:30-9:00am **Interfaith 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

#### Featured Session

##### Ask The Doctor

Lew Opler, MD Long Island University

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



Noon Conference Adjourns

**Register Today**  
**WWW.NAMINYS.ORG**  
**518-462-2000**  
**#NAMINYEdCon16**