

2015 Education Conference



New Challenges, New Opportunities, New Hopes

November 13-15 | Desmond Hotel and Conference Center, Albany



YOUNG ADULT TRACK

NAMI-NYS is thrilled to continue our dedication to educating the next generation of mental health advocates by expanding our Young Adult activities at the 2015 Conference. The 2015 conference will feature the introduction of a Young Adult networking room which will have a wealth of resources and serve as a gathering place for young adults. The networking room will also host all workshop sessions which have been curated by young adults for young adults. This year's plenary sessions are also designed to appeal to young adults.

If you are student studying psychology, attending the conference will allow you to learn from national leaders shaping the research and treatment of psychiatric disorders. If you are looking to become a mental health advocate the conference will provide you with all the tools you'll need to make an impact in your community.

Special scholarships are available to people 18-26 who wish to attend the conference. Scholarships cover registration to the entire conference including meals and hotel rooms for those from outside the Capital District.

Young Adult Focus Track Schedule:

Friday Nov. 13th

6:15-7:15pm **Young Adult Meet and Greet Networking Session**

This informal session will allow young adult participants to meet each other and begin networking.

Saturday, Nov 14th

8:30-9:45am **Breakfast and Mental Health Channel Viewing**



MentalHealthChannel
CHANGING MINDS

There will be a separate breakfast served in the YA room to allow participants to eat together. There will also be a screening of several films from the [Mental Health Channel](#).

2:30-3:45 pm **The Role of Young Adults in Reducing Stigma and Promoting Mental Health**

The NAMI-NYC Metro affiliate has done amazing work to reach out and engage young people to promote mental health and reduce stigma in communities throughout the city. Leaders of the their young adult initiatives will detail their three-pronged approach to teaching and mobilizing peers to become positive driving forces for change and explain how you can do this in your community.

[Dana Daugherty, MA, EdM, Outreach and Program Coordinator, NAMI-NYC Metro](#)

[Kinsey McManus, LMSW, Services Director, NAMI-NYC Metro](#)

[Diana Viglucci, Youth and Programs Coordinator, NAMI-NYC Metro](#)

4:15-5:45pm **NAMI on Campus**

NAMI on Campus clubs provide students with what they have repeatedly said they want: peer-run mental health organizations on campus. These student-led clubs help: Support fellow students; Raise mental health awareness; Educate the campus community and; Promote and advocate for services and supports. NAMI on Campus clubs address mental health issues so that all students have a positive, successful and fun college experience. This session will provide all the nuts and bolts about how to start and run a NAMI on Campus Club.

[Speakers TBA](#)

6:00-7:15pm **Eating Disorders**

Body image issues and eating disorders impact the lives of many young adults. This session will provide the psychology of eating disorders as well as provide information on how to communicate concerns to friends and loved ones you think may have an eating disorder. The session will feature, Dr. Seda Ebrahimi one of the world's leading experts on eating disorders and Amelia Waters, who will detail her own story of recovery and how she has embraced healthy living.

[Seda Ebrahimi, Ph.D, Founder and Director, Cambridge Eating Disorders Center](#)

[Amelia Waters](#)

Contact Matthew Shapiro at 518-462-2000 or Matthew@naminys.org for more information and to obtain a Young Adult scholarship application.