



National Alliance on Mental Illness

New York State

2015 EDUCATION CONFERENCE

LOVE YOURSELF
NAMI
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LISTENING
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FAMILY-TO-FAMILY
FAMILY INVOLVEMENT

PEER SUPPORT
SHARE
CARE
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STIGMA
A-FREE
NAMI BASICS
ADDRESSING GRIEF
ADDRESSING TRAUMA
PEER TO PEER
PERSON
CENTRED
BREAKING
THE SILENCE
PARENTS
and
TEENAGERS
as ALLIES
IN OUR OWN VOICE
HOME
EARLY INTERVENTION



Thomas Dart
Sheriff,
Cook County, Illinois



Judge Robert T. Russell
Buffalo Veteran's Treatment
Court

New Challenges, New Opportunities, New Hopes

November 13-15

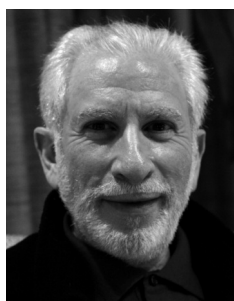
Desmond Hotel and
Conference Center
Albany



Dr. Alfiee M. Breland-
Noble
Georgetown University



Dr. Sarah E. Morris
National Institute
of Mental Health



Lloyd Sederer, MD
Medical Director, NYS-OMH



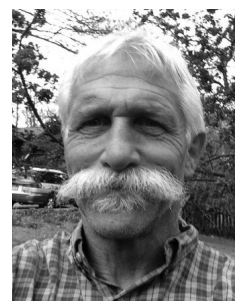
Hakeem Rahim
Ed.M., M.A.,
NAMI Queens/Nassau's
Let's Talk Mental Illness



Allie Hill
NAMI
Mid-Hudson



Jason Paden
NAMI Montgomery,
Fulton, Hamilton



Dr. Wesley Sowers
University of Pittsburgh

Friday, November 13th

9:00am

Registration

Wellness Suite and Exhibit Area Open

10:30 – 11:30am

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 – Update on Mental Health Programs and Services for Children

Donna Bradbury, Associate Commissioner and Director of the Division of Integrated Community Service for Children and Families, New York State Office of Mental Health

B Veteran & Military Families – NAMI Homefront

Geraldine Burton, NAMI-NYS, Homefront Trainer, Parent Partner – IDEAS Center, NYU Child Study Center
Ann Canastra, MS, NCC, LMHC, ACS, NAMI-NYS, Homefront Trainer, Local Recovery Coordinator Syracuse VA Medical Center

C Criminal Justice – Addressing Mental Health Recovery in Prison and Forensic Facilities

Jack Beck, Director of Prison Visiting Program, Correction Association of New York
Jayette Lansbury, NAMI Huntington
Facilitated by Sigfrido Benitez, NAMI-NYS

11:45am – 1:00pm

Lunch Buffet Service

(attendees will take lunch into the King St. Ballroom for plenary session)

12:10 – 2:15pm

Featured Plenary Session

12:10pm

Welcoming Remarks

Irene Turski, President, NAMI-NYS
Wendy Burch, Executive Director, NAMI-NYS
Ceceile McIntosh Green, Education Conference Chair

12:15pm

Presentation of Criminal Justice Visionary Award to Thomas Dart, Sheriff, Cook County Illinois and Max Gabriel Veterans Award to Judge Robert Russell

(See box, next column for Featured Presentations)

2:30 – 3:45 pm

Multi-Track Session 2

A Children – NAMI Signature Programs for Families with Young Children and Adolescents, School Staff and Students

Deniece David, State Trainer, NAMI Basics, NAMI-NYS, Program Director/Family and Basics Coordinator, NAMI-NYC Metro
Sharon McCarthy, Program Coordinator, NAMI Westchester
Other Presenters TBA

B Veteran & Military Families – Veteran-to-Veteran Peer Support

Presenters TBA

C Criminal Justice – Exploring How Jail Diversion and Other Criminal Justice Initiatives Can Be a Vehicle to Drive Recovery

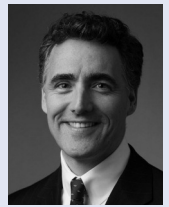
Dan Abreu, Policy Research Associates
Gary Horton, Director, Veterans Defense Program, New York State Defenders Association
Don Kamin, PhD, Director, Institute for Police, Mental Health & Community Collaboration
Phoebe Potter, Council for State Governments

Featured Presentations:

Improving the Criminal Justice – Mental Illness Interface to Advance Recovery in Prisons and for Veterans

This session will find NAMI-NYS honoring two national champions who have revolutionized how the criminal justice system can help drive recovery.

Cook County Sheriff Thomas Dart continues to draw accolades and media attention for his incredible work of reforming Chicago's prison system to be able to properly address and rehabilitate inmates living with a mental illness. As the state of Illinois continues to cut-back mental health services, Sheriff Dart's prisons have become America's leading provider of long-term psychiatric care. His crusade has shown a spotlight on the disturbing fact that too many people living with a mental illness are in the correctional system, as well as demonstrating the proactive steps that must be taken to address this epidemic. His transformative vision has been featured by 60 Minutes, Vice News, The Atlantic and Time Magazine has named Sheriff Dart as one of the "Top 100 Most Influential People in the World."



Thomas Dart



Judge Robert T. Russell

Buffalo's own Judge Robert Russell transformed the court's role in advancing recovery by creating the nation's first veteran, mental health and drug courts. Judge Russell's innovative work has been replicated throughout the country and is ensuring that veterans with mental health issues and people with addiction issues are guided towards the appropriate support services to advance their recovery and keep them out of jail.

Following the presentations of their awards Sheriff Dart and Judge Robert Russell will give the afternoon's featured address.

3:45 – 4:15pm

Refreshment Break and Visit Exhibitors

4:15 – 5:15pm

Multi-Track Session 2

A Children – Recognizing and Addressing Trauma in Children

Jacob Ham, Ph.D, Mount Sinai/Beth Israel Hospital

B Veteran & Military Families – Recognizing Potential Warning Signs of Transition Difficulties

Ann Canastra, MS, NCC, LMHC, ACS, NAMI-NYS, Homefront Trainer, Local Recovery Coordinator Syracuse VA Medical Center
Other Presenters TBA

C Criminal Justice – Understanding the Mental Health Impact of Solitary Confinement

Barbara Kirwin, Ph.D
Johnny Perez, Mental Health Project, Urban Justice Center

5:30 – 6:15pm

Meet the Board Candidates

6:15 – 7:15pm

Pre Dinner Break and Support Groups

A Family Support Group

Pat Sine, Executive Director, NAMI Rochester, Family Support Group
State Trainer, NAMI-NYS

B NAMI Connection

Jack Goldstein, NAMI Rochester, NAMI Connections State Trainer, NAMI-NYS

7:30 – 9:30pm

Dinner and Presentation of 2015 Research Award, Government Champion Award and Featured Address

Saturday, November 14th

8:00am	Breakfast
8:00am	Wellness Walking Group
8:15 – 8:45am	NAMI Business Meeting
9:00 – 9:45am	NIMH Research Domain Criteria Project

9:00am – 12:15pm Morning Plenary Sessions

Maximizing Recovery – Refining the Treatment and Research of Mental Illness and Improving Outreach

Saturday morning's plenary sessions Maximizing Recovery: Refining Treatment and Research and Improving Outreach feature next-wave approaches of facilitating recovery and feature three national leaders on the forefront of creating ground-breaking work generating positive recovery focused outcomes.

Dr. Sarah Morris, Program Chief, NIMH Schizophrenia Spectrum Disorders Research Program, will detail the NIMH Research Domain Criteria (RDoC) project. RDoC is a radical project which eliminates the barriers of previous perceptions of psychiatric disorders to look at the patient and their symptoms in an individual way, thus generating the best treatments for the individual.



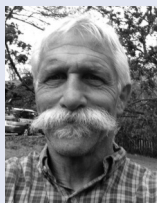
Dr. Sarah E. Morris

Dr. Alfee Breland-Noble, Associate Professor, Department of Psychiatry, Georgetown University Medical Center and director of the AAKOMA Project, will present her work and the role NAMI-NYS can play in engaging people from multi-cultural communities in the recovery process. Dr. Breland-Noble is a national leader in mental health stigma reduction in diverse populations, health equity in suicide prevention, and community based participatory research with a specific focus on faith based health promotion and mindfulness in diverse parenting contexts.



Dr. Alfee M. Breland-Noble

Dr. Wes Sowers of the University of Pennsylvania will present on Person Centered and Recovery Oriented Treatment. This novel approach focuses on the individual and not a predetermined categorized mental illness. This treatment philosophy is based on a strong working relationship and communication between a person living with a mental illness and his/her doctor. Family members also play a crucial role in this model.



Dr. Wesley Sowers

10:00 – 11:00am	Improving Outreach to Multicultural Communities
11:15am – 12:15pm	Person Centered Treatment
12:15 – 12:45pm	Break Visit Exhibitors
12:45 – 2:15pm	Lunch and Featured Session

The Wellness Walking group will also meet in the Wellness Suite on Saturday and Sunday mornings.

1:00 – 2:15pm

Featured Session Redefining Recovery

The Redefining Recovery panel features three of NAMI-NYS's Recovery All-Stars, Hakeem Rahim, Allie Hill and Jason Paden. These three exceptional young people have lived with the most debilitating forms of psychiatric disorders (schizo-affective disorder, borderline personality disorder and bipolar disorder) and while these diseases have brought them to some of the darkest places imaginable, each has achieved an inspiring recovery which has found them becoming leaders in their communities who are constantly changing public perception of mental illness. You will not want to miss the opportunity to hear from these three heroes as they explain that individuals and families impacted by mental illness should never lose hope.



Hakeem Rahim



Allie Hill



Jason Paden

Hakeem Rahim, NAMI Queens/Nassau, Let's Talk Mental Illness

Allie Hill, NAMI Mid-Hudson

Jason Paden, NAMI Montgomery, Fulton, Hamilton

2015 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 and which will also 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.

Young Adult Schedule:

FRIDAY NOV 13TH

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

SATURDAY, NOV 14TH

8:30am – 9:45am Breakfast and Mental Health Channel

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

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

4:15pm – 5:45pm Session 2: NAMI on Campus
Speakers TBA

6:00pm – 7:15pm Session 3: Eating Disorders
Seda Ebrahimi, Founder and Director, Cambridge Eating Disorders Center
Amelia Waters

Contact Matthew Shapiro at 518-462-2000
or Matthew@namins.org to obtain a
Young Adult scholarship application.

2:30 – 3:45pm Workshop Sessions 1

- Schizophrenia**
Joseph Callicott, MD, NIMH
- Bipolar/Depression**
Presenter TBA
- Anxiety**
Eyal Kalanthroff, PhD, New York State Psychiatric Institute, Columbia University
- Borderline Personality**
Perry Hoffman, PhD, President, National Education Alliance for Borderline Personality Disorder
- The Role of Clubhouses and Peer Support in Recovery**
Joel Corcoran, Executive Director, Clubhouse International
Kate Hewlett, NAMI Otsego
Tammy Burrows, NAMI Otsego

3:45 – 4:15pm Break/Refreshments/Visit Exhibitors

4:15 – 5:30pm Workshop Sessions 2

- Advancing Recovery in Underrepresented and Diverse Populations (Native American, Orthodox Jewish, South Asian)**
Randy Hill, Western New York Regional Advocacy Specialist, New York State Office of Mental Health and Haudensaune Confederacy, Tuscarora Indian Nation
Asuna Osaka, LMSW, Youth Counselor, STAR Children & Youth Program, New York Asian Women's Center
Other Presenter TBA
- Comorbidity/Dual Diagnosis**
Michael Hwang, MD, New York Medical College
- Exploring Recovery Services**
Harvey Rosenthal, Executive Director, New York Association of Psychiatric Rehabilitation Services
- Addressing Grief and Recovery**
Cynthia Burke, Director of Outreach, Friends In Deed
E. Willis Partington, MDiv, LCSW-R, CT, Bereavement Counselor, Queens Hospice, South Team, Visiting Nurse Service of New York
- Recognizing and Understanding the Long-Term Side Effects of Medication**
Jean-Pierre Lindenmayer, MD, Nathan Kline Institute
Abraham Goldrin, Nathan Kline Institute

5:45 – 7:00pm Workshop Sessions 3

- How to Address Language in Mental Health Care**
Presenters TBA
- NAMI Ribbon Awareness Campaign**
Cheryl Brauman, NAMI Westchester
Tina Yun Lee, NAMI Mid-Hudson
- Suicide Prevention**
Garra Lloyd-Lester, Suicide Prevention Center of New York State
- NIMH Research Participation**
Karen Barthelme, NIMH, Schizophrenia Research Unit
Vince Delbalzo, NIMH, Schizophrenia Research Unit
- How You Can Be Supportive and Affirming with a Family Member or Loved One Who is LGBT and Living with a Mental Illness**
Christian Huygen, PhD, Executive Director, Rainbow Heights Club and Heights-Hill Mental Health Service South Beach Psychiatric Center Community Advisory Board, Inc
Musa Watanabe, Peer Specialist, Rainbow Heights Club

7:15 – 8:00pm

Dinner and Muriel Shepherd Award Presentation

8:00 – 10:00pm

FLAME Performance

Saturday evening will be a celebration of NAMI-NYS spirit and the work our members do every day to introduce mental health awareness in their communities. Following dinner, there will be a performance by the band FLAME, a dynamic musical group whose members all have either a physical or developmental disability. Those who have seen FLAME at past NAMI-NYS conferences know you are in for a high-energy and inspiring good time.



Sunday, November 16th

8:00 – 9:00am

Breakfast

8:00 – 8:30am

Interfaith Service

Led by Lady Charmaine Day

8:30 – 9:00am

Wellness Walking Group

9:00 – 10:00am

Advocacy Update on Federal and New York Issues

Andrew Sperling, Director of Legislative Affairs, NAMI
Matthew Shapiro, NAMI-NYS

10:10 – 11:10am

Town Hall with Dr. Sederer

Conference attendees will have a unique opportunity to participate in a town-hall style session with Dr. Lloyd Sederer, Medical Director of the New York State Office of Mental Health. The session will allow participants to ask questions of the state's top psychiatrist and provide your opinions on the future delivery of mental health care.



11:15am – Noon

Ask the Doctor

The conference will wrap-up 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, Columbia University Medical Center

2:30 – 3:45pm

Mindfulness – You Can't Stop the Waves but You Can Learn How to Surf –

An invitation to gain greater balance, ease of being and enjoyment in life.

Stephanie Speer, M.A., Instructor of Mindfulness-Based Stress Reduction

4:15 – 5:30pm

Exploring the Roles of Nutrition, Holistic Approaches and Trans-Cranial Magnetic Stimulation in Recovery

Colleen Johnson, NAMI Delaware County

5:45 – 7:00pm

Creative Arts Therapy

Drena Fagan, LCSW, LCAT, ATR-BC, Director of Programs and Adult Services, New York Creative Arts Therapists

Nadia Jenefsky, MPS, LCAT, ATR-BC, Director of Child and Family Services Clinical Director, New York Creative Arts Therapists

Registration

PLEASE MAIL REGISTRATION FORM AND YOUR PAYMENT TO:

NAMI-NYS | 99 Pine St., Suite 302, Albany, NY 12207

Only one name per registration form please.

Name: _____

Affiliate: _____

Address: _____

Phone: _____

E-mail: _____

EARLY BIRD REGISTRATION FEES:

Member Fee (Before Oct. 23)

- \$190 Entire Conference 3 Days (6 meals)
- \$90 Friday Only (2 meals – no breakfast)
- \$90 Saturday Only (3 meals)
- \$140 Saturday and Sunday Only (4 meals)

NON-MEMBERS (Join NAMI-NYS Today and Save on Registration!)

☐ YES, I want to join NAMI-NYS for \$35!

Non-Members Fee (Before Oct. 23)

- \$300 Entire Conference 3 Days (6 meals)
- \$175 Friday Only (2 meals)
- \$175 Saturday Only (3 meals)
- \$190 Saturday and Sunday Only (4 meals)

Please check which meals you plan to attend:

Friday: ☐ Lunch ☐ Dinner

Saturday: ☐ Breakfast ☐ Lunch ☐ Dinner

Sunday: ☐ Breakfast

If attending Friday's dinner please indicate your entrée choice:

☐ Sliced Roasted Sirloin ☐ Potato Encrusted Salmon ☐ Chicken Françoise ☐ Vegetable Strudel

Vegetarian Meals? ☐ Yes ☐ No

Vegan Meals? ☐ Yes ☐ No

Gluten Free Meals? ☐ Yes ☐ No

Total Registration Amount: \$ _____

Add \$25 after October 23: \$ _____

PLEASE NOTE: After October 30, only online registration is available.
After November 6, only on-site registration is available.
Fees for registration at conference will be non-member rate plus \$25.

PAYMENT

Please make check payable to:

NAMI-NYS
99 Pine St., Suite 302, Albany, NY 12207

To pay by credit card, complete this form:

Name: _____

Phone: _____

Card Number: _____

Expiration Date: _____ Amount: \$ _____

Signature: _____

Please Register Online!

- To register online, visit www.naminys.org
 - Registration is available until October 30.
 - After October 30, only online registration is available.
 - Register before October 23 to receive the early bird price.
 - Online registrations end on November 3rd.

For More Information Call:

- 518-462-2000 or 1-800-950-3228
- Fax: 518-462-3811

Refund Policy:

- An 85% refund will be given to all cancellations before October 31, 2015.
- No refunds will be given for cancellations made on or after November 1st.

Mail Registration

- To register, complete the coupon to the left of this page and send it to the NAMI-NYS office.
- Register before October 23 to receive early bird rates.

Hotel/Lodging

- If you need lodging, please call The Desmond Hotel & Conference Center at (800) 448-3500 or (518) 869-8100 to reserve your room. Tell them you are registering as part of the NAMI Conference.
- To receive the special NAMI group rate of \$126 per room per night (single or double occupancy), reservations must be made no later than October 18 to guarantee the group rate.
- Check-in time is 4:00 pm; check-out is 12:00 noon.

The Desmond Hotel & Conference Center:

660 Albany Shaker Road
Albany, NY 12211
Phone: (800) 448-3500 or (518) 869-8100

*Directions are available at
www.desmondhotelsalbany.com*

SCHOLARSHIP INFORMATION

A limited number of scholarships for both consumer and family members of NAMI-NYS will be awarded on a lottery basis.

Scholarships include conference registration, conference meals and a shared hotel room for two nights. Travel expenses will not be reimbursed.

Scholarship applications can be found on the conference website or can be obtained by contacting Matthew Shapiro at 518-462-2000 or email at Matthew@naminys.org.



National Alliance on Mental Illness

NAMI - NYS

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Albany, NY 12207

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New Challenges, New Opportunities, New Hopes

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