

2015 Education Conference



New Challenges, New Opportunities, New Hopes

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



Focus Track on Children's Mental Health Issues Friday November 13th 10:30am-5:15pm

All workshops on this focus track are designed to provide educational tools and resources for families with young children or adolescents who are living with a mental illness as well as teachers, guidance counselors, social workers, school staff and administrators and children's advocates.

10:30-11:30am **Update on Mental Health Programs and Services for Children**

Finding the proper support programs and services to address a child's mental health issues can be a challenge to both families and school staff. Programs can be scarce and it may be difficult to identify if a program is appropriate for a particular child's needs. Paying for these programs and services can also pose an obstacle to families. NAMI-NYS is pleased to welcome Donna Bradbury, Associate Commissioner and Director of the Division of Integrated Community Service for Children and Families at the New York State Office of Mental Health who will detail the newest programs designed to advance children's mental health. Donna will also discuss how new healthcare programs and changes in Medicaid can make these programs more readily available to all families.

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

2:30 -3:45 pm **NAMI Signature Programs for Families With Young Children and Adolescents Living With A Mental Illness, School Staff and Students**

NAMI-NYS and our local affiliates offer a myriad of Signature Programs that are designed to educate families, students and school staff about mental health issues. All of the programs discussed in this session are available at no charge to members of the public and schools. Programs detailed will be:

- ◆ **NAMI-Basics**—A 6-week education program for parents and family caregivers of children and teens whom are experiencing symptoms of a mental illness or whom have already been diagnosed. Participants learn the facts about mental health conditions and how best to support your child at home, at school and when they're getting medical care. Last year, 99% of participants told us they would recommend the program to other parents as it provides critical strategies for taking care of your child and learning the ropes of recovery.
- ◆ **Parents and Teachers as Allies**-These presentations given to school staff by a panel consisting of a parent, someone living with a mental illness and an educator provides information on how to discuss mental health in schools, how to recognize potential mental illness and other mental health issues in children and adolescents and how to communicate concerns about a child's mental health to families.
- ◆ **Ending the Silence**-An in-school presentation about mental health designed for high school students, led by a team of trained presenters including a young adult living in recovery from mental illness. The presentations include presenter stories, educational slides, videos and discussion. Students are also provided with resources they can use if mental illness enters their lives, including:-Cards with contact information for mental health agencies and youth support services-A list of symptoms/warning signs of mental illness-Recommendations on how to help a friend who is experiencing mental health problems.

[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](#)

4:15-5:15pm **Recognizing and Addressing Trauma in Children**

Trauma can be caused by many factors including socio-economic circumstances and can have a tremendous negative impact on a child. This workshop will provide a consumer friendly, yet clinically powerful introduction to traumatic stress that explains what it is and how best to manage anyone suffering from it, including oneself. We will also review a video to discuss trauma-informed engagement strategies when working with youth and families.

[Jacob Ham, Ph.D, Icahn School of Medicine at Mount Sinai](#)

NAMI-NYS is pleased to provide complimentary registrations to teachers, guidance counselors, school administrators and school board members to attend the focus track in order to have them learn this valuable information.

If you are interested in attending the track please contact Matthew Shapiro at

518-462-2000 or Matthew@naminys.org