

## MENTAL HEALTH AMERICA OF ARIZONA

### WHY #B4STAGE4?

#### LET'S CHANGE THE WAY WE THINK ABOUT MENTAL HEALTH

When we think about cancer, heart disease, or diabetes, we don't wait years to treat them. We start way before Stage 4. **We begin with prevention.** And when people are in the first stage of those diseases, and have a persistent cough, high blood pressure, or high blood sugar, we try immediately to reverse these symptoms.

**This is what we should be doing when people have serious mental illnesses, too.** When they first begin to experience symptoms such as loss of sleep, feeling red for no reason, feeling low, feeling anxious, or hearing voices, we should act.

These early symptoms might not ever become serious. Like a cough, they often go away on their own, and are nothing to fear. **But when they do not go away, it typically takes ten years from the time they first appear until someone gets a correct diagnosis and proper treatment.**

This means that by ignoring them, we lose ten years in which we could intervene in order to change people's lives for the better. During most of these years most people still have supports that allow them to succeed - home, family, friends, school, and work. **So people can often recover quickly, and live full and productive lives.** For more information, visit <http://www.mhaarizona.org/>

#### SPECIAL THANKS TO OUR CONFERENCE SPONSORS

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MENTAL HEALTH GUILD



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## B4Stage4 Starting the Conversation

2016 SEEDS B4STAGE4 Conference • May 20-21, 2016



Salvation Army Phoenix Citadel Corps • Phoenix, Arizona

**ASU** Center for Applied  
Behavioral Health Policy

ARIZONA STATE UNIVERSITY

A joint project of Mental Health America of Arizona (MHA-AZ) and  
ASU Center for Applied Behavioral Health Policy.

Conference at a Glance						
	Session	Room 1	Room 2	Room 3	Room 4	Room 6
Friday, May 20	8:00-9:00 am	Registration Opens, Coffee & Networking				
	9:00-9:15 am	Welcoming Remarks				
	9:15-10:30 am	Keynote Session - Paul Gionfriddo				
	10:30-10:45 am	Break				
	10:45-12:00 pm	<b>Mental Health First Aid</b> — Jana Spalding, MD, ASU CABHP, & Ali de la Trinidad, AHCCCS	<b>Employment and Employment Incentives Programs</b> —Nicolas Love, Ability360	<b>Innovative Educational Program Panel</b> —Dan Davidson	<b>Advocacy Issues Panel</b> — Dana Nairmark, CAA; Sam Richards, PAFCO; and Emily Jenkins	<b>Working with Law Enforcement</b> —Frank O'Halloran, MMIC; Justin Chase, CRN; & John Hogeboom, CBI Inc.
	12:00-1:15 pm	Lunch on your own				
	1:15-2:30 pm	<b>Be the Bridge: Practical Ways to Get All Your (Or Your Child's) Doctors on the Same Team Primary</b> —Teresa Bertsch MD, Laurie Brown MD, & Veronica Welch, HCIC	<b>ADA101: You Have Rights: Reasonable Accommodations in the Workplace</b> —Dr. Asim Dietrich, Esq., ACDL	<b>Access Crisis and to Psychiatric Inpatient Service</b> —Justin Chase, CRN; Larry Villano, TERROS; & John Hogeboom, CBI Inc.	<b>Know your Rights: Involuntary Commitment Petitions</b> —Charles and Laurie Goldstein, Erica Chesnut-Ramirez, LFE; & Lisa St. George, RIAZ, Int.	<b>What Families Can do When they Suspect or Know that Their Children are Using</b> —Directors Moak & Hamilton, GOYFF
	2:30-2:45 pm	Break				
	2:45-4:00 pm	Keynote Session - Recovery and Resiliency Panel Discussion				
Saturday, May 21	8:00-9:00 am	Continental Breakfast & Networking				
	9:00-10:15 am	Keynote Session - Dr. Patricia Harrison-Monroe				
	10:15-10:30 am	Break				
	10:30-11:45 am	<b>Orientation to Family Support and Educational Services in Arizona</b> —Dick Geaseland, MIKID; & Betty Hurtado, FIC	<b>Peer Delivered Services - Orientation to Consumer Operated Service Programs</b> —NAZCARE, Hope Lives - Vive la Esperanza, & Hope Inc	<b>Evidence Based Healthy Living Self-Management Programs</b> —Jack Beveridge, Empowerment Systems	<b>A Family Guide to HIPAA</b> —Victoria Aimes, ASU Sandra Day O'Connor College of Law	<b>Psychiatric Advanced Directives</b> —Lisa St. George, RIAZ, Int.
	11:45-1:00 pm	Luncheon with MHA-AZ President & Board Members - Benefits of Membership				
	1:00-2:15 pm	<b>Health Plans 101: Understanding Mental Health Parity, Insurance Literacy Program and Navigator Program</b> —Eddie Sissons, Kim Van Pelt, SLHI; & Alan Gersvig, AACHC	<b>Negotiating for your child's IEP and Educational Resources</b> —Christopher Tiffany, Raising Special Kids	<b>Managing Behavioral Emergencies</b> —Mohamed Ramadan MD, MS, FAPA	<b>Legal Considerations for Family Members - Guardianships, Power of Attorney, Special Need Trusts &amp; Financial Planning</b> —Josh Mozell, Charles Arnold	<b>Transition from Adolescents to Young Adulthood</b> —Gary Brennan & Armando Peelman, Touchstone; & Hayley Winterberg, Youth Advocate
	2:15-2:30 pm	Break				
	2:30-3:45 pm	Keynote Session - Paul Gionfriddo				
	3:45-4:00 pm	Closing Remarks				

FEATURE KEYNOTE PRESENTERS

Paul Gionfriddo was named President and CEO of Mental Health America as of May, 2014. He has worked in a variety of health and mental-health related positions during a career spanning over thirty years. His essay entitled *How I Helped Create a Flawed Mental Health System That's Failed Millions* – And My Son, was published as the Narrative Matters essay (and was the most-read article) in the September 2012 issue of Health Affairs and was also published in the *Washington Post* in October 2012. The full-length version of the story was published as a book in October 2014, entitled *Losing Tim: How Our Health and Education Systems Failed My Son with Schizophrenia*, by Columbia University Press.

Dr. Patricia Harrison-Monroe has been on faculty with the College of Medicine in the Department of Psychiatry for the past ten years and currently serves as Director of Community Outreach and Clinical Development as well as Director of the Early Psychosis Intervention Center (EPICenter). Dr. Harrison-Monroe is an active member of the community and serves on numerous committees and boards, including the Pima County Crime Victims Compensation Board and the Pima County Domestic Violence Fatality Review Board.