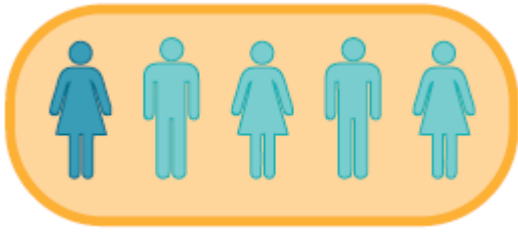


2016 MHA AZ SEEDS CONFERENCE



B4STAGE4: STARTING THE CONVERSATION

MAY 20–21, 2016 ▪ PHOENIX, AZ

Mental Health America of Arizona (MHA AZ) has been serving Arizona since 1954 and is the state's oldest organization dedicated to all aspects of mental health, mental illness and behavioral health disorders. We envision a mentally healthy Arizona, free from stigma and treatment disparities.

We are proud to announce this year's conference, **B4STAGE4: Starting the Conversation** to take place May 20–21, at the Salvation Army's Phoenix Citadel Corps during National Mental Health Awareness Month. The conference will offer 20 breakout sessions on topics such as: prevention and early intervention; family and self-advocacy to navigate the system; enhancing system collaboration and support; and stigma reduction.

When we think about cancer, heart disease, or diabetes, we don't wait years to treat them. We start before Stage 4—we begin with prevention. When people are in the first stage of those diseases and are beginning to show signs or symptoms like a persistent cough, high blood pressure, or high blood sugar, we try immediately to reverse these symptoms. We don't ignore them. In fact, we develop a plan of action to reverse and sometimes stop the progression of the disease. So why don't we do the same for individuals who are dealing with potentially serious mental illness?

Our audience will be comprised of people with lived experience of mental illness and their family members, as well as educators, clergy and other community members interested in the prevention and early detection of mental illness. Featured keynote speakers will include Paul Gionfriddo, President and CEO of Mental Health America, and author of the critically acclaimed book *Losing Tim: How our Health and Education Systems Failed my Son with Schizophrenia*.

Recognize these symptoms? Act before Stage 4 -
take a screen at MHAScreening.org.

Changes in energy level and sleep patterns

Noticeable
restlessness or
irritability

Feeling sad,
empty,
hopeless,
worthless, or
guilty

Loss of interest or
pleasure in activities



Frequent thoughts of death or suicide

Difficulties with concentration
or decision making

Changes in
appetite, eating
habits, or weight

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Honorable Mention (unlimited) \$2,500

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The *Arizona Republic Living Well A-Z* April 6th edition will highlight the importance of mental health issues and of strategies for prevention, early intervention and treatment. It will be delivered to 263,000+ households along with the Arizona Republic's considerable digital circulation.

SIGN-UP DEADLINES & PAYMENT INSTRUCTIONS

To sign up as a sponsor, go to www.mhaarizona.org and the "donate" tab to select electronic payment options or mail your payment to the address below:

Mental Health America of Arizona
5110 N. 40th St., Ste. 201
Phoenix, AZ 85018
(480) 363-6740

Registration Coming Soon! For more information contact Tara O'Brien at tara.obrien@asu.edu or (602) 496-1486.

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One-week feature on conference web page

