NAMI National Convention Program Schedule
(note this is a preliminary schedule – times and sessions are subject to change)

Wednesday, July 6

8:00am  Registration Opens

9:30am - 12:00noon  Council Business Meetings
- State Presidents
- Executive Directors Group
- Consumer Council
- National Veterans and Military Council (NVMC)

9:30am - 12:00noon  NAMI Affiliate Leaders Networking

10:00am – 1:00pm  NAMI Program Fair
Don’t miss this opportunity to learn more about NAMI’s Education programs, NAMI Walks, CIT programs, NAMI FaithNet, and more!

1:00pm – 4:00pm  Special Program Track: Advancing Recovery through New Research

1:00 – 1:45pm  myStrength: Accessing mental health and wellness tools online
- Scott R. Cousino, CEO, myStrength, Inc., Denver

2:00 – 3:15pm  Transformation: Broad Spectrum Approaches to Promote Recovery and Resilience in Schizophrenia
- Paul Grant, Ph.D., Assistant Professor, Perelman School of Medicine, University of Pennsylvania
- Aaron Brinen, Psy.D., Counseling Psychologist, Perelman School of Medicine, University of Pennsylvania
- Ellen Inverso, Psy.D., Staff Psychologist, Perelman School of Medicine, University of Pennsylvania

3:30 – 4:00pm  Use of Technology among People Living with Mental Illness
- Ken Duckworth, M.D., Medical Director, NAMI
- Katrina Gay, National Director, Communications, NAMI

4:15pm – 5:00pm  First-Timers Orientation
4:30pm – 7:00pm  
Exhibits Open

5:15pm – 6:15pm  
Speeches by Candidates for the NAMI Board of Directors

7:30pm – 9:30pm  
Open Mic Night  
Come share your poetry, music, prose, express yourself or just come watch! The evening will be emceed by This is My Brave Inc., a nonprofit organization dedicated to ending the stigma surrounding mental illness by sharing true personal stories through poetry, essay and song. This is My Brave shows are community-based events where volunteer producers audition and select cast members ready to share their true stories through poetry, music, or essay. If you are interested in performing, please arrive by 7:15 p.m. in order to put your name on the sign-up sheet. Musical instruments will not be provided, so please feel free to bring your own if needed.

◆ Jennifer Marshall, Co-Founder & Executive Director, This is My Brave, Inc., Broadlands, Va.

Thursday, July 7

9:00am – 10:15am  
Opening Plenary Session

◆ Patrick J. Kennedy, Former U.S. Representative (D-R.I.), Founder, the Kennedy Forum, Co-Founder, and One Mind for Research, Portsmouth, R.I.
◆ Moderator: Mary Giliberti, J.D., Chief Executive Office, NAMI, Arlington, Va.

10:00am – 4:00pm  
Exhibits Open

10:45am – 12:00noon  
Workshops – Group A

Battle Buddies after Service: The Significance of Peer Support  
Peer support saves lives and helps veterans engage in treatment where others fail to reach our vets. Since stigma is incredibly strong within the military, veterans are one of the most difficult populations for mental health professionals to reach. Learn who Peer Support Specialists are and how they help make a positive impact and mitigate the effects of mental health issues for our veterans. Attendees will actively participate in advocacy efforts in writing to leaders and media to support legislation and programs that make this type of support available to veterans.

◆ Brenton Hutson, MPA, Division Director, Veteran Services, Volunteers of America, Denver
◆ Marsden McGuire, M.D., M.B.A., Deputy Chief Consultant, Mental Health Standards of Care, Department of Veterans Affairs, Washington, D.C.
◆ Daniel O. Williams, Chair, NAMI National Veterans and Military Council and VA Peer Specialist, Birmingham VA Medical Center, Birmingham, Ala.
◆ Moderator: Suzanne Robinson, M.S.W., Senior Manager, NAMI Signature Programs, NAMI, Arlington, Va.

Community Engagement with Diverse Populations  
Engaging diverse and cultural communities is incredibly important, especially in creating partnerships with state and local community leaders. Learn about NAMI California’s Multicultural Symposium and the steps taken to identify challenges in reaching diverse communities. Hear about the development and recruitment process to bring together
community leaders, cultural experts, county representatives, NAMI Affiliates and voices throughout the state to address opportunities in serving and partnering with diverse communities and how attendees can apply these lessons in their communities.

- Steven Kite, Deputy Director, NAMI California, Sacramento, Calif.
- Moderator: Melen Vue, Director of Community Engagement, NAMI California, Sacramento, Calif.

Core Peer Competencies Take Center Stage of Integrating Peers in the Mental Health Workforce

The Substance Abuse and Mental Health Services Administration (SAMHSA)’s Bringing Recovery Supports to Scale Technical Assistance Center Strategy is helping to build peer and family capacity by identifying and refining a set of core competencies as well as providing technical assistance aimed to increase the number of peers in the workforce. Learn about the first integrated core competencies and engage in dialogue on the implementation and distribution of this important milestone for integrating peer workers in the mental health workforce.

- Keris Myrick, M.B.A., M.S., Director, Office of Consumer Affairs, Substance Abuse and Mental Health Services Administration Center for Mental Health Services, Rockville, Md.
- Wanda Finch, M.S.W., M.Ed., LICSW, Captain, United States Public Health Service and Public Health Advisor, Office of Consumer Affairs, Substance Abuse and Mental Health Services Administration Center for Mental Health Services, Rockville, Md.

Improving Care in Crisis: Should I Go to the ER?

Individuals living with mental illness in crisis frequently present to emergency departments across the country, however, their experience can be difficult and is rarely patient-centered. What can the individual, provider, patient's physician and NAMI do to improve this experience? Many interventions to improve the experience are based on enhanced communication, process, personnel and environment. Attendees will examine how to improve emergency room care for the underserved as well as learn about what alternatives exist to going to the emergency room.

- Leslie Zun, M.D., System Chair, Emergency Medicine, Mt Sinai Hospital, Chicago, Ill.

The Mental Health Impact Violent Tragedies

Current reports are that the United States averages more than one mass shooting event every day. When a mass shooting occurs, society reacts with much rhetoric about mental illness and questions about both the perpetrator and mental health care system, but ultimately with little action to prevent future tragedies. The traumatic fallout also is not addressed. Attendees will learn how some communities and law enforcement agencies have found resiliency in the face of tragedy, including cases in Colorado.

- AJ DeAndrea, Sergeant, Arvada Police Department, Arvada Colo.
- Michael Kehoe, Chief of Police, Town of Newtown Police Department, Newtown, Conn.
- John Nicoletti, Ph.D., Co-Founder, Nicoletti-Flater, PLLP, Lakewood, Colo.
- Moderator: Laura Usher, M.S., Manager, Criminal Justice & Advocacy, NAMI, Arlington, Va.

Professionals with Lived Experience of Mental Illness
Professionals with lived experience of mental illness face discrimination and are often reluctant to come forward. If they are willing to be open about their background, they can provide valuable hope and encouragement to others in recovery and reduce stigma in society. Attendees will learn about challenges faced by individuals with lived experience, tips on when and how to self-disclose as well as tips about public speaking to reduce stigma. Attendees will discuss opportunities for engaging others in this issue and action they can take to support professionals with lived experience.

- Jennifer Adkins, Ph.D., Assistant Chief, Psychology Service, North Florida/South Georgia Veterans Health System, Gainesville, Fl.
- Jennifer Boyd, Ph.D., Associate Chief of Mental Health for Psychosocial Recovery Services, San Francisco VA Health Care System, San Francisco, Calif.
- Moderator: Fred Frese, Ph.D., FAPA, Professor of Psychiatry, Northeast Ohio Medical University, Hudson, Ohio

Restoring Individuals Safely and Effectively (RISE), Colorado’s Jail-Based Competency Restoration Program

Individuals with criminal charges need to be competent to obtain fair trials. Jail-based competency restoration has been controversial but can be an option that increases access and quality. Learn about Colorado’s 22-bed jail-based competency restoration program designed to be consistent with best practices, include a peer specialist and reentry specialist and address criticisms of providing treatment in a correctional setting. Attendees will learn the ingredients of an effective competency restoration program and how to advocate for individuals who need these services.

- Karen Galin, Ph.D. Chief Behavioral Health Officer, Correct Care Solutions, Deerfield Beach, Fl.
- Renay Miller, Peer Specialist and Copeland Center Certified WRAP Facilitator, Correct Care, Centennial, Colo.
- Leah Wallerstein, Psy.D., Director, Forensic Programs, Correct Care, Centennial, Colo.
- Moderator: Danielle Weittenhiller Mason, Psy.D. Program Director for Jail Based Restoration, Colorado Office of Behavioral Health, Denver

Show Me the Money! Grant Writing in One Day - No Magic Wand Needed

Fundraising allows organizations to grow and develop programs. If NAMI is to continue to grow, diversification of funding is imperative and grant writing is one more method of raising operating funds. Participants will gain hands-on knowledge in completing grant applications utilizing the Common Grant Application, walk through the steps required to write and submit a grant and understand the major pitfalls in grant writing. Participants will be able to complete a simple grant budget and receive sample grants to take home.

- Lacey Berumen, Ph.D-c, MNM., University of Phoenix, Member, National Board of Directors, NAMI, Denver

Strategies for Ending Chronic Homelessness Experienced by People Living with Mental Illness

Long-term or "chronic" homelessness remains a major issue for adults living with mental illness. According to HUD data, persons with mental illness and co-occurring substance abuse disorders comprise 85% of the chronic homeless population. NAMI advocates have a critical role to play in promoting strategies that are proven to end chronic homelessness and promote recovery for consumers and stable housing options in the
community. Accessing decent, safe and affordable housing is the cornerstone of recovery. Learn what you can be doing to promote permanent supportive housing and recovery in your community and be an important voice in local HUD “Continuum of Care” programs that allocate important federal homelessness resources.

- John Parvinsky, Executive Director, Colorado Coalition for the Homeless, Denver
- Andrew Sperling, J.D., M.A., Director of Legislative Affairs, NAMI, Arlington, Va.

**Weighty Issues with Psychotropic Use in Adolescents and Young Adults**

Psychotropic medications used to treat psychosis, depression, anxiety and other mood disorders have a variable ability to cause metabolic side effects. These side effects include weight gain, increased triglyceride and glucose levels. Attendees will gain an understanding of how psychotropic medications can cause metabolic syndrome as well as lifestyle management and time-tested tips and techniques used to manage these adverse effects to allow participants and their loved ones to work smarter with prescribing clinicians to live healthy lives.

- Sheila Botts, Pharm.D., BCPP, FCCP, Chief of Clinical Pharmacy Research and Academic Affairs, Kaiser Permanente-Colorado, Denver
- Jodie Malhotra, Pharm.D., International Affairs Coordinator, University of Colorado Skaggs School of Pharmacy, Aurora, Colo.
- Moderator: Julie Kissack, Pharm.D., Professor and Chair of Pharmacy Practice, Harding University College of Pharmacy, Searcy, Ark.

**Youth and Young Adults: A Key to Building a Movement**

The language we use matters in involving youth and young adults in our movement. Just how important is social media, smart phones and slick resources to a younger generation? Will they still come if you don’t have it? Are there generational divides and how do we overcome those? Learn about messages that motivate youth and young adults to action. Members of NAMI’s Young Adult Advisory Group will pose questions to attendees to solicit ideas and experience and will share their suggestions and recommendations for individuals to take back to their communities.

- Moderator: Darcy Gruttadaro, J.D., Director of Advocacy, NAMI, Arlington, Va.

**Poster Sessions: Group One**

- **The Business Case for Mentally Healthy Workplaces**
  All employees benefit from workplaces that make mental health and suicide prevention a health and safety priority. From supportive policies and back-to-work plans to mental wellness challenges, when workplaces take an active role in employee mental health there are positive outcomes for their bottom line, and for their greatest asset: their people. Attendees will leave with a blueprint for engaging workplaces in comprehensive and sustained mental health promotion and suicide prevention.
  - Jess Stohlmann-Rainey, M.A., Senior Program Director, Carson J Spencer Foundation, Denver

- **Emotion Regulation and Family Connections Course: Got Skills?**
  Get the basics of a Borderline Personality Disorder (BPD) diagnosis and gain specific techniques to stay connected in emotionally challenging relationships. Hear from parents of individuals living with BPD and explore skills relevant to preserving relationships, enhancing family cohesion & maintaining well-being.
Jackie Mashore, Trainer, NAMI Family-to-Family and NEA-BPD Family Connections Courses, National Education Alliance on Borderline Personality Disorder, Jones, Okla.
Joy Sprague, Board Member, National Education Alliance for Borderline Personality Disorder, Bainbridge Island, Wash.

- **Family Involvement with Individual Placement and Support (IPS)**
  Families may have concerns about their family member returning to work, or even starting their first job. Concerns include job related stress, ability to work and/or loss of social security benefits. Families, advocates and job seekers will learn the practices and principles of IPS supported employment and learn about employment as a key component of the recovery process as well as how to get involved and referred to programs near them.
  - Paul Barnett, M.S., M.A., LPC, Manager of Evidence Based Practice Programs, Office of Behavioral Health, Colorado Department of Human Services, Denver
  - Stacey Teegardin, M.S., Individual Placement and Support (IPS) Trainer, Office of Behavioral Health, Colorado Department of Human Services, Denver

- **Is it Time to Rethink I Can?**
  Conventional practices in education and psychology often assert a positive, believe-in-yourself, “I think I can” approach. We sanitize our stories, overlook adversity’s role and downplay challenges because we are fearful of how it reflects upon us. Yet these very challenges often precede cultivation of self-efficacy, identity and resilience. Learn how to embrace to reduce anxiety associated with perfectionism and pressures in society and move towards resilience.
  - Kristen Lee Costa, Ed.D., M.S.W., LICSW, Lead Faculty, Behavioral Sciences, Northeastern University and Chief Executive Officer, Mentalligence, Westport, Mass.
  - Kathleen Mackenzie, Ed.D, M.S.W., LICSW, School Adjustment Counselor, Northeastern University and Behavioral Sciences Professor, New Bedford Public Schools, New Bedford, Mass.

- **The Life Exchange Center: Utilizing the Peer Support Model to Reduce Hospitalization and Improve the Chance of Recovery**
  The Life Exchange Center is a peer-run, consumer driven center for hope and recovery. Utilizing a peer support model at a consumer operated service helps reduce hospitalizations, recidivism in the legal system and improves the chance of recovery of those diagnosed with a Mental Illness. Attendees will learn about the lived experiences of those who have gone through the program as well as ideas on how to develop similar programs in their own communities.
  - Orlando O. Grant, M.S., Executive Director, Life Exchange Center, Cleveland, Ohio
  - Channetha Peyton, Peer Support Specialist, Life Exchange Center, Cleveland, Ohio

- **Preparing for College: Proactive and Practical Solutions for Stress and Mental Health**
  Research suggests that even if students know about campus services, they may not feel comfortable utilizing them. Attendees will review literature concerning the needs of college students living with mental illness, the barriers to using existing
services and a practical plan for students to take charge of their mental health so that they can be successful in their academic careers.

- Lauren Young, Ph.D., LPC, Faculty Council, Counseling and Psychology, University of Phoenix, Louisville, Colo.

- **Saving our Girls: A Focus on the Mental Wellness of African American Girls**
  Culturally sensitive mental health education and awareness is incredibly important. Participants will learn about the lack of mental health education, tools and support geared toward capturing the vulnerable and suffering population of young black girls. Attendees will be moved to advocate for an underserved population and promoting early identification and intervention among a group that is commonly misdiagnosed and/or undiagnosed.
  - Lauren Carson, Executive Director and Founder, Black Girls Smile Inc., Atlanta

- **Suicide Prevention and Behavioral Health in the Fire Service**
  The fire service is experiencing behavioral health issues and suicide rates that are rising at an alarming rate. Firefighters educating firefighters is a major key for success and partnership with a recognized expert is extremely valuable to convey the correct message on education and is a necessary tool to prevent future tragedies. The Fire Department in Denver provides education and resources to begin to enter this adversarial culture to reduce the stigma and provide much needed behavioral health tools. Attendees will view an example of a successful model to break down the stigma as well educate members on tools to recognize and offer help to individuals in mental crisis.
  - Manny Almagure, Assistant Chief, Denver Fire Department, Denver
  - Scott Heiss, Division Chief, Denver Fire Department, Denver
  - Greg Pixley, Captain, Denver Fire Department, Denver
  - Sally Spencer-Thomas, Psy.D., Chief Executive Officer, Carson J. Spencer Foundation, Denver

1:00pm – 2:00pm

Open Mic with NAMI Board

2:15pm - 3:45pm

**Major Topic Sessions**

- **Cutting through Election Noise to #Act4MentalHealth**
  Elected officials make decisions about where and how you and your family get mental health services and supports. While they are candidates, there’s a valuable window of opportunity to get your voice heard as a potential voter. No one can tell them better than you, the voice of lived experience, about the need for mental health care. Learn how to cut through the noise and get through to candidates to ask questions and share NAMI’s non-partisan mental health priorities. Attendees will walk away with clear messages, a grassroots perspective on making NAMI and mental health visible to candidates and hear insights from an experienced elected official.

- **Psychological, Social and Spiritual Faith Journeys for Veterans and Military Personnel**
  Many veterans and military personnel experience repeated exposure to violence, which has a direct impact on psychological, social and spiritual development. What can faith communities do to better help veterans and families process issues related to God, civilian adjustment, cultivating meaning and hope? NAMI FaithNet and the NAMI National Veterans and Military Council are partnering to provide insight into
and education about the lived experience of those who have experienced trauma, specifically veterans and military personnel. Come learn about what treatment practices are most helpful, how trauma/war experiences force us to rethink our spiritual beliefs and what some faith communities are doing. Attendees will acquire educational resources and tools to more effectively welcome, include and support veterans and military families impacted by trauma through local communities and faith groups.

- **Stepping Up: A Plan for Reducing Incarceration of People with Mental Illness**
  In the course of a year, approximately 2 million people with serious mental illness are admitted to jails in the United States. Since jails are not equipped to provide effective mental health and substance abuse treatment, symptoms frequently worsen during incarceration; people reenter communities without the services and supports necessary for recovery and are at high risk of recidivism. NAMI is involved in an exciting initiative called *Stepping Up* with the Council of State Governments, the National Association of Counties, the American Psychiatric Association, the Major Sheriffs Association, and others to address this disturbing and unnecessary crisis. Learn more about this important initiative, the strategies being used in select communities to reduce the unnecessary criminalization of people with serious mental illness and learn what you can do to impact in your communities.

- **We Can’t Wait! The Public Health Imperative for First Episode Psychosis Programs**
  In the US, a young person with early psychosis waits about 74 weeks before getting care while those in the UK wait about 7 weeks. We can’t wait while young lives get off track and families struggle with what to do. We know what works, yet effective first episode psychosis programs still don’t exist in most communities. We can change that by spreading the word about these programs and advocating for program expansion. It will take individuals impacted by early psychosis, families, NAMI leaders and allies working together to change the standard of care. This dynamic session will share the core components of first episode psychosis programs, the difference these programs make in young lives, new information and resources from NAMI and the successful strategies used by one state to expand these programs statewide.

4:00 pm – 5:45 pm  
State Caucuses (Two Groups. One is 4:00 – 4:45pm, other is 5:00 - 5:45pm)

6:30 pm – 7:30 pm  
Grieving Support Group

7:30 pm – 9:00 pm  
NAMI Connection & NAMI Family Support Groups

7:30 pm – 9:00 pm  
Special Presentation

9:15 pm – 9:45 pm  
NVMC Candlelight Vigil
Friday, July 8

8:45am – 10:00am

Research Updates – Group One

**Depression**
- Jan Fawcett, M.D., Professor of Psychiatry, University of New Mexico, Albuquerque, N.M.

**Schizophrenia**
- Robert Freedman, M.D., Chair, Department of Psychiatry, University of Colorado, Anschutz Medical Campus

**Schizoaffective Disorder**
- Ken Duckworth, M.D., Medical Director, NAMI, Arlington, Va.
- Jacqueline Maus Feldman, M.D., Professor Emeritus, Department of Psychiatry and Behavioral Neurobiology, University of Alabama at Birmingham, Associate Medical Director, NAMI and Editor-in-Chief, Community Mental Health Journal, Birmingham, Ala.

10:30am – 11:45am

Research Updates – Group Two

**Bipolar Longitudinal Studies: Impact and Future State**
- Simon Evans, Ph.D., Research Assistant Professor, Department of Psychiatry, University of Michigan Heinz C. Prechter Bipolar Research Fund, Ann Arbor, Mich.

**Borderline Personality Disorder**
- Stephanie D. Stepp, Ph.D., Associate Professor, Psychiatry & Psychology, University of Pittsburg School of Medicine, Pittsburgh, Pa.
- Perry Hoffman, Ph.D., President, Board of Directors, National Education Alliance for Borderline Personality Disorder, Mamaroneck, N.Y.

**First Episode Psychosis**
- Ken Duckworth, M.D., Medical Director, NAMI, Arlington, Va.

**PTSD**
- Janine D’Anniballe, Ph.D., Director of Community Services and Trauma-Informed Care, Mental Health Partners, Boulder, Colo.

12:15pm – 1:45pm

Poster Sessions: Group Two

- **Disentangling the Mental Health and Criminal Justice Systems**
  It is important that the mental health and criminal justice systems be disentangled. By doing so, we will achieve a society that embraces mental and behavioral health differences and supports equitable access to care and a criminal justice system that ensures public safety and does not serve as the default system for mismanaging the nation’s mental health. Attendees will learn about the monetary and societal costs of maintaining the status quo and about the reforms and practices that can move us in the direction of disentangling these two systems, including Crisis Intervention.
Training for law enforcement, diversion pre-arrest and pre-trial, problem solving courts, mental health treatment in jail, and reintegration into the community.

- **Genetic Testing for Medication Response: Empowering Patients Toward Mental Wellness**
  Mental illness is one of the leading causes of disability, with 1 in 4 adults being diagnosed with a mental illness each year, yet medication treatments for psychiatric disease are known to have significant challenges with efficacy and tolerability. A rapidly growing body of literature supports that pharmacogenomics – looking at how a patient’s genes influences their response to medications – can improve patient outcomes and reduce healthcare costs. GeneSight is a pharmacogenomic test that has demonstrated improved clinical outcomes in three published clinical trials and cost effectiveness in two published studies. Learn about pharmacogenomics, the benefits and limitations of this technology and how to talk to health care providers about obtaining and/or understanding test results.

  - Kim Horn, MS, LCGC, Genetic Counselor, Assurex Health, Mason, OH.

- **Healing Grief through Mindfulness**
  Grief can evolve into a mental illness if not dealt with appropriately. Increasing research on mindfulness shows that it benefits client’s healing in numerous ways. Grief counseling practices historically have focused on the Kubler-Ross stages of denial, anger, bargaining, depression and acceptance. However, little discussion has linked mindfulness and healing of grief and loss. Learn about traditional grief and loss theories, types of loss, mindfulness and how to integrate mindfulness techniques with grief and loss counseling.

  - Sharon Hastings, Ed.D., M.A., Director of Clinical Counseling, University of Phoenix, Lonetree, Colo.
  - Jean Miller, M.A., LPC, NCC, ACS, Campus College Chair, College of Social Sciences, University of Phoenix, Lone Tree, Colo.

- **How to Integrate Evidenced-Based Motivational Interviewing Techniques with a Community-Based On-Site Peer/Clinical Model**
  Partnering clinical and peer staff together provides the ultimate action and advocacy for members. Utilizing an evidence-based training strategy like Motivational Interviewing (MI) achieves the foundational training platform for success in engaging and creating change with members. Utilizing expertise with a Peer/Clinical Intensive Care Management model, participants will learn how to incorporate evidence-based Motivational Interviewing strategies to elicit the highest level of member engagement in crisis-related interventions.

  - Sandra Quinn, M.Ed., LPC, Vice President, Member and Provider Support, Beacon Health Options, Rocky Hill, Conn.
  - Knute Rotto, ACSW, Chief Executive Officer, Beacon Health Options/Connecticut Behavioral Health Partnership, Rock Hill, Conn.

- **KINECT 3: A Randomized, Double-Blind, Placebo-Controlled Trial for Tardive Dyskinesia**
  There are currently no FDA-approved treatments for tardive dyskinesia (TD), a persistent and often disabling movement disorder resulting from chronic antipsychotic exposure. Learn about KINECT 3, a double-blind, parallel-group, six-week, placebo-controlled trial in subjects with moderate or severe antipsychotic-
induced TD and underlying schizophrenia, schizoaffective disorder, or mood disorder. Attendees will be better informed about the clinical trial data for a promising investigational therapy.

- **Bill Aurora, Pharm.D., BCPP, Vice President, Medical Affairs, Neurocrine Biosciences, San Diego**

- **Mental Health Re-Entry Courts in the Federal System**
The rate at which individuals living with mental illness enter a system that is not adequately equipped or funded to address mental illness is increasing. Mental health re-entry courts are an important piece of assisting in reducing this issue within the criminal justice system. Learn about the importance of these courts, how they impact individuals and what a typical session in a mental health re-entry court looks like. Attendees will also gain access to resources for those who wish to establish or advocate for mental health courts in their jurisdictions.
  - **Jennifer Parker, M.S.W., M.S., United States Probation Officer, United States Probation Office, St. Louis**

- **Suicide Prevention and Warning Signs: What Individuals, Families, Friends and Service Providers Need to Know**
NAMI NH’s Connect Suicide Prevention Program is designated as a national best practice training program in suicide prevention, intervention and response after a suicide death. The Connect program uses an ecological model which works across systems to engage key stakeholders including health and mental health providers, law enforcement, educators, faith leaders, hospitals, family members and others in promoting early identification and treatment of those at risk. The Connect program has demonstrated statistically significant results for reducing stigma as well as increasing knowledge and comfort level at assisting someone at risk of suicide accessing help. The Connect program has presented in over thirty states, twenty tribal nations and five countries as well as with the Department of Defense and Veterans Administration. The poster will highlight how an ecological model engages community stakeholders, warning signs for suicide and show evaluation outcomes.
  - **Ken Norton, M.S.W., LICSW, Executive Director, NAMI New Hampshire, Concord, N.H.**

- **Wellness in Mental Illness**
Hear experiences of hope and wellness from a senior living with mental illness sharing self-help techniques, research on mental illness, the power of words and stigma and living beyond recovery into wellness. Participants will gain access to tools and wellness techniques to help anchor thoughts and visualizations for individuals, families and community members.
  - **Joseph Gallo, Mental Health Advocate and Volunteer, South Metro Health Alliance and Healing Our Youth, Centennial, Colo.**

1:00pm – 1:45pm

Legislative Briefing

2:00pm – 3:15pm

Workshops – Group B

**Crisis as Opportunity: Integrating Peers into Crisis Alternatives in Parachute NYC**
Parachute NYC provides alternatives to hospitalization for people experiencing emotional crises. Parachute NYC offers free, community-based options that focus on overall wellness, recovery, and hope. Using evaluation evidence and front-line
experiences of a peer supporting people in crisis and a community provider in launching Parachute NYC, session attendees will gain practical information and a context to advocate for crisis alternatives that integrate peers.

- Mary Jane Alexander, Ph.D., Research Scientist, Nathan Kline Institute for Psychiatric Research, Orangeburg, N.Y.
- David Lindy, M.D., Chief Psychiatrist and Clinical Director, Community Mental Health Services, Visiting Nurse Service of New York, New York
- Antonio Munoz, Peer Specialist, Parachute NATM Mobile Team, Visiting Nurse Service of New York, New York
- Neil Pessin, Ph.D., Vice President, Community Mental Health Services, Visiting Nurse Service of New York, New York
- Moderator: Pablo Sadler, M.D., Medical Director, Mental Health, New York City Department of Health and Mental Hygiene and Project Director, Parachute NYC, Queens, N.Y.

Dialectical Behavior Therapy with Adolescents

Learn about research findings, basic intervention strategies, safety-planning and risk assessment of Dialectical Behavior Therapy (DBT) with adolescents. Attendees will learn about an evidence-based treatment for adolescents at high risk of suicide and how to increase the availability of DBT in community mental health settings.

- Claudia Avina, Ph.D., Project Director, Los Angeles Biomedical Research Institute and Research Therapist, Department of Child and Adolescent Psychiatry, University of California, Los Angeles, Sierra Madre, Calif.
- Michele Berk, Ph.D., Assistant Professor, Stanford University School of Medicine, Palo Alto, Calif.

Family is Forever: One Family’s Story of Hope Through Mental Illness

Family plays a crucial role in an individual’s recovery from severe and persistent mental illness. However, families are often disconnected due to stigma, guilt and a system that does not adequately support the critical role of family in recovery. Hear from a family on how the trauma of mental illness created a sense of hopelessness and helplessness. Panelists will share the impact of mental illness on parents, siblings, and the individual living with mental illness as well as how a loving family, with adequate support, can be the cornerstone to lifelong recovery. Attendees will gain a better understanding of the potential to promote supportive family relationships, resiliency and recovery.

- Ben Gibbs, Student, University of California, Hastings, San Francisco, Calif.
- Daniel Gibbs, Mental Health Specialist, Orange County Behavioral Health Care Agency and Secretary of the Board of Directors, NAMI Orange County, Fullerton, Calif.
- Nancy Gibbs, NAMI Member, Laguna Beach, Calif.

How NAMI Affiliates Are Working to End Executions of Individuals Living With Mental Illness

Individuals with mental illness should not be subject to capital punishment if their disorders significantly impair ability to appreciate the nature of their conduct and exercise rational judgment. Come gain a better understanding of the way capital punishment affects individuals with mental illness. Attendees will gain essential tools and tactics to create a mental illness death penalty exemption reform effort and
undertake other legislative reform campaigns, including potential allies and leaders in creating campaign strategy plans.

- Betsy Johnson, Legislative & Policy Advisor, Treatment Advocacy Center, Columbus, Ohio
- Abraham Bonowitz, Campaign Consultant, Ohioans to Stop Executions and Abraham J. Bonowitz Campaign Strategy & Tactics, Columbus, Ohio

**A NAMI CIT Toolkit: Building a Program and Training Volunteers**

Crisis Intervention Team (CIT) training reduces the use of force and helps law officers understand the importance of utilizing diversion programs as an alternative to incarceration. Law enforcement officers attend CIT training once in their careers, so we only get one chance to bring our stories and emotional impact to their training. We must deliver our presentations with excellence every training session. Come learn how to tell personal stories with consistent messaging, reinforce the goals of CIT, and create positive interactive discussions between the officers and the presenting peers and family members. Participants will gain access to CIT tools and resources to take home, build their CIT programs, present with improved skills and help save lives.

- Mark Gale, Criminal Justice Chair, NAMI Los Angeles County Council, West Hills, Calif.
- Moderator: Brittney Weissman, Executive Director, NAMI Los Angeles County Council, Los Angeles

**A New Generation's Perspective: Generational Shifts & Transformative Change in Mental Health**

NAMI members and stakeholders actively seek alternative and innovative approaches to engaging the “next generation”. Older models of mental illness have, over the past two decades, been superseded by new and different vocabularies and identities; changes with significant social and clinical implications. Greater understanding of these generational shifts is critical to NAMI’s continuing engagement with younger generations and greater involvement by emerging leaders. As NAMI seeks to engage individuals “where they’re at”, it’s important to understand and explore the ways in which attitudes toward mental health have changed across generations. Presenters will share the shifts in language and ways of identifying or dis-identifying with particular experiences and labels. Attendees will discuss and take home tools and concrete ways in which NAMI can respond and adapt to emerging youth and young adult perspectives.

- Nev Jones, Ph.D., Research Scientist, California Mental Health Services Oversight & Accountability, Sacramento, Calif.
- Amanda Lipp, Consultant, Lipp & Associates and Board Member, NAMI California, Sacramento, Calif.

**The Power of Partnership: How Collaboration between NAMI and the VA Strengthens Families and Saves Lives**

The challenge of finding resources can put Veterans at risk of isolation and even suicide. Engaging, educating and supporting families is crucial to the recovery of Veterans and military personnel experiencing suicidal thoughts and other mental health symptoms. Learn how to foster local VA – NAMI Affiliate relationships that complement the current VA continuum of care. Discover marketing, recruiting and collaboration strategies to launch NAMI Homefront and other programs for Veterans and their families in your community!
Susan J. McCutcheon, R.N., Ed.D., National Mental Health Director, Family Services, Women’s Mental Health and Military Sexual Trauma - Mental Health Services, Department of Veterans Affairs, Washington, D.C.

Marsden H. McGuire, M.D., M.B.A., Deputy Chief Consultant, Mental Health Standards of Care (10P4M) - Office of Patient Care Services, Department of Veterans Affairs, Washington, D.C.

Moderator: Suzanne Robinson, M.S.W., Senior Manager, NAMI Signature Programs, NAMI, Arlington, Va.

Setting the Record Straight: Mental Illness, Guns and Public Policy

Discussions about gun violence and mental illness are emotional and usually divisive. In the aftermath of tragedies, legislators and policy makers frequently propose policies based on stereotypes that link mental illness and violence rather than research and science. It is important that policymakers and advocates be better informed. Come hear about the most current research on violence and an evidence-based approach to balancing individual rights with safety concerns. Attendees will gain knowledge and insight necessary to communicate effectively on these issues in their states and communities.

Josh Horwitz, J.D., Executive Director, Educational Fund to Stop Gun Violence, Washington, D.C.

Ken Norton, Executive Director, NAMI New Hampshire, Concord, N.H.


Stamping Out Structural Stigma in the Delivery of Behavioral Health Care Services

Individuals with mental health/substance use disorders are often stigmatized by the very healthcare system designed to support them. Stigma can surface through language, tools, operations and culture. Learn about how stigmatizing language impacts care and explore how a behavioral health organization that initially struggled with the concept of recovery transformed into a stigma-free company where person-centered recovery takes center stage. Attendees will learn how to conquer stigma and maintain a recovery-focused atmosphere.

Suzanne Klaus, M.A., Manager of Prevention, Education & Outreach, Beacon Health Options, Trafford, Pa.

Lisa Kugler, Psy.D., Vice President of Clinical Services, Beacon Health Options, Trafford, Pa.

Moderator: Clarence Jordan, Vice President of Wellness & Recovery, Beacon Health Options, Rocky Hill, Conn.

When Old Business Becomes New Business!

NAMI California is the largest NAMI state organization that has tripled their annual revenue, more than doubled their staff in the past five years and established a multi-cultural staff, board, and Annual Multi-Cultural Symposium. However, these successes come with obstacles. Learn about NAMI California’s challenges and successes and how their experiences can help strengthen and grow other NAMI organizations. Participants will learn how the goals of staff and board became unified, measurable, and achievable as well as new methodologies to enhance the approach to expanding strategic partnerships, growing financial resources, embracing and promoting diversity and Inclusion and expanding community outreach and engagement.

Sergio Aguilar-Gaxiola, M.D., Ph.D., President of the Board of Directors, NAMI California, Sacramento, Calif.

Jessica Cruz, MPA, HS, Executive Director, NAMI California, Sacramento, Calif.
3:30pm – 4:45pm

“How To” Sessions.

Our new program offering will give you the tools you need to promote change in your community and in your own life.

- How to Build Criminal Justice Partnerships with Confidence
  Cooperative partnerships to improve police responses to crisis situations are crucial. Learn how to reach out, build partnerships and promote programs like CIT and formulate relationships with police chiefs or sheriffs in your community.
  - Sam Cochran, M.S., Major, Shelby County Sheriff’s Department and Co-Chair, CIT International Board of Directors, Memphis, Tenn.
  - Laura Usher, M.S., Manager, Criminal Justice & Advocacy, NAMI, Arlington, Va.

- How to Convince Someone to Get Treatment: The Tough First Step
  Convincing a troubled loved-one or friend to get psychiatric help can be the biggest challenge. Learn from Dr. Komrad why people don’t often get professional help and how you can work with them to achieve that goal, including methods and tactics of effective communication and persuasion.
  - Mark Komrad, M.D., Psychiatrist, Sheppard Pratt Health System, Professor, Johns Hopkins University and Clinical Assistant Professor of Psychiatry, University of Maryland, Towson, Md.

- How To Erase Stigma in the LGBTQI Community
  Dual stigma is incredibly present in the LGBTQ community of individuals living with mental illness. There are so many unique challenges that face members of the LGBTQ community living with mental illness. Participants will be given tools to help address these issues and learn how to feel empowered as an ally for both communities through cultural competence.
  - Jeff Zacharias, LCSW, CSAT, CAADC, Clinical Director, New Hope Recovery Center, Chicago

- How to Respond to Survivors of Suicide – Words & Resources
  Hear stories from mental health champions about their experiences and learn the appropriate responses and resources for survivors of suicide. Attendees will share and discuss their own resources as well.

- How to Tell Your Story and Change the World
  Your story has value and meaning to change how others view mental illness. Whether you are a peer or family member, your story makes a difference. Learn the elements of effective storytelling. Leave with a draft of your story to educate people around you on the real experience of mental illness.
  - Sita Diehl, Director, Policy & State Outreach, NAMI, Arlington, Va.
  - Julie Erickson, Manager, NAMI Signature Programs, NAMI, Arlington, Va.

- How To Use Service Dogs in Mental Health Recovery
The use of service dogs as adjunct support in mental health recovery is an increasing phenomenon across the US and may allow individuals to have a richer, more engaged life. Learn about the roles that leaders can play in providing their staff and volunteers with resources to benefit their community and how to encourage or even dissuade the pursuit of a service dog with good communication about the lifestyle changes that are productive and challenging for individuals with a lived experience, their loved ones and mental health professionals.

- Ron Morton, M.A., 2nd Vice President, National Board of Directors, NAMI and Manager of Recovery and Resiliency, BlueCross BlueShield, Knoxville, Tenn.
- Carrie Roach, M.S., Chair, NAMI Consumer Council and Employment Specialist of Individualized Placement & Support, Lifetrack, St. Paul, M.N.

- How To Use Technology, Social Media and Data Science to Prevent Veteran Suicide
Veterans with lived experience of suicide and their families want and deserve a voice when advocating for better mental health care, better science about suicide prevention and better community connectedness. Learn how veterans and their family members can use technology and social media to reach out effectively to other veterans and families, connect with their community supports and advocate to their community and health care systems for the best and most innovative approaches to suicide prevention.

- April Foreman, Ph.D., Suicide Prevention Coordinator, Southeast Louisiana Veterans Health Care System and Suicide Prevention Lead, Veterans Integrated Service Network 16/Veterans Affairs, Baton Rouge, La.

- How to Develop Collaborative & Proactive Solutions: the ins and outs of “Plan B”

- Ross W. Greene, Ph.D., Associate Professor, Department of Psychology, Virginia Tech and Founding Director, Lives in the Balance, Portland, Maine

5:30pm – 6:30pm
**Interfaith Prayer & Share Service**
We invite you to participate in an interfaith service; take time to reflect as you help us combine music, prayer, words of hope, silence and a time of remembrance. In this safe and sacred space we invite you to share from their own faith traditions a brief prayer, poem, song, scripture or thought.

7:30pm – 9:00 pm
**NAMI Connection & NAMI Family Support Groups**

7:30pm – 9:30pm
**Friday Night at the Movies**
Saturday, July 9

8:45am – 10:30am  **Research Plenary**
- Sarah Lisanby, M.D., Director, Division of Translational Research, NIMH
- Moderator: Ken Duckworth, Medical Director, NAMI

10:45am – 12noon **Act. Advocate. Achieve.**  
*(NAMI Annual Business meeting)*

1:45pm – 4:15pm **Training and Policy Institutes:**
- *Education, Training and Peer Support Institute*
- *Policy Institute: Effective Engagement: Why it Matters and How You Can Bring it Home*
  NAMI is committed to advancing the conversation around engagement to focus on the values of dignity, respect and authentic connection and to support the needs and wishes of individuals and families. These values strike at the heart of NAMI’s mission to build better lives for the millions of Americans affected by mental illness. And they should inform every aspect of services and supports for individuals and families. Join us to learn about NAMI’s groundbreaking report on effective engagement and hear from experts from across the country about what works. Then, join a conversation about why engagement matters and what you can do to bring it home to your community.
  - Darcy Gruttadaro, J.D., Director of Advocacy, NAMI, Arlington, Va.
  - Adrienne Kennedy, Member, National Board of Directors, NAMI, Austin, Texas
  - Ann-Marie Louison, M.S.W., Co-Director, Adult Behavioral Health Programs, CASES, New York
  - Oscar Jimenez-Solomon, M.P.H., Research Scientist and Research Coordinator, New York State Center of Excellence for Cultural Competence, New York State Psychiatric Institute, Columbia University Medical Center, New York.
  - Laura Usher, M.S., Manager, Criminal Justice & Advocacy, NAMI, Arlington, Va.
  - Moderator: Mike Weaver, Chair, Policy Committee, National Board of Directors, NAMI, Charlotte, N.C.

7:00pm - 9:00pm **Closing Banquet**