

WELLNESS ACTIVITIES FOR TODAY

- 7:15 a.m. **Water Aerobics in the Hotel Pool** Wear your swimsuit and join us for a 45-minute water aerobics class. Fun and great exercise! *(Class is limited to 15 people.)*
- 7:30 a.m. **Let's Walk!** Join the NAMIWalks team for a walk around the beautiful neighborhood surrounding the Hilton Washington. Meet at the NAMI Registration Desk (Concourse Level).
- 8:30 a.m. – 2:30 p.m. **NAMI Hearts & Minds Wellness Center** open in Columbia Hall (Terrace Level).

- 12:45 p.m. – 1:30 p.m. **Exercising at Home** A certified fitness instructor will show you how to use what you've got in your house to design your own exercise program. NEED LOCATION
- 4 p.m. – 7 p.m. **NAMI Hearts & Minds Wellness Center** open in Columbia Hall (Terrace Level).

- 5:30 p.m. – 6:15 p.m. **Sing Before Your Supper** Singing in a group—regardless of your vocal abilities—has been show to raise serotonin levels, is a big contributor to cohesiveness and is fun. NEED LOCATION.

- 7:30 a.m. – 8:30 a.m.
Monroe **BYO BREAKFAST WITH CLIFF RICHEY**
 Cliff Richey was world-famous tennis player in the 1960s and 1970s. He won 45 major tournaments over the span of a 26-year career, was voted the MVP of the Davis Cup national team in 1970 and, that same year, was the number one ranked professional player in the U.S. He also lived with depression, and for the last 20 years he has been an activist on behalf of people with mental illness. Join Mr. Richey at this bring-your-own breakfast and hear his story as he introduces you to his recently released memoir, *Acing Depression: A Tennis Champion's Toughest Match*.

- 8 a.m. – 6 p.m.
Albright **VOTING**
 Credentialed affiliate representatives only.

- 8:30 a.m. – 2:30 p.m.
Columbia Hall **EXHIBIT HALL AND NAMILAND OPEN**

- 8:30 a.m. – 5 p.m.
Concourse **REGISTRATION OPEN**

- 9 a.m. – 10:30 a.m.
Ballroom **RESEARCH PLENARY**
NIMH RAISE Study: Altering the Course of Schizophrenia
 The National Institute of Mental Health (NIMH) is launching a large-scale research project, the RAISE Study, to explore the effectiveness of early and aggressive treatment in reducing the symptoms of schizophrenia and preventing the gradual deterioration of functioning that is characteristic of chronic schizophrenia. The study's two principal investigators, Dr. Jeff Lieberman of Columbia University and Dr. John Kane of Zucker Hillside Hospital, along with NIMH Director Dr. Tom Insel, will explain the project and its potential to revolutionize the treatment and course of schizophrenia. They will also explain how stakeholders—including NAMI members—can have input in shaping and participating in the study.

GUIDE TO MEETING ROOM LOCATIONS

LOBBY LEVEL

- Holmead, Independence, Jay, Kalorama, L'Enfant, Morgan, Northwest, Oaklawn, Piscataway

TERRACE LEVEL

- Albright, Boundary, Cardozo, DuPont, Embassy, Fairchild, Gunston
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CONCOURSE LEVEL

- Georgetown, Jefferson, Lincoln, Monroe
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❖ *Thomas Insel, M.D., director, National Institute of Mental Health, Bethesda, Md.*

❖ *Jeffrey Lieberman, M.D., chair, Department of Psychiatry, Columbia University College of Physicians and Surgeons, New York*

❖ *John Kane, M.D., chair, Schizophrenia Research, Zucker Hillside Hospital, Glen Oaks, N.Y.*

❖ *Moderator: Stephen Feinstein, Ph.D., president, NAMI National Board of Directors, Louisburg, Kan.*

10 a.m. – 8 p.m.
Jay

WELCOME CENTER OPEN

10:45 a.m. – 12:15 p.m.

SYMPOSIA

Ballroom

Improving Outcomes by Integrating Mental Health in Primary Care

People with mental illnesses die on average 25 years earlier than those living without a mental illness. There is a critical shortage of mental health professionals and limited access to quality mental health care among ethnically and racially diverse communities. As our nation moves forward with health care reform, the discussion is increasingly turning to the need to integrate mental health in primary care. But, what does that really mean? What models exist that show improved outcomes on these disparities from integrating mental health in primary care? This session will explore effective models of integration and proven approaches to improving the lives of children and adults living with mental illnesses.

❖ *Marie Mann, M.D., M.P.H., medical officer, Child Health Bureau, Health Resources and Services Administration, U.S. Department of Health and Human Services, Washington, D.C.*

❖ *Moderator: Keris Myrick, M.B.A., Ph.D., member, NAMI National Board of Directors, Pasadena, Calif.*

The Outstanding Psychologist Award will be presented during this session.

Ballroom West

Implementing the 2008 Federal Parity Law: What It Means for You

Curious about how the recently passed federal parity law will affect individuals and families with mental illness and co-occurring disorders? Join our panel of distinguished representatives from the Center for Medicare and Medicaid Services, the U.S. Department Labor and the U.S. Department of the Treasury as they discuss federal regulations and the implementation of parity. They will address oversight, how federal parity will interact with state laws and what parity will and will not do for individuals and families. Don't miss this opportunity to hear from and question key federal agencies on this important health care topic.

❖ *Amy Turner, Employee Benefits Security Administration, U.S. Department of Labor, Washington, D.C.*

❖ *Henry Harbin, M.D., independent consultant, Columbia, Md.*

❖ *Moderator: Andrew Sperling, director, Legislative Affairs, NAMI, Arlington, Va.*

Lincoln

Employment Models

International Center for Clubhouse Development (ICCD) Clubhouses, which now number more than 300 worldwide, is founded on the realization that recovery from serious mental illness must involve the whole person in a vital and culturally sensitive community. An ICCD Clubhouse community offers respect, hope, mutuality and unlimited opportunity to access the same possibilities for friendship, housing, education, healthcare and employment as the rest of society. Employment continues to be a high priority for people living with serious mental illness and their families.

The ICCD Clubhouse employment programs are some of the most successful vocational rehabilitation programs in today's community mental health systems. As a right of membership, ICCD Clubhouses provide members with both transitional employment and independent employment opportunities. ICCD staff and clubhouse members will describe the array of employment services and supports that make ICCD clubhouses unique. Speakers will present the latest data on the effectiveness of this model,

symposia • symposia

FRIDAY

Friday, July 2 (Continued)

(10:45 a.m. – 12:15 p.m. continued)

as well as a first-person account of the impact of clubhouse employment programs.

❖ *Joel Corcoran, executive director, International Center for Clubhouse Development, New York*

❖ *Jack Yatsko, associate executive director for programs, International Center for Clubhouse Development New York*

❖ *Moderator: Jim Payne, member, NAMI National Board of Directors, Falls Church, Va.*

Georgetown

symposia • symposia

Financing and Expanding Children's Mental Health Services

Far too many children continue to receive mental health services in restrictive settings, such as residential treatment centers and hospitals. States and communities often fail to invest in a full array of mental health services, including home- and community-based services. They also fail to take advantage of financing options, such as the Medicaid Home and Community-based Waiver and the Family Opportunity Act, to increase the array of services available to children and their families. Despite the bleak outlook for state and local government budgets, there are options to fund a wider array of services to improve the lives of children and their families. This symposium will explore ways in which states and communities can expand and finance children's mental health.

❖ *Sara S. Bachman, Ph.D., director of research, Catalyst Center, Boston University School of Public Health, Boston*

❖ *Moderator: Darcy Gruttadaro, director, Child and Adolescent Action Center, NAMI, Arlington, Va.*

Jefferson

Family-to-Family as an Evidence-based Practice

NAMI and the University of Maryland faculty have participated in a four-year study, funded by NIMH, of the Family-to-Family Education Program in the state of Maryland. In this study, family members who expressed an interest in taking Family-to-Family and who provided informed consent were randomly assigned to take the class immediately or to wait until the next class. In this symposium, we will present the results of the study to date.

❖ *Lisa Dixon, M.D., M.P.H., University of Maryland School of Medicine, Baltimore*

❖ *Alicia Lucksted, Ph.D., University of Maryland School of Medicine, Baltimore*

❖ *Moderator: Joyce Burland, Ph.D., director, Education, Training and Peer Support Center, NAMI National, Arlington, Va.*

10:45 a.m. – 12:15 p.m.
Monroe

STAR CENTER SESSION: Are We Culturally Competent and Diverse? A Tool to Assess Your Activities

As our nation continues to become more diverse, NAMI's future depends on our ability to successfully engage people from all backgrounds. To do this successfully, first we must assess our current level of cultural responsiveness. This workshop will present an organizational self-assessment tool, created by the STAR Center and University of Illinois/Chicago National Research and Training Center, which provides a structured approach to assessing your programs and services. We will explore different domains, such as: administration, policies and guidelines; peer providers and group leaders; services and supports; program environment and communication and language capacity. We will discuss how to create an action plan for implementing realistic, manageable and effective changes to make your work more culturally competent, inclusive and dynamic

❖ *Maria Jose Carrasco, director, Multicultural Action Center, NAMI, Arlington, Va.*

❖ *Stephen Kiosk, director, STAR Center, NAMI, Arlington, Va.*

12:15 p.m. – 1:45 p.m.

LUNCH BREAK

12:30 p.m. – 1:30 p.m.
Columbia Hall

POSTER SESSION ONE

PF-1 Talk Therapy Television

❖ *Jacob Berelowitz, Talk Therapy TV, Ozone Park, N.Y.*

PF-2 Social Response to Hoarding and Hoarders

❖ *Sally Fronsman-Cecil, NAMI Topeka, Topeka, Kan.*

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- PF – 3 I am Not My OCD, My OCD is Not Me
❖ *Spence McCurry, NAMI Kansas, Wichita, Kan.*

- PF – 4 Consumers as Providers: Agency Success in This Practice
❖ *Mary Garrison, L.C.S.W., A.C.S.W., Millikin University, Decatur, Ill.*

- PF – 5 Disease Management of Medical Conditions for Adults with Severe Mental Illness
❖ *Robert Myers, Ph.D., Brand New Day, Signal Hill, Calif.*

- PF – 6 Consumer Awareness and Comprehension of New York's Mental Health Parity Law
❖ *Ashley Jaksa, NAMI New York City Metro, New Haven, Conn.*

- PF – 7 EMBRACE: A Positive, Progressive Outreach Program for Family Members of Veterans
❖ *Sandrel Joneswebster, NAMI Oklahoma, Stillwater, Okla.*

- PF – 8 Multicultural Competency: The Synergistic Relationship Among Wellness, Recovery and Resiliency
❖ *Deborah Wilcox, Ph.D., Wellness Management and Recovery, Coordinating Center of Excellence, Southeast Behavioral Health, Inc., Columbus, Ohio*

- PF – 9 The Brain Foundation
❖ *Trudy Harsh, The Brain Foundation, Centreville, Va.*

- PF – 10 L-methylfolate Improves Antidepressant Therapy Outcomes
❖ *Tracy Hunter, R.Ph., Ph.D., Wingate University School of Pharmacy, Wingate, N.C.*

- PF – 11 Preventing Restraint and Seclusion in Emergency Services
❖ *Howard Trachtman, C.P.S., Boston Resource Center, Waltham, Mass.*

- PF – 12 Days of Labor: Patient Labor and Chronic Mental Illness at Willard Asylum, 1865 to 1890
❖ *Hanan Ohayon, Hunter College of the City of New York, Brooklyn, N.Y.*

12:45 p.m. – 1:30 p.m.
Ballroom

IMPLEMENTING HEALTH REFORM: THE FEDERAL AGENDA

A NAMI forum with SAMHSA Administrator Pam Hyde.

2 p.m. – 3:30 p.m.

SYMPOSIA

Ballroom

Decriminalizing Mental Illness:

Making the Case for Justice Reinvestment During Difficult Economic Times

Spending on corrections is at record high levels even as states and communities struggle with rapidly growing budget deficits. Concerns about out-of-control correctional spending have sparked interest in strategies to reinvest justice dollars into services that are both cost effective and produce good outcomes. This symposium will describe how the current economic climate provides opportunities for advocates seeking to make the case for alternatives to incarceration for people with serious mental illnesses. Hear the latest data on the costs and benefits of jail diversion and community re-entry programs. Learn about available federal and state resources to support these initiatives.

❖ *Pete Earley, author, CRAZY: A Father's Search Through America's Mental Health Madness, Arlington, Va.*

❖ *Fred Osher, M.D., director, Health System and Services Policy, Council of State Governments Justice Center, Washington, D.C.*

❖ *Moderator: Ron Honberg, director, Policy and Legal Affairs, NAMI, Arlington, Va.*

(2 p.m. – 3:30 p.m. continued)

Jefferson

Wrestling with Our Inner Angels: Faith, Mental Illness and the Journey to Wholeness

Most of those who treat people with mental illness would rather not talk about the religious and spiritual beliefs of those under their care. They are fearful of what might be unleashed or what dangerous tendencies or delusions might be reinforced. In return, people seeking treatment don't reveal the details of their inner lives because they believe their caregivers would see them as even more sick and suspect that their honesty might be held against them. But respecting the spiritual and religious beliefs of a person with mental illness can actually open the way to greater meaning, support and healing.

- ❖ *Nancy Kehoe, Ph.D., clinical instructor in psychology, Department of Psychiatry, Harvard Clinical and Translational Science Center, Boston, Mass.*
- ❖ *Moderator: Guyla Daley, member, NAMI National Board of Directors, Hilton Head, S.C.*

Ballroom West

Veterans and Military Mental Health: Can VA and DoD Move Forward Together?

Hundreds of thousands of soldiers, sailors, airmen, and Marines are returning from combat in need of a range of mental health, reintegration and readjustment counseling services. In-service suicides have become an especially tragic emblem of our nation's failure to reach some war veterans in crisis. The military leadership is gaining an emerging awareness of the inevitable effects of war on combat troops. Considering that almost half of all deployments to the two war zones are National Guard and Reserve members, who are without the post-deployment services that are available on military bases for active duty service members and military families, both military and VA health care authorities are moving forward with a new urgency to jointly improve mental health programs for our newest generation of war veterans. Officials from both the VA and DoD will be invited to report their progress to date and discuss their outstanding challenges in meeting this critical need.

- ❖ *Ira Katz, M.D., deputy chief patient care services officer, Department of Veterans Affairs, Washington, D.C.*
- ❖ *Todd Bowers, deputy policy director, Public Affairs, Iraq and Afghanistan Veterans of America, Washington, D.C.*
- ❖ *Elsbeth Cameron Ritchie, M.D., special assistant for mental health, Office of the Army Surgeon General, U.S. Army, Arlington, Va.*
- ❖ *Joy Ilem, deputy national legislative director, Disabled American Veterans, Washington, D.C.*
- ❖ *Jon Towers, professional staff member, VA Health Care Issues, U.S. Senate Committee on Veterans Affairs, Washington, D.C.*
- ❖ *Moderator: John Bradley, consultant, Veterans Affairs, NAMI, Arlington, Va.*

Lincoln

Expanding Access to Affordable Housing for People with Mental Illness

Last year Congress authorized a new National Housing Trust Fund (NHTF) program to invest new funding in the development and preservation of rental housing targeted to extremely low-income households. Over time this new NHTF program offers tremendous promise in addressing the affordable housing needs of people with serious mental illness living on Supplemental Security Income (SSI). An important study by the Technical Assistance Collaborative and the Consortium for Citizens with Disabilities, known as Priced Out in 2008, demonstrates that non-elderly adults living on SSI are (on average) at 18 percent of area median income—well below the standard of extremely low-income renters. Once up and running, the NHTF will provide capital funding through state housing agencies to develop and preserve affordable rental housing for extremely low-income households. This session will explore the potential of the NHTF to develop affordable rental housing options for extremely low-income people living with serious mental illness and the role that NAMI advocates must play at the state level to ensure that the program effectively reaches those most in need.

- ❖ *Sheila Crowley, president, National Low-income Housing Coalition, Washington, D.C.*
- ❖ *Ann O'Hara, associate director, Technical Assistance Collaborative, Boston*
- ❖ *Moderator: Andrew Sperling, director, Legislative Affairs, NAMI, Arlington, Va.*

The Phillip and Sarah Francoeur Award will be presented during this session.

Georgetown

Multicultural Mental Health Research

Recent U.S. Census Bureau projections indicate that minorities will be the majority by the year 2042. For example, more than one of every two people added to the nation's population between July 1, 2007,

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and July 1, 2008, was Hispanic/Latino. NAMI does not currently represent our nation's diversity, yet our health and growth depends on our ability to reach and attract all communities who need

us. This symposium will provide pertinent information on mental health issues faced by people from diverse backgrounds and will explore the field of multicultural mental health research. It will provide an overview of pressing issues in multicultural mental health, major research findings and key information NAMI advocates need to know to get quality services and to advocate for access and quality of care. Specifically, the symposium will focus on cultural competence, disparities and ethnopsychopharmacology research

- ❖ *William Lawson, M.D., professor, Department of Psychiatry and Behavioral Science, Howard University, Washington, D.C.*
- ❖ *Annelle Primm, M.D., deputy medical director, American Psychiatric Association, Washington, D.C.*
- ❖ *Moderator: Henry Acosta, M.S.W., member, NAMI National Board of Directors, Bordentown, N.J.*

The Multicultural Outreach Award will be presented during this session.

Wealth Building Tools: Breaking the Cycle of Poverty for Individuals with Mental Illness

Too many people with mental illness are being forced into poverty. Poverty, in turn, decreases mental and overall health. This session will provide resources for breaking this cycle and changing the economic expectations of people with mental illness and their families. Programs that promote financial stability are underutilized by individuals with mental illness. This symposium will describe how to maximize numerous employment, benefit planning and wealth building resources and tools. Advocates will also learn what they can do to change policies that drive people with mental illness into poverty.

- ❖ *Suzanne Clifford, M.B.A., Inspiring Transformations, Inc., Indianapolis*
- ❖ *Moderator: Stephen Feinstein, Ph.D., president, NAMI National Board of Directors, Louisburg, Kan.*

Monroe

symposia

3:45 p.m. – 5:15 p.m.

WORKSHOPS – GROUP ONE

Workshop 1-A
Jefferson

Extending Lives: Integrating Mental Health and Primary Care

Many people with serious mental illness die significantly earlier than individuals who do not have a mental illness. This is a staggering and sad statistic, made sadder still because people with mental illness die from the same causes that those in the general population do: cardiovascular disease, cancer, strokes and complications from diabetes. Lack of access to primary care, problematic health behaviors and possibly metabolic side effects of psychiatric medications are believed to be primary reasons for shortened life expectancy and poorer health among individuals with mental illness. Because many individuals with serious mental illness receive their psychiatric care in community mental health agencies, the integration of primary and mental health care is showing promise for improving the overall health and quality of life for persons with mental illness. This workshop offers practical, hands-on tools to devise the best approach for meeting the comprehensive health needs of people living with mental illness.

- ❖ *Lon Herman, M.A., Best Practices in Schizophrenia Treatment Center, Northeastern Ohio Universities Colleges of Medicine and Pharmacy, Rootstown, Ohio*
- ❖ *Suzanne Clifford, M.B.A., Inspiring Transformations, Inc., Indianapolis, Ind.*
- ❖ *Jonas Thom, M.A., P.C.C., Ohio Coordinating Center for Integrating Care, Cincinnati*
- ❖ *Kimberly Shontz, L.I.S.W., Community Support Services, Inc., Akron, Ohio*
- ❖ *Moderator: Fred Frese, Ph.D., Northeastern Ohio Universities Colleges of Medicine and Pharmacy, Rootstown, Ohio*

Workshop 1-B
Kalorama

Social Media: What It Is, Why It's Important, and What It Means for NAMI

Social media (Facebook, Twitter and many more) offers us the opportunity to gather in online communities of shared interest to create, share and consume content. Globally, the interest and participation in social media is growing at a phenomenal rate. This interest extends to corporations, who are recog-

workshops

FRIDAY

(3:45 p.m. – 5:15 p.m. continued)

Workshop 1-C
Monroe

nizing that social media offers new opportunities to engage in conversations with customers and other communities with shared interests. State and local NAMI affiliates need to learn to use social media—an important (and highly cost effective) tool of engagement and advocacy that also offers a way for people with mental illness to connect, find support, and work toward recovery.

❖ *Cindy Nelson, NAMI Massachusetts, Woburn, Mass.*

❖ *Moderator: Katrina Gay, NAMI, Arlington, Va.*

Telling to Touch: Sharing Your Story in Faith Communities

Helping congregations and clergy develop a more informed view of spirituality and mental illness starts with the sharing of our personal stories. The way in which we tell the story can open doors to understanding and encourage a willingness to learn more. Join the leaders of NAMI FaithNet for an interactive, skill-building workshop that will lead you through the steps of telling your story in the unique environment of the faith community.

❖ *Susan Gregg-Schroeder, M.Div., Mental Health Ministries, San Diego, Calif.*

❖ *Moderator: Carole Wills, M.A.R., The Alban Institute, Indianapolis, Ind.*

Workshop 1-D
Lincoln

Lost Among the Homeless: Locating Missing Persons with Mental Illness

Missing persons with mental illness frequently fall into the gaps of chronic homelessness, exploitation and harm. There are approximately 110,000 reported missing persons in the National Crime Information Center database maintained by the FBI. However, there are thousands of missing persons who are not on the public's radar and are not accounted for in the FBI's database. Many of these people have a mental illness. For 11 years, Outpost for Hope has worked to train police officers, mental health advocates and others to work together to help locate the most vulnerable in our society. Outpost for Hope supports NAMI's efforts to help inform families and people with mental illness about these issues and to nourish the hope of finding loved ones in crisis. This workshop will examine the challenge posed by missing persons with mental illness, detail the resources available to assist advocates and families and offer strategies for recovery and reunification for families in crisis.

❖ *Libba Phillips, Outpost for Hope, Palm Harbor, Fla.*

Workshop 1-E
Oak Lawn

Incorporating Tobacco Cessation into Psychosocial Rehabilitation

Almost 80 percent of people with serious mental illness smoke, consuming nearly half of all the tobacco sold in the U.S. Compared with the general population, individuals with serious mental illness are at greater risk of co-morbid health problems and premature death. People with mental illness account for about half of the annual death toll from smoking. Yet, many individuals with serious mental illness remain unaware of programs to help them quit smoking, and too few of those programs provide integrated approaches to tobacco cessation in mental health settings that include peer supports. We need cost-effective interventions that attempt to decrease the morbidity and mortality associated with tobacco use among people with serious mental illness. In this workshop, we will share the lessons learned from integrating smoking cessation activities in an ICCD Clubhouse, as well as strategies that groups can use to implement organizational change in regard to tobacco use.

❖ *Colleen McKay, Center for Mental Health Services Research, University of Massachusetts Medical School, Worcester, Mass.*

Workshop 1-F
L'Enfant

Modern-day Mood Stabilizers: Let Your Pharmacist Introduce You to the Side Effects

People with bipolar disorder have a wide range of medication treatment options available to treat the symptoms of their illness. Those who have a good response to the medication need to be aware of potential side effects so that they can actively participate in discussions about these issues with their clinician. This workshop will familiarize attendees with the different side effects of older mood stabilizers (lithium, valproic acid and carbamazepine) compared to atypical antipsychotics, offer information about how to properly and pro-actively monitor side effects and identify ways to prevent adverse effects. *This workshop is presented in collaboration with the College of Psychiatric and Neurologic Pharmacy.*

❖ *Jerry Overman, Pharm.D., B.C.P.P., College of Psychiatric and Neurologic Pharmacy, Washington, D.C.*

❖ *Steven Burghart, D.Ph., M.B.A., B.C.P.P., ID TO COME*

❖ *Moderator: Julie Kissack, Pharm.D., B.C.P.P., professor and chair, Pharmacy Practice, Harding College of Pharmacy, Searcy, Ark.*

workshops • workshops • workshops

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Workshop 1-G
Morgan

Borderline Personality Disorder in Adolescents

Borderline Personality Disorder (BPD) in adolescence is under-recognized, yet several of the symptoms of this Axis II disorder

are present in many of the adolescents seeking treatment in inpatient, residential and outpatient settings. It is important that parents and other family members learn to recognize the symptoms of BPD in adolescents and be aware of the effective treatment options for teenagers with this disorder—including dialectical behavior therapy, mentalizing and other modalities. Because of the stigma that often accompanies BPD, we will help loved ones to realize that this is a psychiatric condition—NOT a behavioral choice.

❖ *Blaise Aguirre, M.D., Dialectical Behavior Therapy Workshop, McLean Hospital, Belmont, Mass.*

Workshop 1-H
Holmead

Psychiatric Advance Directives: Giving a Voice to Consumers

Psychiatric Advance Directives (PADs) allow a person with mental illness to indicate treatment preferences and assign surrogate decision makers in advance of mental health crises. This workshop begins with a poignant new short documentary, *Crisis in Control*, created by physician, filmmaker, and the workshop presenter, Dr. Delaney Ruston. Here Ruston explores how PADs can help her and her father, who has schizophrenia, get the care he needs when in crisis. “How can my dad’s treatment preferences be known before his mind is overcome by paranoia? How can I know that my dad’s wish of having me involved with his care will be honored no matter what he says in a crisis?” After the film, Ruston will discuss the latest exciting data on the effectiveness of these advance directives and will review ways to successfully complete a PAD to ensure its greatest impact.

❖ *Delaney Ruston, M.D., Mydoc Productions, Seattle*

Workshop 1-J
Fairchild

Taking It to the Streets: Raising Awareness and Advocacy in Minority Communities

July was designated by the U.S. Congress last year as Bebe Moore Campbell National Minority Mental Health Awareness Month. The goal is to increase awareness about mental illness, treatment options, and recovery among minority groups—particularly African Americans. NAMI affiliates need to partner with each other, other advocacy groups and governmental agencies to work toward this goal, by planning and implementing activities during the month of July. This session offers information on disparities among minority consumers and clinicians, recaps what has been done to increase awareness in the last two years and presents an opportunity to brainstorm on new activities.

❖ *Rodney Mitchell, REEntry Legal Services, Los Angeles*

❖ *Linda Wharton Boyd, Ph.D., chief of staff, office of District of Columbia Council Member Michael Brown, Washington, D.C.*

❖ *Barbara Bazron, Ph.D., District of Columbia Department of Mental Health, Washington, D.C.*

❖ *Moderator: Nancy Carter, NAMI Urban Los Angeles, Los Angeles*

Workshop 1-K
Cardozo

The Words to Say It: After a Parent’s Suicide

By conservative estimates, between 10,000 and 20,000 children and adolescents in the U.S. experience a parent’s suicide each year. The presenter of this workshop, author of *In Her Wake: A Child Psychiatrist Explores the Mystery of Her Mother’s Suicide*, was four years old when she lost her mother to suicide. She will recount her own experience and offer guidelines for how adults can explain suicide and help bereaved children heal.

❖ *Nancy Rappaport, M.D., Harvard Medical School, Cambridge, Mass.*

❖ *Moderator: Ken Duckworth, M.D., NAMI, Arlington, Va.*

Workshop 1-L
Independence

Consumers Reducing the Use of Restraint and Seclusion

While much work has been done by the medical community to reduce the use of restraint and seclusion, there is a growing movement to include people living with mental illness in this effort. Individuals are working in hospitals as patient debriefers and pro-actively striving to prevent restraint and seclusion before it happens. People living with mental illness are serving on important boards and committees at the national, state and local levels, publishing scholarly articles and teaching the next generation of

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(3:45 p.m. – 5:15 p.m. continued)

Workshop 1-M
Georgetown

helping professionals on how to further reduce or eliminate the use of restraint and seclusion. Consumers are now employed in emergency services departments and psychiatric evaluation centers and are staffing warmlines (peer operated compassionate listening and information/referral phones lines). The consumer-presenters in this workshop—leaders in research, systems and culture change, and the dangers of restraint and seclusion—have been at the forefront of the movement to reduce—and eventually eliminate—the use of restraint and seclusion.

- ❖ *Gayle Bluebird, R.N., Bluebird Consultants, Gainesville, Fla.*
- ❖ *Wanda Mohr, Ph.D., R.N., University of Medicine and Dentistry of New Jersey, New Hope, Pa.*
- ❖ *Moderator: Howard Trachtman, C.P.S., Boston Resource Center, Waltham, Mass.*

Making an Impact by Engaging in Elections

How do school advocates, environmental groups, and other special interests manage to get the attention of elected officials? The answer is simple: by engaging in election activities. If you're concerned about how mental health issues fare in your state, attend this workshop. We'll show you how to become involved in selecting and electing candidates, how to gain influence through non-partisan involvement in elections and how to ensure that mental health issues are addressed in political campaigns.

- ❖ *Sue Abderholden, NAMI Minnesota, St. Paul, Minn.*
- ❖ *Moderator: Angela Kimball, NAMI, Arlington, Va.*

Workshop 1-N
Gunston

NIMH Genetics Research: Brain Biology and Susceptibility to Schizophrenia

For several years, NIMH brain research has focused on how the prefrontal cortex is affected by expression of certain genetic variations. Over the last decade a number of studies have helped to identify genes that may represent risk factors for schizophrenia. It is the hope that, in the future, this research will help us understand the neurobiology and role of genetics in the development of schizophrenia. Presenters in this workshop will help attendees understand how genetic expression might influence neuropathways and deficits in cognition. Attendees will also learn how to participate in NIMH research studies on both an inpatient and outpatient basis.

- ❖ *Daniel Weinberger, M.D., National Institute of Mental Health, Bethesda, Md.*
- ❖ *Melanie Bose, National Institute of Mental Health, Bethesda, Md.*
- ❖ *Moderator: Joann Berkson, R.N., National Institute of Mental Health, Bethesda, Md.*

Workshop 1-P
Northwest

Side-by-Side for Independent Living: A Program for Older Adults with Mental Illness

By 2020 the population of those 60 years old or older will double. Older adults with mental illness will be facing—in addition to their psychiatric conditions—age-specific medical and social challenges. Family caregivers are the largest source of long-term care for their aging family members with mental illness. They need to understand their loved ones' necessities and to connect with the appropriate resources to address those needs grows every day. Side-by-Side for Independent Living was developed, and is currently being evaluated, by professionals in the field of geriatric mental health and families with experience addressing the needs of older adults with mental illness. The program consists of eight psychoeducation modules that focus on such key topics as managing medical and psychiatric care, depression, challenging behaviors and legal issues.

- ❖ *Bernadette Seifert, L.I.C.S.W., NAMI New Hampshire, Concord, N.H.*
- ❖ *Moderator: Michael Cohen, M.A., C.A.G.S., NAMI New Hampshire, Concord, N.H.*

Workshop 1-Q
Piscataway

Power Me Up! Regaining Personal Power and Self-esteem After a Mental Health Crisis

Recovery from mental illness is a challenge, to say the least. It is particularly challenging when a person has become frail from the onslaught of stigma—both self-inflicted and that which comes from others. So many people with mental illness are struggling to function after a crisis. This interactive workshop will explore the meaning and importance of self-esteem and the impact it has on an individual's personal power to make things happen. We'll talk about practical ways to develop and regain self-esteem and to begin taking positive actions to accomplish personal re-entry goals.

- ❖ *Deanna Green, Power Seminars and Coaching, LLC, Columbia, Md.*

Workshop 1-R
Embassy

Implementing CIT Programs for School Resource Officers

School resource officers are frequently first-line responders to youth experiencing psychiatric crises.

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Unfortunately, these officers often have not been trained to respond effectively to these situations, which can result in unnecessary injuries or arrests. Interest is growing in adapting the adult CIT

model to meet the needs of youth in psychiatric crisis. This workshop will introduce participants to CIT for Youth as a cutting edge program that brings together law enforcement personnel, mental health and other social services providers, consumer and family advocates, school personnel and juvenile justice leaders to effectively address youth in psychiatric crisis. It will provide participants with the opportunity to learn from representatives from two states about their first-hand experience in promoting and implementing CIT for youth, including their step-by-step process, the critical role families and consumers play, common challenges, sustainability issues and lessons learned thus far,

- ❖ *Detective Ron Bruno, Salt Lake City Police Department, Salt Lake City, Utah*
- ❖ *Lieutenant David Anders, Lake Charles Police Department, Lake Charles, La.*
- ❖ *Ron Honberg, NAMI, Arlington, Va.*
- ❖ *Moderator: Darcy Gruttadaro, NAMI, Arlington, Va.*

GUIDE TO MEETING ROOM LOCATIONS

LOBBY LEVEL

- Holmead, Independence, Jay, Kalarama, L'Enfant, Morgan, Northwest, Oaklawn, Piscataway

TERRACE LEVEL

- Albright, Boundary, Cardozo, DuPont, Embassy, Fairchild, Gunston
- Columbia Hall
- International Terrace

CONCOURSE LEVEL

- Georgetown, Jefferson, Lincoln, Monroe
- International Ballroom

4 p.m. – 7 p.m.
Columbia Hall

EXHIBIT HALL AND NAMILAND OPEN

GEORGE – LEAVE 3 OR 4 LINES HERE FOR SOME

7 p.m. – 8:30 p.m.
Fairchild

NAMI CONNECTION RECOVERY SUPPORT GROUP

7:30 p.m. – 9 p.m.
Georgetown

SPECIAL SESSION WITH ROSS GREENE, PH.D.

The author of *The Explosive Child* will deliver a talk entitled “Collaborative Problem Solving: Understanding and Treating Kids’ Behavioral Challenges as a Developmental Delay.” Dr. Greene will present his views on why challenging kids are challenging (they’re lacking the skills not to be challenging). He will also discuss what adult caregivers could be doing (solving problems collaboratively) to reduce challenging behavior, improve relationships and communications and, simultaneously, teach lagging skills.

7:30 p.m. – 9 p.m.
Jefferson

SCREENING: UNLISTED: A STORY OF SCHIZOPHRENIA

A special NAMI convention screening of the award-winning documentary by filmmaker and physician Delaney Ruston, *Unlisted* is a gripping documentary that depicts the struggle of the filmmaker, as both daughter and doctor, to bring her father, who has paranoid schizophrenia, back into her life after hiding from him for 10 years. What starts as a powerful story of reconciliation suddenly shifts when Delaney’s father stops his medicine and goes missing. *Unlisted* is a riveting story about one family that challenges us to reflect upon our own ideas of mental illness, compassion and responsibility.

7:30 p.m. – 9 p.m.
Lincoln

POWERFUL VOICES IN DRAMA, SONG AND DANCE

Three highly talented performers will demonstrate how artistic expression has aided in their recovery in an evening of drama, song, dance and celebration!

- ❖ *Michael Mack, award-winning poet and songwriter, will perform portions of his breathtaking “Hearing Voices (Speaking in Tongues)”*, a lyric portrait of his mother’s life with schizophrenia and her recovery.
- ❖ *Sharon Wise will perform “The Amazing Butterfly,” a dance performance that evokes strong emotions about trauma, transformation and recovery.*
- ❖ *Free at Last Players, a theatre troupe in their 20th year, will speak openly in skits and song about their experiences with mental illness and unfair exclusion in all its forms.*