

NAMICon 2020

A Virtual Event • July 13-14

CONVENTION PROGRAM

Together Toward Tomorrow



40 Years of NAMI

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WELCOME

NAMI Family,

I am so pleased to welcome you to the first ever, no cost, virtual NAMICon! When I started at NAMI in January, I was looking forward to being with all of you this week in Atlanta. But things don't always go the way we planned, and that's okay. We now have the opportunity to knock down all of the barriers to entry and offer the vibrant and informative content of our convention to anyone in the world!

Let me say that again — we can show everyone the beauty of NAMI.

Now THAT is innovative!

The theme of this year's NAMICon, "Together Toward Tomorrow." This embodies NAMI's commitment to building a better future for people affected by mental health conditions by providing the help and hope they need most. These two days of programming are about the groundbreaking mental health research that could change lives, the ways we have all adapted to the COVID-19 pandemic and our resiliency as a mental health community. We are tough, we are hardworking and we are never, ever going to give up. These qualities have only been amplified during the COVID-19 pandemic. It's our time to show up in ways we never thought we'd have to. I am excited and proud to meet this challenge with you.

It is my hope that you will be impressed with the programming we put together. It is also my sincere hope that I see you in person at NAMICon 2021.

Thank you,



A handwritten signature in black ink that reads "Daniel H. Gillison, Jr." in a cursive script.

Daniel H. Gillison, Jr.
Chief Executive Officer

WELCOME

To all NAMICon attendees,

Welcome to NAMICon 2020!

What an incredible time to connect, to reaffirm our vision for a better tomorrow and to celebrate our dedication to NAMI's Mission!

Yes, many of us are adjusting to the startling reality that we won't be meeting face-to-face, seeing long-time friends and discovering dozens of new ones. I will miss those great gifts, memories warmly collected from the nine conventions I've attended — beginning with NAMICon 2011 in Chicago and yearly since then. Many dear friendships began at NAMI conventions. Best of all, the gifts of those friendships shine brightly to this day!

Yet, what a testament to our NAMI spirit and determination for us to be welcoming over 22,000 attendees to our first ever virtual convention . . . with numbers growing daily!

I'm overjoyed by what this no-cost virtual convention means for us today. Clearly, we are witnessing an incredible response to NAMI's pivoting to a no-cost, online event. Not only are we demonstrating NAMI's resolve and resiliency; we also are opening the wide, welcoming NAMI door to hundreds of others discovering NAMI for the first time. *Each of us remembers what it was like when we first discovered NAMI — I know I do — and now this discovery moment is being amplified many times over!*

What an historic moment: an extraordinary way to celebrate our 40th Anniversary and our founders. Let's never take for granted what it means to be launching our next decades with the privilege of sharing with thousands across the country. "Going virtual" means we are welcoming thousands more to NAMI and to the mental health movement.

From our local NAMI Affiliates to NAMI State Organizations to the national office, pushing our movement forward is what we're all about. NAMI's resolve began with our founders 40 years ago. Today, NAMI's resolve is as solid and as purpose-driven now as it was then.

Our courageous founders bucked the tides of stigma and antiquated prejudices wherever they found them. Courageously, they found their voices, broke the silence,

broke the shame and pushed against barriers of mid-20th century mindsets, to plead their case wherever they could be heard.

Today we proudly carry our founders' purpose-driven mantle: from NAMI's grassroots to Capitol Hill, from NAMIWalks across the country, in the media, in state legislatures and in pressing for the imperative changes and improvements in mental health care, early identification and intervention, in trauma-informed care, and in social justice across the landscape.

We see the challenges ahead and we strive vigorously to meet them. We all will get a glimpse of NAMI's drive and dedication in the special offerings of NAMICon 2020.

I invite you to enthusiastically celebrate with me, my fellow board members, our new CEO Dan Gillison and the extraordinary NAMI staff as we throw open the virtual doors.

We warmly invite you to these two virtual NAMICon days of sharing: remarkable people, special presentations, calls to action and heroic messages of resilience and hope.

Thank you, as always, for your support, and especially for your flexibility this year. I am honored to be with you virtually and look forward to seeing you again and meeting our new friends in person soon.

A special welcome to each of you for this first-ever Virtual NAMICon2020!



A handwritten signature in black ink that reads 'Adrienne Kennedy'.

Adrienne Kennedy
Board of Directors President

THANK YOU TO OUR SPONSORS

GOLD



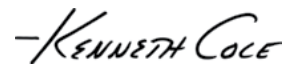
SILVER



BRONZE



PARTNER



NAMI GEORGIA



CONVENTION SCHEDULE AT-A-GLANCE

MONDAY, JULY 13					
	TRACK 1	TRACK 2	TRACK 3	TRACK 4	TRACK 5
Eastern Time - EDT	Getting Help Early	Getting the Best Possible Care	Getting Diverted from Justice System Involvement	Research Updates	Youth Voices
10:30 – 11:00 AM	NAMI 40th Anniversary Celebration and Announcements				
11:00 AM – 12:00 PM	Plenary with Joshua A. Gordon, M.D., Ph.D., Director of the National Institute of Mental Health				
12:10 – 1:10 PM	Taking NAMI Ending the Silence Statewide	Rethinking Diversity, Equality and Inclusion	Crisis Hotlines: The Gateway to Crisis Systems	CBT for Psychosis: Evidence-based Training Program for Family and Caregivers	The Importance of Youth Voice: A Panel Discussion
1:10 – 1:30 PM	BREAK				
1:30 – 2:30 PM	What Is Behind the Increasing Suicide Rate Among Black Youth	Engaging Faith Leaders in Addressing Mental Illness	Hero Help Addiction and Behavioral Health Assistance	The Fusion Model: A Peer-Informed Model for Crisis Support	NAMI Ending the Silence (ETS) for Students
2:30 – 2:50 PM	BREAK				
2:50 – 3:50 PM	Who Ya Gonna Call? NAMI HelpLines!	Ending Conversion Therapy to Save Young LGBTQ Lives	Engaging Individuals Who Have Mental Illness in the Stepping Up Initiative	A Novel Approach to Treatment Resistant Depression: Esketamine	Creating Meaningful Connections: Youth Certified Peer Specialists (CPS-Y)
4:00 – 4:30 PM	Networking				
4:30 – 4:40 PM	Closing Remarks				

CONVENTION SCHEDULE AT-A-GLANCE

TUESDAY, JULY 14					
	TRACK 1	TRACK 2	TRACK 3	TRACK 4	TRACK 5
Eastern Time - EDT	Getting Help Early	Getting the Best Possible Care	Getting Diverted from Justice System Involvement	Research Updates	Youth Voices
10:30 – 11:00 AM	Together Toward Tomorrow Welcome and Announcements				
11:00 AM – 12:00 PM	WELL BEINGS Virtual Town Hall & Panel Discussion on Youth Mental Health & Society				
12:10 – 1:10 PM	Aspiring to Conquer Serious Psychiatric Illness: Research Journey to Heal	The View from D.C.: NAMI's Federal Legislative and Policy Update NAMI Homefront: Effective Education for the Families of Veterans	Using CIT Programs to Reduce Stigma and Trauma While Changing Our Communities Crisis Response	Youth Resilience in Communities of Color, Community Participatory Research	Taking Care of Me During COVID-19: A Panel Discussion
1:10 – 1:30 PM	BREAK				NotOK App Demonstration
1:30 – 2:30 PM	Special Presentation: The Psychological Toll of Racial Trauma on African Americans: A Panel Discussion				
2:30 – 3:10 PM	Networking				
3:10 – 3:20 PM	Closing Remarks				

SESSION DESCRIPTIONS

Research Plenary with Joshua A. Gordon, M.D., Ph.D., Director of the National Institute of Mental Health

Monday, July 13 at 11:00 AM – 12:00 PM EDT

Joshua A. Gordon, M.D., Ph.D., Director of the National Institute of Mental Health, will provide an overview of the challenges and opportunities in mental health research. Dr. Gordon will present emerging approaches and technologies, and possible future directions, for this multidisciplinary field. In this era of unprecedented opportunity, he will highlight the importance of cross-disciplinary, integrative approaches to address the vast complexities associated with mental illness as we move closer to our goal of finding effective treatments and therapies.

Joshua A. Gordon, M.D. Ph.D., Director, National Institute of Mental Health, Bethesda, Md.

MODERATOR

Ken Duckworth, M.D., Chief Medical Officer, NAMI, Arlington, Va.

Judy Rauppius, NAMI Ending the Silence Regional Program Leader, NAMI South Carolina, Rock Hill, S.C.

Amanda Phillips, NAMI Ending the Silence Program Coordinator, NAMI South Carolina, Greenville, S.C.

What Is Behind the Increasing Suicide Rate Among Black Youth?

Monday, July 13 at 1:30 – 2:30 PM EDT

There has been a recent trend in the growing number of suicides in Black youth and adolescents. Despite making up 15% of the population, Black youth make up 37% of all youth suicides — with the highest affected demographic being young Black males. We will look at and discuss the risk factors that are possibly causing this increase.

Napoleon Higgins, M.D., CEO, Global Health Psychiatry, Houston, Tex.

Ericka Goodwin, M.D., CEO, Goodwin Medical Associates, LLC, Atlanta, Ga.

Who Ya Gonna Call? NAMI HelpLines!

Monday, July 13 at 2:50 – 3:50 PM EDT

No one is prepared for mental illness when it strikes, but having a NAMI HelpLine to call makes a big difference. In this workshop, discover why helplines are special, and learn about a new effort to align helpLines across the NAMI Alliance using cloud-based technologies for sharing resources, training volunteers, data collection and reporting. Together, NAMI HelpLines can offer better help and support to people in need.

Dawn Brown, Director, Community Engagement, Information, Support & Education, NAMI, Arlington, Va.

Aspiring to Conquer Serious Psychiatric Illness: Research Journey to Heal

Tuesday, July 14 at 12:10 – 1:10 PM EDT

After 30 years of personal experience with schizophrenia recovery, Brandon Staglin leads a talented team at One Mind, a lived-experience-led nonprofit helping people with brain illness and injury to recover, toward a vision of healthy

TRACK 1: GETTING HELP EARLY

Taking NAMI Ending the Silence Statewide

Monday, July 13 at 12:10 – 1:10 PM EDT

Hear how NAMI South Carolina received various sources of grant funding to develop a strategy and process to take the NAMI Ending the Silence presentation-program statewide. We will discuss staff hiring, strategic planning, budgets, support staff, presentation team members, and policies and procedures for regional leaders. We will also review successes and challenges throughout the planning and implementation process and will include helpful methods for finding presentation team members.

Paige Selking, NAMI Ending the Silence Project Director, NAMI South Carolina, Lexington, S.C.

SESSION DESCRIPTIONS

brains for all, including a focus on research to heal serious psychiatric illness. Brandon's journey inspired him and his team to launch One Mind's ASPIRe (Applications for Serious Psychiatric Illness Recovery) Initiative to enable nationwide access to gold-standard early care and dramatically-enhanced recovery rates for youth experiencing (or at risk for developing) serious psychiatric illness.

Brandon Staglin, President, One Mind, Napa, Calif.

TRACK 2: GETTING THE BEST POSSIBLE CARE

Rethinking Diversity, Equality and Inclusion

Monday, July 13 at 12:10 – 1:10 PM EDT

Come discuss why diversity, inclusion and cultural competence are important to NAMI. We'll create shared meaning by discussing selected definitions and emerging issues in the workplace and the NAMI Alliance. How can we address the changing issues of identity, language and demographics? We'll share selected best practices and gather input from participants to inform the deployment of NAMI's diversity, equity and inclusion (DEI) strategy. Meet key players and learn about the infrastructure and efforts co-created with NAMI's DEI Staff Council and Board Committee.

Monica L. Villalta, M.P.H., National Director of Inclusion & Diversity Officer, NAMI, Arlington, Va.

Engaging Faith Leaders in Addressing Mental Illness

Monday, July 13 at 1:30 – 2:30 PM EDT

One in four people struggling with a mental health concern go to their faith leader before they engage with a mental health professional. And when spirituality and religion are incorporated into care, many clients do better. The Center for Faith and Opportunity Initiatives within the U.S. Department of Health and Human Services (The Partnership Center)

will present on how we are encouraging faith leaders and their communities to address mental illness using education, tools and resources.

Michael Perron, Minister of Life Recovery, Prestonwood Baptist Church, Plano, Tex.

Shannon Royce, J.D., Director, HHS Center for Faith and Opportunity Initiatives, Washington, D.C.

Gabrielle Spatt, Executive Director, The Blue Dove Foundation, Atlanta, Ga.

Ending Conversion Therapy to Save Young LGBTQ Lives

Monday, July 13 at 2:50 – 3:50 PM EDT

Research has proven that conversion therapy significantly endangers the health and well-being of LGBTQ youth. Despite these risks, conversion therapy is still practiced by licensed mental health professionals across the country. Learn about the movement to protect LGBTQ youth from the harms of conversion therapy as well as the ways in which mental health advocates can push for anti-conversion therapy protections in their states and cities.

Sam Brinton, Head of Advocacy and Government Affairs, The Trevor Project, Rockville, Md.

The View from D.C.: NAMI's Federal Legislative and Policy Update

Tuesday, July 14 at 12:10 – 1:10 PM EDT

This session will provide an overview of NAMI's federal legislative agenda and the status of policy issues before Congress and the Trump Administration that impact people affected by mental illness. Hear updates on NAMI's policy priorities and what NAMI is doing to advocate at the federal level. Learn about the status of current proposals and the ways that NAMI leaders and advocates can get involved.

Jennifer Snow, M.P.A., Director of Public Policy, Advocacy & Public Policy, NAMI, Arlington, Va.

Andrew Sperling, J.D., Director of Legislative Affairs, Advocacy & Public Policy, NAMI, Arlington, Va.

SESSION DESCRIPTIONS

NAMI Homefront: Effective Education for the Families of Veterans

Tuesday, July 14 at 12:10 – 1:10 PM EDT

Engaging, educating and supporting families is crucial to the recovery of veterans experiencing posttraumatic stress and other mental health symptoms. Participants in our NAMI Homefront program have been found to experience significant improvement in the areas of empowerment, coping, psychological distress, family functioning, knowledge of caregiving and knowledge of mental illness. Join researchers and program leaders to learn about the in-person and online versions of NAMI Homefront and how to launch the program in your communities.

MODERATOR

Suzanne Robinson, M.S.W., Director of National Education Programs, Information, Support & Education, NAMI, Arlington, Va.

PANELISTS

Lisa Dixon, M.D., M.P.H. of Psychiatry, Director BH Svcs and Policy Research & Center for Practice Innovations, Columbus University and NY State Psychiatric Institute, New York, N.Y.

Anita Herron, Manager, National Education Programs, Information, Support & Education, NAMI, Arlington, Va.

TRACK 3: GETTING DIVERTED FROM JUSTICE SYSTEM INVOLVEMENT

Crisis Hotlines: The Gateway to Crisis Systems

Monday, July 13 at 12:10 – 1:10 PM EDT

With discussions around a 9-8-8 national mental health crisis number and the building of local crisis systems, crisis hotlines have become a hot topic in the mental health community. Learn about the Georgia Crisis and Access Line and why it's becoming nationally recognized. Also learn about the services these lines can offer, how they can address a variety of mental health crisis and how they can help minimize the role of law enforcement in a mental health crisis.

Sue Ann O'Brien, LPC, M.B.A., CEO, Behavioral Health Link, Atlanta, Ga.

Hero Help Addiction and Behavioral Health Assistance

Monday, July 13 at 1:30 – 2:30 PM EDT

The New Castle County Police Department has combined and expanded two successful programs: Hero Help and the Behavioral Health Team. This newly unified team provides access and outreach in the community to help those in need of addiction and mental health services, as well as case management to promote positive, long-term health outcomes. This team, consisting of police and mental health/medical professionals, proactively engage individuals in crisis and divert them away from incarceration whenever possible.

Colleen Kearns, M.S.W., Officer First Class, New Castle County Police Department Hero Help Addiction and Behavioral Health Unit, New Castle, Del.

Omari George, Officer First Class, New Castle County Police Department Hero Help Addiction and Behavioral Health Unit, New Castle, Del.

Daniel Maas, M.P.H., Hero Help Addiction Coordinator, New Castle County Police Department Hero Help Addiction and Behavioral Health Unit, New Castle, Del.

Engaging Individuals Who Have Mental Illness in the Stepping Up Initiative

Monday, July 13 at 2:50 – 3:50 PM EDT

This session will focus on ways that stakeholders can work together to reduce the high numbers of people with mental illness in local criminal justice systems. It will highlight the national Stepping Up initiative and how it engages people with lived experience in planning efforts, including forming collaborations and prioritizing policy, practice and funding improvements.

Chris Johnson, MFA, Director of Communications, Georgia Mental Health Consumer Network, Atlanta, Ga.

Kristin Schillig, Court Support Manager, Justice and Mental Health Projects, Fulton County Superior Court, Atlanta, GA

Mark Stovell, M.P.A., Senior Policy Analyst, The Council of State Governments Justice Center, N.Y.

SESSION DESCRIPTIONS

Using CIT Programs to Reduce Stigma and Trauma While Changing Our Communities' Crisis Response

Tuesday, July 14 at 12:10 – 1:10 PM EDT

Is your crisis response system designed to reduce stigma, trauma and police involvement? While many are familiar with the law enforcement training element of the Crisis Intervention Team (CIT) model, they may not be aware that the model also supports the development of comprehensive mental health crisis services that actually minimize the role of law enforcement. This interactive session will walk you through how this model of mental health/law enforcement/advocacy collaboration can be used to transform crisis response systems.

Ron Bruno, M.P.P., Executive Director, CIT International, Salt Lake City, Utah

Shannon Scully, M.P.P., Senior Manager, Criminal Justice Policy, Advocacy & Public Policy, NAMI, Arlington, Va.

Amy Watson, Ph.D., President, CIT International, Shorewood, Ill.

intensive training and consultation, and Train the Trainer planning is currently underway with guidance from a local Family and Caregiver Advisory Board. This presentation will report on the mental health outcomes among trainees who are up to 4-months post-training. The results suggest that the training was helpful in reducing depression, anxiety, caregiver fatigue and in improving attitudes toward psychosis.

Sarah Kopelovich, Ph.D., Assistant Professor
University of Washington, Seattle, Wash.

The Fusion Model: A Peer-Informed Model for Crisis Support

Monday, July 13 at 1:30 – 2:30 PM EDT

Accomplishing fusion on Earth has been a “Holy Grail quest” for clean bountiful energy. Scientists continue their efforts to overcome the barrier of bringing two atoms together on Earth. In crisis care, like much of health care in general, we see resistances to merge culture and strategies between biomedical or hospital models and the recovery and peer supports model. We offer the Fusion Model, the transformative model that occurs from successfully integrating peer-powered culture and peer support with national best practices in crisis care.

Charles Browning, M.D., Chief Medical Officer, RI International, Wilmington, N.C.

TRACK 4: RESEARCH UPDATES

CBT for Psychosis: Evidence-Based Training Program for Family and Caregivers

Monday, July 13 at 12:10 – 1:10 PM EDT

CBT for psychosis (CBTp), an evidence-based treatment for schizophrenia spectrum disorders, emphasizes the involvement of family members in the treatment course. In addition, best practice dictates that natural supports are engaged in broader team-based care efforts. Unfortunately, these recommendations are poorly aligned with common practice. Psychosis REACH (Recovery by Enabling Adult Careers at Home) is a training for family members in CBTp-informed principles and skills. With philanthropic support, Drs. Doug Turkington (Newcastle Univ.), Kate Hardy (Stanford Univ.), Maria Monroe-DeVita and Sarah Kopelovich (Univ. of Washington) launched Psychosis REACH in the U.S. Roughly 200 family members participated in the May 2019 training; 30 received

A Novel Approach to Treatment Resistant Depression: Esketamine

Monday, July 13 at 2:50 – 3:50 PM EDT

This workshop will provide an overview of the novel medication esketamine for treatment-resistant depression. It will provide an overview of the medication, how the medication is administered, criteria for use and potential adverse effects. Diagnostic criteria for treatment-resistant depression will be discussed as well as additional indications for the medication. Other treatment strategies for treatment-resistant depression will also be reviewed.

Megan Ehret, PharmD, BCPP, Associate Professor,
University of Maryland, Monrovia, Md.

SESSION DESCRIPTIONS

Youth Resilience in Communities of Color, Community Participatory Research

Tuesday, July 14 at 12:10 – 1:10 PM EDT

In this workshop, the AAKOMA Project, Inc. and its community and university partners will present an integrated research symposium highlighting the strengths and contributions of their work. The group will present an historical arch of its founding and development along with data on patient-centered outcomes derived from community-based participatory research and through focus groups and surveys. The presentation will include descriptive psychometrics and univariate and multivariate statistical analyses informed by qualitative data that addresses the resilience of Black youth (and youth of color), along with their families and communities, for mental health equity. They will present findings from their engagement of traditional media and social media channels to help inform and promote the group's work and to ensure their research is accessible to a broad audience, including teens, their targeted population of focus.

Alfiee Breland-Noble, Ph.D., MHSc, Founder, The AAKOMA Center, Washington, D.C.

TRACK 5: YOUTH VOICES

The Importance of Youth Voice: A Panel Discussion

Monday, July 13 at 12:10 – 1:10 PM EDT

Youth and young adults from diverse backgrounds will answer questions about some of the mental health challenges facing youth today. They will share their stories, experiences and perspectives on what mental health means to them, how to deal with stigma and what resources are available that they find helpful.

Estephania Plascencia, NAMI Miami-Dade, Youth Program Coordinator, NAMI Miami-Dade, Miami, FL.

Mykah Ellié, Human Rights Campaign, Lead Field Manager & Canvasser, Human Rights Campaign, Norcross, Ga.

Anthony Catlin, Youth Engagement Specialist, DBHDD, Atlanta, Ga.

Charlie Lucas, CIO, Bug and Bee, CIO, Atlanta, Ga.

MODERATOR

Sara Karaga, Senior Program Manager, NAMI Georgia, Atlanta, Ga.

NAMI Ending the Silence (ETS) for Students

Monday, July 13 at 1:30 – 2:30 PM EDT

This presentation is designed to help educate youth about various mental health conditions. It will include some of the warning signs, facts and statistics, and how they can get help for themselves or a friend. Research has shown that NAMI Ending the Silence for Students is effective in changing middle and high school students' knowledge and attitudes toward mental health conditions and toward seeking help.

Sierra Cunningham, M.A., Patient Affairs Coordinator, SC Department of Mental Health, Columbia, S.C.

Amanda Phillips, M.A., NAMI South Carolina, Upstate Regional Program Manager, NAMI South Carolina, Greenville, S.C.

Creating Meaningful Connections: Youth Certified Peer Specialists (CPS-Y)

Monday, July 13 at 2:50 – 3:50 PM EDT

The presenter will discuss the significance of Youth Certified Peer Specialist (CPS-Y) and Parent Certified Peer Specialist (CPS-P) trainings, how those trainings have assisted in communities and what peers have been offering in the state of Georgia. The CPS-Y and CPS-P trainings instruct individuals with lived experience who can then provide others living with behavioral health conditions the emotional support, knowledge and resources to help them identify meaningful connections and tools that contribute to wellness/resiliency/recovery.

Dana McCrary, Parent & Youth Peer Specialist Coordinator, Georgia Department of Behavioral Health & Developmental Disabilities, Atlanta, Ga.

Ana Martinez Gaona, Youth Peer Specialist Coordinator, Georgia Department of Behavioral Health & Developmental Disabilities, Atlanta, Ga.

SESSION DESCRIPTIONS

Taking Care of Me During COVID-19: A Panel Discussion

Tuesday, July 14 at 12:10 – 1:10 PM EDT

Join four young adults as they share how their lives have been affected during COVID-19. They will discuss various ways they have stayed connected to friends and family, what they're doing to prepare for their return to school, and how their families and communities have been impacted.

MODERATOR

Veronica Mahathre, M.P.H., State Opioid Response Specialist, Georgia Department of Behavioral Health and Developmental Disabilities, Atlanta, Ga.

PANELISTS

Eungjae (NJ) Kim, Research Assistant, Georgia Health Policy Center, Atlanta, Ga.

Kathleen (Katie) Donohue, Ending the Silence Presenter, NAMI Greater Orlando, Orlando, Fla.

Hannah Lucas, Co-Founder, Bug and Bee, Atlanta, Ga.

notOK App Demonstration

Tuesday, July 14 at 1:10 – 1:30 PM EDT

The siblings who developed the notOK App, a digital button that sends for immediate help from a trusted group of pre-selected people, will discuss how teens and young adults can use their app to cope with mental health challenges. They will share the particulars of using the app and why it is so important for this vulnerable population.

Charlie Lucas, CIO, Bug and Bee, Atlanta, Ga.

Hannah Lucas, Co-Founder, Bug and Bee, Atlanta, Ga.

WELL BEINGS Virtual National Town Hall & Panel Discussion on Youth Mental Health & Society

Tuesday, July 14 at 11:00 AM – 12:00 PM EDT

The Well Beings Virtual National Town Hall will present powerful stories from young people and notable personalities, exclusive campaign content, remarks from a roster of celebrities, special performances, and a panel discussion on “Youth Mental Health & Society” moderated by John Moe, creator and host of the podcast “The Hilarious World of Depression” from Call To Mind at American Public Media. The national multi-platform campaign debuts with the Youth Mental Health Project — engaging youth, communities, national partners, and more than 1,000 public media stations, to create a national conversation, raise awareness, address stigma and discrimination, and to encourage compassion — with original digital content, a national tour and more. It will debut exclusive content, including interview excerpts from an upcoming film being produced and directed by Ewers Brothers Productions and executive produced by Ken Burns.

MODERATORS

John Moe, Host of CALL TO MIND’s podcast “Hilarious World of Depression,” St. Paul, Minn.

Alexis Davis, PBS News Hour Student Reporting Labs high school student journalist, North Central, N.D.

PANELISTS

Akilah Hughes, Writer, Comedian, YouTuber and Podcaster, Los Angeles, Calif.

Evan Rose, Managing Partner, Founder, Rose Digital, New York, N.Y.

Ian Alexander, Actor, Los Angeles, Calif.

Ken Duckworth, M.D., Chief Medical Officer, NAMI, Arlington, Va.

William H. Carson, M.D., Chairman, Sozosei Foundation, Princeton, N.J.

SESSION DESCRIPTIONS

Special Presentation: The Psychological Toll of Racial Trauma on African Americans: A Panel Discussion

Tuesday, July 14 at 1:30 – 2:30 PM EDT

Recent national events are painful reminders that African Americans continue to experience systemic racism in our society. This panel will address the psychological and emotional effects of racism and how it can impact black people's mental health. Panelists will share some of their personal and professional experiences dealing with racial trauma, plus share steps on how other communities can become allies for people of color.

MODERATOR

William Simmons, M.D., Associate Professor, University of Pittsburgh Medical Center and the University of Pittsburgh School of Medicine, Pittsburgh, Pa.

PANELISTS

Christine Crawford, M.D., M.P.H., Assistant Professor of Psychiatry, Boston University School of Medicine, Boston, Mass.

Ericka Goodwin, M.D., CEO & Founder, Goodwin Medical Associates, LLC, Atlanta, Ga.

WELCOME/OPENING



DANIEL H. GILLISON, JR.

Dan Gillison brings expertise in nonprofit leadership and a passion for advocating for people with mental illness to NAMI. Prior to NAMI, Dan led the American Psychiatric Association Foundation (APAF), where he was responsible for strategic planning, personnel management, board communications, oversight of APAF's public education programs and outreach, and formulating strategic alliances and partnerships to further the organization's mission. Previously, Dan led County Solutions and Innovation for the National Association of Counties, where he was instrumental in repositioning their programs to provide expertise in health and human services, justice and public safety. Dan has over 30 years of experience and has previously held leadership positions at Xerox, Nextel, and Sprint. He holds a B.A. from Southern University and A&M College.



KEN DUCKWORTH

Ken Duckworth's journey into psychiatry started when he was a boy growing up with a dad who experienced severe bipolar disorder. His father was loving, kind and periodically quite ill, hospitalized for months at a time. Ken became a psychiatrist in part to help his father. He is very fortunate to serve as the medical director for NAMI and to be part of this remarkable community. Along with his work at NAMI, Ken also works to improve care at Blue Cross/Blue Shield of Massachusetts, volunteers and consults at an early psychosis clinic at the Massachusetts Mental Health Center and teaches as an assistant clinical professor at Harvard University Medical School. Ken is double-board certified in adult and child/adolescent psychiatry and has completed a forensic psychiatry fellowship.

RESEARCH PLENARY



JOSHUA A. GORDON

Dr. Gordon received his M.D./Ph.D. degree at the University of California, San Francisco and completed his psychiatry residency and research fellowship at Columbia University. He joined the Columbia faculty in 2004 as an Assistant Professor in the Department of Psychiatry where he conducted research, taught residents and maintained a general psychiatry practice. In September of 2016, he became Director of the National Institute of Mental Health. Dr. Gordon's research focuses on the analysis of neural activity in mice carrying mutations of relevance to psychiatric disease. His lab studies genetic models of these diseases from an integrative neuroscience perspective, focused on understanding how a given disease mutation leads to a behavioral phenotype across multiple levels of analysis. Dr. Gordon's work has been recognized by several prestigious awards, including The Brain and Behavior Research Foundation's NARSAD Young Investigator Award, the Rising Star Award from the International Mental Health Research Organization, the A.E. Bennett Research Award from the Society of Biological Psychiatry, and the Daniel H. Efron Research Award from the American College of Neuropsychopharmacology.

WELL BEINGS VIRTUAL NATIONAL TOWN HALL & PANEL DISCUSSION



JOHN MOE

John Moe is a veteran radio and podcast host and the author of four books, most recently *The Hilarious World of Depression*, based on his award-winning podcast of the same name. His writing has been featured in *The New York Times Magazine*, *McSweeney's*, and numerous publications and humor anthologies while his radio work has been on *All Things Considered*, *Marketplace*, and various other venues for the last twenty years. He lives in St Paul, Minn.



ALEXIS DAVIS

Alexis Davis is an enrolled member of the Turtle Mountain Band of Chippewa and lives on a reservation in North Central North Dakota. Alexis was a PBS NewsHour Student Reporting Labs Fellow in 2016 and has contributed stories about young oil field workers, youth mental health on the reservation, which was featured in *Teen Vogue*, and most recently #NotThanksgiving for SRL Instagram. Alexis is a student at Turtle Mountain Community College embarking on her journey towards a degree in Ojibwe Language and Education Administration so she can help her community have an immersion school unique to their language and culture. Alexis is a Native Governance Youth Rebuilder, a Fresh Tracks participant and has done work across the state of North Dakota while she was Chairwoman of Turtle Mountain Youth Council.



AKILAH HUGHES

Akilah Hughes is a writer, comedian, YouTuber, and host of the Crooked Media daily news podcast "What A Day." She's previously served as a correspondent for *Pod Save America's* HBO series, MTV, Fusion, Comedy Central and more. Akilah is a Sundance Labs and USC MacArthur Foundation Civic Media Fellow, and author of the new book *Obviously: Stories from My Timeline*.



STEPHANIE BELL-ROSE

Stephanie Bell-Rose is an attorney, corporate and philanthropy professional, mother, grandmother, and mental health advocate. Together with members of her family, she is co-founder of the Steve Fund, a non-profit organization that promotes mental health and emotional well-being of young people of color from teen years through their twenties. The Steve Fund's team of mental health experts represents the diverse populations of our nation, including African American, Latinx, Asian-American, Native-American, and Muslim communities. The Steve Fund provides programs, services, and technical assistance for colleges, universities, non-profit and private sector organizations to achieve equity in mental health for young people of color.



EVAN ROSE

Evan Rose is a technology entrepreneur, father, developer, husband and mental health advocate. He is passionate about applying cutting edge technology to solve complex problems across the for profit and not for profit sectors.



IAN ALEXANDER

Ian Alexander is a 19-year-old actor best known for his role as Buck Vu on *The OA* (Netflix). He is the first transgender Asian-American person to act on television. He is also an advocate for transgender rights, racial justice, and mental health awareness for LGBTQ youth.

KEN DUCKWORTH *(see photo and bio on page 15)*

THE PSYCHOLOGICAL TOLL OF RACIAL TRAUMA ON AFRICAN AMERICANS



CHRISTINE CRAWFORD

Christine M. Crawford, M.D., M.P.H. is the Associate Director of Psychiatry Medical Student Education and an Assistant Professor of Psychiatry at BU School of Medicine. She completed her adult psychiatry residency as well as child and adolescent psychiatry fellowship training at Massachusetts General Hospital/McLean Hospital. She received her M.D. from University of Connecticut and her Master of Public Health (MPH) at BU School of Public Health where she concentrated in Social and Behavioral Sciences. During residency, she was the recipient of the MGH Laughlin Award and was selected by the American Psychiatric Association (APA) as an APA/SAMHSA Minority Fellow which provided her funding to develop community-based interventions to reduce mental health stigma within the Black community. She has been engaged in several community outreach initiatives through the Boys and Girls Club of Boston, NAACP and NAMI. She has authored multiple book chapters on mental health disparities, sociocultural issues in psychiatry as well as peer reviewed publications focusing on major depressive disorder. She has made appearances on PBS, WGBH TV programming as well as provides seminars on mental health at various community-based settings.



ERICKA GOODWIN

Dr. Ericka Goodwin is a double board-certified psychiatrist, as well as a bestselling author, speaker and integrative lifestyle coach. She is passionate about improving mental wellness, making people feel loved, cared for and seen. Along with being the CEO of Goodwin Medical Associates and a traveling psychiatrist, Dr. Goodwin also volunteers as faculty at Morehouse School of Medicine. Her latest book is Fix Your Fairytale: A Woman’s Guide to a Great Life, Love, and Legacy. Her mantra is “minimal medication for maximum effect,” so she will only prescribe if necessary. She forms comprehensive plans that also include non-medication treatments. Dr. Goodwin sees the whole person.



WILLIAM SIMMONS

Dr. William Simmons is an Associate Professor in the Department of Anesthesiology with a dual academic appointment at UPMC and the University of Pittsburgh School of Medicine. He is the Diversity Officer in the Department of Anesthesiology and is immediate Past President and Chairman of the Board of the Gateway Medical Society (GMS), Inc., a component society of the NMA. Dr. Simmons is a Chair, leader and mentor for GMS’s academic mentorship program “Journey to Medicine” and winner of several humanitarian awards and in 2016 alone, he has received honors from the Jefferson Awards Foundation, a Certificate of Special Congressional recognition, University of Pittsburgh Faculty honoree for Exemplary Service at the Honors Convocation and the highest award for service in the National Medical Association, the Scroll of Merit. Dr. Simmons was the only African American male in the 3rd graduating class of Mayo Clinic Medical School. He was the first Black Chief Resident in Pediatrics at Georgetown University Hospital and went on to do a second residency in Anesthesiology at George Washington University and two fellowships in Pediatric Anesthesia and Pediatric Critical Care at the University of Pittsburgh, then invited on staff.

TRACK 1: GETTING HELP EARLY

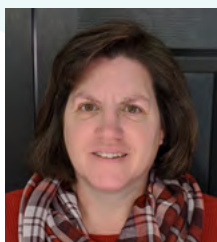
Session: Taking NAMI Ending the Silence Statewide

**AMANDA PHILLIPS**

Amanda Phillips is the Ending the Silence Upstate Regional Program Manager for NAMI South Carolina. After having a suicidal crisis as a college sophomore and receiving a mental illness diagnosis as a graduate student, she combines her lived experience with her counseling degree to normalize and destigmatize the world of mental health. Recently, she was featured on NBC's The TODAY Show as a national thought leader on the intersection of mental health and domestic violence.

**JUDY RAUPPIUS**

Judy Rauppius is the Ending the Silence Regional Program Manager for the Northern Region of South Carolina. Her involvement as a volunteer and advocate for NAMI stemmed from having a 25-year old son living with autism and anxiety. In 2016, she was the NAMI South Carolina Volunteer of the Year. She previously worked in marketing and management for Verizon Wireless and has a B.S. in Psychology-Business from Albright College.

**PAIGE SELKING**

Paige Selking is the Ending the Silence Project Director for NAMI South Carolina. Her focus shifted from social services to mental health in 2015 as a result of her husband and son living with combat-related PTSD, depression and anxiety. She also teaches NAMI Family-to-Family and NAMI Provider, served on NAMI Mid-Carolina's Board from 2018-2019, and currently serves on multiple committees working on youth and mental health issues. She has a B.A. in Sociology.

Session: What Is Behind the Increasing Suicide Rate Among Black Youth?

**ERICKA GOODWIN**

(see bio on page 17)

**NAPOLEON HIGGINS**

Dr. Napoleon Higgins is a child, adolescent and adult psychiatrist in Houston, Tex. He is the owner of Bay Pointe Behavioral Health Services and South East Houston Research Group. Dr. Higgins received his M.D. from Meharry Medical College in Nashville, Tenn., and he completed his residency in Adult Psychiatry and his fellowship in Child and Adolescent Psychiatry at University of Texas Medical Branch at Galveston. He is the President of the Black Psychiatrists of Greater Houston, Past President of the Caucus of Black Psychiatrists of the American Psychiatric Association and Past President of the Black Psychiatrists of America, Inc. Dr. Higgins is co-author of *How Amari Learned to Love School Again: A Story about ADHD, Mind Matters: A Resource Guide to Psychiatry for Black Communities*.

TRACK 1: GETTING HELP EARLY

Session: Who Ya Gonna Call? NAMI HelpLines!



DAWN BROWN

Dawn Brown joined NAMI as a HelpLine volunteer in 2011. Since that time, she has served as Content Development Specialist, HelpLine Manager and is currently Director of Community Engagement helping to direct HelpLine growth and development. Prior to working at NAMI, Dawn attended the NAMI Family-to-Family program and NAMI Family Support Groups. She has also worked as a project manager at other non-profit organizations in the Washington, D.C., area.

Session: Aspiring to Conquer Serious Psychiatric Illness: Research Journey to Heal



BRANDON STAGLIN

As President of One Mind, Brandon Staglin channels his deep experience in communications, advocacy and schizophrenia recovery to drive brain health research programs to heal lives. Brandon also serves on advisory councils for the National Institute of Mental Health, the California Mental Health Services Authority, Mindstrong Health, and Stanford University's Prodrome and Early Psychosis Program Network, and is a member of The Stability Network. He has won numerous advocacy awards.

TRACK 2: GETTING THE BEST POSSIBLE CURE

Session: Rethinking Diversity, Equity and Inclusion



MÓNICA L. VILLALTA

Mónica Villalta is National Director of Inclusion and Diversity Officer at NAMI. She is a cultural competence expert, diversity leader and public health practitioner with roles in the public and private sector. Mónica holds an M.P.H. from UC Berkeley and a B.S. from the University of Maryland. She is an Annie E. Casey Foundation and National Hispana Leadership Institute Fellow with certificates from the Center on Creative Leadership and Harvard University J.F. Kennedy School of Government.

TRACK 2: GETTING THE BEST POSSIBLE CURE

Session: Engaging Faith Leaders in Addressing Mental Illness



MICHAEL PERRON

As a former addict, now sober 21 years, Michael brings a unique perspective to the process of recovery. Over the past 20 years, Michael has dedicated himself to developing comprehensive programs, integrating the clinical and spiritual realms, that aid people in getting back to wholeness. He is a certified biblical counselor and is currently working with the Health and Human Services Department in Washington, D.C., to create a framework that helps faith-based organizations create awareness, remove stigma, and advocate for people in the midst of the chaos surrounding substance misuse/abuse and mental health issues. He is the Pastor of Life Recovery at Prestonwood Baptist Church in Plano, Tex. Michael and his wife Christina have been married for 21 years and have three children.



SHANNON ROYCE

Shannon Royce, J.D., brings a wealth of experience from the government, private and nonprofit sectors to her role as Director of the Center for Faith and Opportunity Initiatives at the U.S. Department of Health and Human Services. In leading the HHS Partnership Center, Shannon sees her role as one of service and stewardship, carrying out the vision of HHS Secretary Alex M. Azar II and the Administration. She is married with two grown sons.



GABRIELLE SPATT

Gabrielle Spatt is a genuine connector who is passionate about bringing people and organizations together to accomplish big dreams. A personal tragedy led Gabby to start volunteering with the Blue Dove Foundation, an Atlanta-based nonprofit focusing on mental health and substance abuse education, outreach and awareness through a Jewish lens. Gabby transitioned from board member to staff member in 2019. She devotes her time to her professional role and community engagement through different roles.

Session: Ending Conversion Therapy to Save Young LGBTQ Lives



SAM BRINTON

Sam Brinton is one of the world’s leading advocates for LGBTQ youth serving as the Vice President of Advocacy and Government Affairs for The Trevor Project. The organization helped found the 50 Bill 50 States campaign to end the dangerous and discredited practice of conversion therapy, first adopted in the U.S. then in areas around the globe. As a survivor of conversion therapy, Sam has spearheaded efforts to submit legislation and has spoken before the United Nations and Congress, as well as testified on legislation to save the lives of LGBTQ youth across the country.

TRACK 2: GETTING THE BEST POSSIBLE CURE

Session: **The View from DC: NAMI's Federal Legislative and Policy Update****JENNIFER SNOW**

Jennifer Snow is Director of Public Policy for NAMI. Jennifer oversees the organization's policy agenda to promote innovation, improve health care and support recovery for people with mental illness. Prior to NAMI, she spent 15 years at the U.S. Department of Health and Human Services. She earned an M.P.A. and a B.S. in Public Health, both from the University of North Carolina at Chapel Hill.

**ANDREW SPERLING**

Andrew Sperling directs NAMI's legislative advocacy program in Congress and before federal agencies. Since 1994, he has also served as a Co-Chair of the Consortium for Citizens with Disabilities Housing Task Force, a coalition of national disability advocacy and provider organizations dedicated to promoting policies and funding to increase access to affordable housing opportunities for non-elderly adults with severe disabilities.

Session: **NAMI Homefront: Effective Education for the Families of Veterans****LISA DIXON**

Lisa Dixon, M.D., M.P.H., is the Edna L Edison Professor of Psychiatry at the Columbia University Vagelos College of Physicians and Surgeons and NewYork-Presbyterian Hospital. She directs the Division of Behavioral Health Services and Policy Research within the Department of Psychiatry. Dr. Dixon is an internationally recognized health services researcher with more than 25 years of continuous funding from the National Institute of Mental Health and the VA. Dr. Dixon's grants have focused on improving the quality of care for individuals with serious mental disorders.

**ANITA HERRON**

Anita Herron serves as the Programs Manager of National Education Programs for NAMI. She began working at NAMI in 2017 as the Programs Manager for NAMI Family-to-Family, NAMI Basics and NAMI Homefront. Prior to coming to NAMI, Anita served as Young Families Program Advocate at NAMI North Carolina for seven years. Anita received her Bachelor's degree in Psychology from Troy University.

**SUZANNE ROBINSON**

Suzanne Robinson is Director of National Education Programs at NAMI responsible for curriculum and supervision of program managers. She co-authored NAMI Homefront and developed NAMI Family & Friends. Suzanne's previous positions included Director of Programs at NAMI Ohio, Senior Program Director at the University of Minnesota YMCA and Coordinator for St. Louis Partners AmeriCorps. Suzanne received a B.A. in History from Washington University in St. Louis and an M.S.W. from Ohio State University.

TRACK 3: GETTING DIVERTED FROM JUSTICE SYSTEM INVOLVEMENT

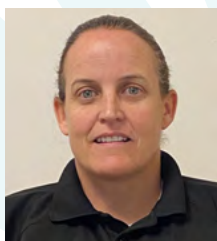
Session: Crisis Hotlines: The Gateway to Crisis systems



SUE ANN O'BRIEN

As CEO of Behavioral Health Link (BHL), Sue Ann O'Brien leads a visionary team of crisis innovators whose break-through technology and crisis services have been featured worldwide. BHL operates Georgia's statewide Crisis and Access Line, offering the nation's broadest application of advanced crisis call center technology through their Care Traffic Control system. BHL also delivers and/or deploys 24/7 community-based mobile crisis in all 159 Georgia counties.

Session: Hero Help Addiction and Behavioral Health Assistance



COLLEEN KEARNS

Officer First Class Colleen Kearns is currently assigned to the New Castle County Police Department Hero Help Addiction and Behavioral health Unit. Colleen received her Master of Social Work from the University of Pennsylvania. She is a CIT officer and teaches Autism Awareness and Diversity training in NCCPD. She has been in the department for seven years, worked in the Patrol, Community Services Unit and is a current member of the bike team.



DANIEL MAAS

In 2016, Daniel Mass worked as a Public Health Analyst for the Philadelphia-Camden High Intensity Drug Trafficking Areas (HIDTA) to improve situational awareness and collaboration between law enforcement and public health agencies. That same year, Dan was hired by the Delaware Division of Substance Abuse and Mental Health to be their point person for the HERO HELP Program; to author the grant for the Delaware Drug Monitoring Initiative; and to be a member of the Delaware delegation at the National Governor's Association Learning Lab in Washington, D.C. In 2018, he was hired as the full-time HERO HELP Program Coordinator. He graduated from Temple University, earning a B.A. in Sociology. In 2013, he completed an Executive Master's Degree in Public Health: Emergency and Disaster Management from Tel Aviv University in Israel.



OMARI GEORGE

Officer First Class Omari George was born and raised in Brooklyn, New York. He graduated from Northeastern University with a Bachelor of Science in Criminal Justice. Omari has several years of experience as a Case Manager/Treatment Counselor working with individuals, both adult and children, with mental health diagnosis in the city of New York, State of Hawaii and Delaware. Prior to being hired by NCCPD he worked as a Delaware State Probation/Parole Officer with an Adult Mental Health caseload. Omari has been a police officer with NCCPD for 5 years and is part of the Crisis Intervention Team, Crisis Negotiation Team and recently assigned to the Hero Help Behavioral Health Unit.

TRACK 3: GETTING DIVERTED FROM JUSTICE SYSTEM INVOLVEMENT

Session: Engaging Individuals Who Have Mental Illness in the Stepping Up Initiative



CHRIS JOHNSON

Chris Johnson, MFA, CPS, CPS-AD is the Director of Communications for the Georgia Mental Health Consumer Network, where he is responsible for disseminating information about recovery and wellness opportunities to behavioral health peers and providers across the state, as well as grant-writing, public speaking, and the development of programs, curricula, and presentations. Chris is part of SAMHSA's Southeast Mental Health Technology Transfer Center through the Rollins School of Public Health at Emory University.



MARK STOVELL

Mark manages the Stepping Up Initiative in partnership with the National Association of Counties and the American Psychiatric Association Foundation. Mark leads the development of broad-based technical assistance products and tools to assist counties in reducing the prevalence of people with mental illness in jails. Mark previously worked for the Center on Addiction, Families USA, and Hunger Free Vermont. Mark earned his BA from Ohio University and his MPA at Baruch College.



KRISTIN SCHILLIG

Kristin Schillig has 15 years of experience in implementation and management surrounding local, state and national justice reform movements. She was involved with the Department of Defense when there were calls for increased support for domestic violence victims and developed the first victim advocacy program at MacDill Air Force Base. She worked for 10 years in juvenile justice systems and managed implementation of law enforcement alternatives through Florida's Civil Citation Initiative and several evidence-based programs as part of Georgia's Juvenile Justice Reform Act of 2013. Since 2017, she has been coordinating Fulton County's Stepping Up Initiative efforts with a focus on strengthening community collaboration and building capacity to use data to improve system responses.

TRACK 3: GETTING DIVERTED FROM JUSTICE SYSTEM INVOLVEMENT

Session: Using CIT Programs to Reduce Stigma and Trauma While Changing Our Communities' Crisis Response



RON BRUNO

Ron Bruno serves as the Executive Director of CIT International and is a founding board member of the corporation and previously served as the its Second Vice President. Ron is an appointed member of the Interdepartmental Serious Mental Illness Coordinating Committee, a federal committee that reports to the U.S. Congress to make recommendations for better coordination of the administration of mental health services. He is the director of a private organization that provides de-escalation training for law enforcement and other disciplines. Prior to his time at CIT International, Ron had a 25-year law enforcement career and was a founding board member and the Executive Director of CIT Utah, a nonprofit corporation that developed CIT programming throughout the state.



SHANNON SCULLY

Shannon Scully is the Senior Manager for Criminal Justice Policy at NAMI. She advises NAMI's network of over 650 State and Affiliate Organizations on issues related to policing, care and treatment in jails and prisons, re-entry and the criminalization of people with mental illness. Prior to joining NAMI, Shannon worked for several different organizations to improve access and services for the most marginalized and vulnerable people in communities. She was an advocate for victims of crime and their families and has worked with law enforcement and the courts to improve the safety and response to victims of crime. She has also worked with organizations across the country to improve their services for survivors with disabilities. She has an M.P.P. from American University in Washington, D.C.



AMY WATSON

Amy Watson, Ph.D., is a professor at Jane Addams College of Social Work at the University of Illinois at Chicago and President of the CIT International Board of Directors. Dr. Watson has worked extensively on issues involving the relationship between the criminal justice system and mental health systems, in Chicago and around the country. For the past two decades, her research has focused on police encounters with persons with mental illnesses and the Crisis Intervention Team (CIT) model.

Session: CBT for Psychosis: Evidence-based Training Program for Family and Caregivers



SARAH KOPELOVICH

Sarah Kopelovich, Ph.D. is an Assistant Professor and holds a Professorship in Cognitive Behavioral Therapy for Psychosis (CBTp) in the Department of Psychiatry and Behavioral Sciences at the University of Washington. She has served as the Principal Investigator on foundation, state, and federally funded projects related to implementation of evidence-based treatments for psychosis. She oversees the Northwest CBTp Network, is a founding member and communications officer for the North American CBTp Network and is core faculty for the Northwest Mental Health Technology Transfer Center.

TRACK 4: RESEARCH UPDATES

Session: The Fusion Model: A Peer-Informed Model for Crisis Support**CHARLES BROWNING**

Dr. Charles “Chuck” Browning is the Chief Medical Officer of RI International. He has devoted his career to improving the systems and care experience for our mental health needs. He has held leadership positions in public and private systems of care, including Crisis System Care, Assertive Community Treatment Team, a rural community behavioral health care company and Opioid Treatment Programs. Dr. Browning graduated from North Carolina State University, University of North Carolina Chapel Hill Medical School, and completed his internship and residency at University of North Carolina. Dr. Browning has also practiced in NC prison psychiatric systems and his own private practice. He has special interests in promoting several thought leadership initiatives in collaboration with RI International, including Crisis Now, Zero Suicide, Peer 2.0 and The Fusion Model. Dr. Browning most enjoys spending time with his wife Angie and their two sons.

Session: A Novel Approach to Treatment Resistant Depression: Esketamine**MEGAN EHRET**

Dr. Megan Ehret is an Associate Professor at the University of Maryland, School of Pharmacy. Her practice site is at the University of Maryland Medical Center, Midtown Campus. She is a past president of the College of Psychiatric and Neurologic Pharmacists. She has served as the Pharmacy and Therapeutics advisor for the development of the esketamine nasal spray clinic for the UMMS. She has published on numerous topics but is passionate about implementing pharmacists into the care team to provide comprehensive medication management for all patients with psychiatric and neurologic conditions.

Session: Youth Resilience in Communities of Color, Community Participatory Research**ALFIEE BRELAND-NOBLE**

Dr. Alfiee M. Breland-Noble is a pioneering psychologist, Ph.D., media personality, author and speaker. As founder of the mental health nonprofit The AAKOMA Project, Inc. and new video podcast “Couched in Color,” Dr. Alfiee translates complex scientific concepts (developed via 20 years as a Disparities Scientist at Duke and Georgetown Med) into useful, everyday language for youth and marginalized communities. A sought-after mental health expert, she is a regular media contributor to CNN, NBC, Parents.com, Refinery29 and more.

TRACK 5: YOUTH VOICES

Session: The Importance of Youth Voice: A Panel Discussion

**ANTHONY CATLIN**

Anthony Catlin holds Certified Peer Specialist (CPS) and CPS-Y (Certified Peer Specialist Youth) certifications which focus on supporting adolescent, young adult and adult individuals living with behavior health challenges/substance use diagnoses/suicidal challenges. Anthony educated himself on these challenges to become an asset and grow within the workforce. Since then, he received the Rising Star Award from NAMI Rockdale/Newton and the CEO Extra Mile Award from Viewpoint Health, his previous workplace.

**MYKAH ELLIÉ**

Mykah Thadius Ellié, “Thad,” is a 20-year-old from north Atlanta. As a nonbinary bigender man living with Complex PTSD, ADHD, Generalized Anxiety Disorder, Panic Disorder and Depression, Thad’s queerness and mental health conditions have both been influential throughout the themes of his work. Thad is also an artist who aspires to use art to inspire social change by lifting marginalized voices. He is an aspiring activist currently working as Lead Field Manager and Canvasser for the Atlanta chapter of the Human Rights Campaign.

**SARA KARAGA**

Sara Karaga is a Senior Program Manager with NAMI Georgia overseeing strategic initiatives to reduce stigma associated with mental health. She has a personal commitment to community-based initiatives that foster the development of resilience. Her data-driven approach has led to education, advocacy, and support groups expanding into remote regions of Georgia which have reduced access to mental health services. In her personal life she has a passion for cooking, dogs, and spending time with family.

**CHARLIE LUCAS**

Growing up, watching his older sister Hannah suffer from a disorder made Charlie Lucas feel utterly helpless. He couldn’t drive her to doctor appointments. He couldn’t make her better. He couldn’t even catch her when she fainted. But Charlie knew he could step in to help his sister when she told him about an idea for an app she’d had. With the family nickname, “Tech Support,” Charlie went to work. He wireframed the app’s basic premise and figured out the best workflow. He even built Hannah a website and created their first logo.

**ESTEPHANIA PLASCENCIA**

Estephania Plascencia joined NAMI Miami as a volunteer in 2017. Soon after, she became an Ending the Silence presenter, which allowed her the opportunity to share her journey living with a mental health condition with middle and high schoolers. In 2019, Estephania became the NAMI Miami-Dade Youth Program Coordinator. She is currently studying for her M.P.H., with a concentration in Biostatistics, at the Stempel College of Public Health at Florida International University.

TRACK 5: YOUTH VOICES

Session: **NAMI Ending the Silence (ETS) for Students****SIERRA CUNNINGHAM**

Sierra Cunningham takes pride in educating people of diverse socioeconomic backgrounds on all preventative healthy behaviors. Her greatest passion is bringing healing to people who have been through a traumatic/stressful experience. As an African American woman, it is her personal mission to ensure that the stigma associated with mental illness in her community is eliminated. In her current role as Patient Affairs Coordinator for the SC Department of Mental Health, she helps patients strengthen their perceptions of themselves and the relationships around them. She holds a B.S. in Community Health from Johnson C. Smith University, where she also minored in Health Communication, and a master's degree in Rehabilitation Counseling from South Carolina State University. Sierra has several field-related certifications, including QPR Gatekeeper Training for Suicide Prevention, Office of Minority Health Resource Center Preconception Health Peer Educator, Certified Peer Support Specialist and Mental Health First Aid.

**AMANDA PHILLIPS**

Amanda Phillips is the Ending the Silence Upstate Regional Program Manager for NAMI South Carolina. After experiencing a suicidal crisis as a college sophomore and receiving a mental illness diagnosis as a graduate student, she now combines her lived experience with her counseling degree to normalize and destigmatize the world of mental health. Recently, she was featured on NBC's The TODAY Show as a national thought leader on the intersection of mental health and domestic violence.

TRACK 5: YOUTH VOICES

Session: **Creating Meaningful Connections: Youth Certified Peer Specialists (CPS-Y)****ANA MARTINEZ GAONA**

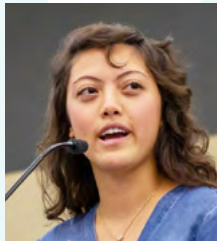
Ana Martinez Gaona currently coordinates the training and certification for the Youth Peer Specialist for the DBHDD behavioral health workforce. She previously served as the Youth Peer Specialist Coordinator under the Children's Health Insurance Program Reauthorization Act (CHIPRA) grant. In this role, Ana and her young adult peers helped develop the curricula for the Certified Peer Specialist-Youth Training. She has a passion for creating opportunities to elevate youth voice within the child and adolescent service delivery system and in the community. Ana continuously works to create employment opportunities for the Certified Peer Specialist-Youth to work within Crisis Stabilization Units, Community Service Boards and Family Support Organizations. Ana brings her life experience of a youth with substance abuse challenges as well as the voices of the many youth/young adults she has served.

**DANA McCRARY**

Dana McCrary currently supports two offices within the Department of Behavioral Health & Developmental Disabilities (DBHDD) to train and support the development of Certified Peer Specialist-Parent and Certified Peer Specialist-Youth for the DBHDD behavioral health workforce. She previously served as the Family Coordinator for the Children's Health Insurance Program Reauthorization Act (CHIPRA) grant, where she worked to develop family service organizations as new parent peer service providers and on the development of the certification curriculum and plan for developing and financing this new workforce. She also worked as the Family Liaison with the department's SAMHSA Child and Adolescent State Infrastructure Grant, a system of care project designed to rebuild the way in which services are delivered to families of children with Serious Emotional Disturbances. Dana brings her life experience of being a parent of a youth with behavioral health challenges as well as the voices of the many families she has had supported through partnerships with DeKalb Family Policy Council, Youth Matters, Federation of Families for Children's Mental Health and the DeKalb Juvenile Justice Drug Court Program. Each of these programs supports families through, training, advocacy, coordination of services and community partnerships.

TRACK 5: YOUTH VOICES

Session: Taking Care of Me During COVID-19: A Panel Discussion

**KATHLEEN (KATIE) DONOHUE**

Katie Donohue began volunteering for NAMI Greater Orlando while obtaining a B.S. in Psychology and Creative Writing and also volunteered as a mental health professional during her time living in Sri Lanka. Today, she is a local, statewide and national speaker for NAMI Greater Orlando and is a NAMI Young Adult Advisory Group member. Katie is also a singer, artist and writer finishing an M.S. in Mental Health Counseling.

**EUNGJAE (NJ) KIM**

Eungjae (NJ) Kim is a baseball student-athlete from Emory University (19C) where he studied Biology and English. His mental health advocacy began during college. He had the opportunity to guide his student peers through academic mentoring in college, as well as hosting mental health awareness events with the National Collegiate Athletic Association. NJ is a current research assistant at the Georgia Health Policy Center concentrating in Behavioral Health and Systems of Care.

**HANNAH LUCAS**

After developing postural orthostatic tachycardia syndrome (POTS), a condition that causes an increased heart rate and fainting, at the age of 15, Hannah Lucas was terrified of being alone. Her fears spiraled into anxiety and deep depression, which led to self-harm. By the end of her high school freshman year, she had accumulated nearly 200 school absences due to the condition. It was during one of her lowest moments when she had the thought, what if there was a button she could press and someone would immediately know she was not okay? After Hannah's condition stabilized, she enrolled in coding and entrepreneurship classes at local colleges, which led to the fulfillment of her vision – the notOK™ App through Bug and Bee, LLC, her first company.

TRACK 5: YOUTH VOICES

Session: notOK App Demonstration

**VERONICA MAHATHRE**

Veronica Mahathre is a Project Specialist for the Georgia State Opioid Response Grant working with statewide partners to provide opioid abuse prevention messaging focusing on youth, families, and public safety populations. In the last seven years, she has organized behavioral health education initiatives at local government and mental health clinic settings, and conducted research at CDC, Emory University, and Georgia State University on behavioral health intervention and prevention methods for populations affected by infectious and chronic diseases.

**CHARLIE LUCAS**

Growing up, watching his older sister Hannah suffer from a disorder made Charlie Lucas feel utterly helpless. He couldn't drive her to doctor appointments. He couldn't make her better. He couldn't even catch her when she fainted. But Charlie knew he could step in to help his sister when she told him about an idea for an app she'd had. With the family nickname, "Tech Support," Charlie went to work. He wireframed the app's basic premise and figured out the best workflow. He even built Hannah a website and created their first logo.

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JIM REISER, M.B.A., M.A.



**CHARMA D. DUDLEY,
PH.D., FPPR**



**CATHERINE "CARRIE"
ROACH, M.S.**

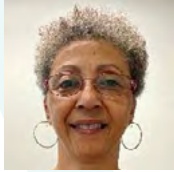
CANDIDATES FOR 2020 NAMI BOARD OF DIRECTORS



LISA B. DIXON, M.D., M.P.H.
nominated by
NAMI New York State



VANESSA PRICE,
NDCI Division Director
nominated by
NAMI Oklahoma



LAURITA J. BARBER
nominated by
NAMI Franklin County (OH)



JEFF FLADEN M.S.W.
nominated by
NAMI Tennessee



JOHN W. SCHLADWEILER
nominated by
NAMI Illinois



MICAH PAYNE PEARSON,
C.P.S.W.
nominated by
NAMI Southern New Mexico (NM)

WIZIPAN LITTLE ELK
nominated by
NAMI South Dakota



MATT KUNTZ, JD
nominated by
NAMI Montana



CONNIE MOM-CHHING, DM, M.P.A.,
nominated by
NAMI Southwest Washington (WA)



KEINO MCWHINNEY
nominated by
NAMI Texas



CARLOS A. LARRAURI, APRN
nominated by
NAMI Miami-Dade County (FL)

Rona and Ken Purdy Award for Distinguished Service

This award recognizes the sustained contributions of an individual or organization to raise public awareness, reduce stigma and advance our mission to build better lives for people with mental illness and their families.



CO-RECIPIENTS

Joshua A. Gordon, M.D., Ph.D.

Director, National Institute of Mental Health (NIMH)

Linda Brady, Ph.D.

Director, Division of Neuroscience and Basic Behavioral Science, National Institute of Mental Health (NIMH)

NAMI Lifetime Achievement Award

The NAMI Lifetime Achievement Award recognizes an individual who, over the course of their whole career or lifetime, has advanced the NAMI mission to build better lives for people living with mental illness and their families.



CO-RECIPIENTS

Chuck Harman

Chief Development Officer, NAMI

Lynne Saunders

Senior Advisor, Field Advancement NAMI (Retired)

Lionel Aldridge Champions Award

This award recognizes an individual with mental illness who demonstrates courage, leadership and service in their work to promote recovery and ensure that all people with mental illness live full lives in their communities. NAMI's highest peer award is given in the spirit of our organization's ongoing commitment and devotion to supporting a movement and community that is inclusive of people with mental illness, their family members and friends.



RECIPIENT

Bill Carruthers

NAMI Georgia, Recovery Council Affiliate Chair
and NAMI Georgia Board of Directors

Joyce Burland Inspiration Award

This award recognizes a NAMI staff member or volunteer who has demonstrated creativity, dedication and resourcefulness to offer or expand NAMI's national education programs, and who has served as an inspiration to families, individuals with a mental health condition or the general public through their work with NAMI programs.



RECIPIENT

Betsey O'Brien

Executive Director,
NAMI Piedmont Tri-County, South Carolina

Richard T. and Betsy Greer Advocacy Award

This award honors NAMI advocates whose leadership and vision has advanced policy and advocacy efforts that impact individuals living with mental illness and their families.



RECIPIENT

Peggy Huppert

Executive Director,
NAMI Iowa

Young Leader Award

This award recognizes young adults who exemplify exceptional leadership among their peers to foster a culture of recovery and resiliency that helps young people with mental illness live full lives in their communities.



RECIPIENT

Patrick Dowling

NAMI Hew Hampshire

Multicultural Outreach Award

This award honors effective efforts to ensure that diversity and inclusion are high priorities within NAMI.



RECIPIENT

Shanti Das

Founder,
Silence the Shame Foundation

Sam Cochran Criminal Justice Award

This award recognizes an exemplary individual whose work in the criminal justice system has improved the fair and humane treatment of people with mental illness.



RECIPIENT

Pat Strode

GPSTC CIT Advocate Coordinator,
The Georgia Public Safety Training Center

Gloria Huntley Award

The Gloria Huntley Award recognizes exemplary advocacy work by an individual or organization at the national or local level, nominated by the Advocacy Committee of the NAMI Peer Leadership Council.



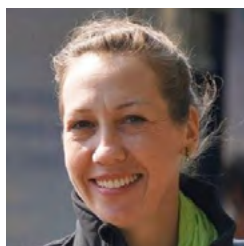
RECIPIENT

Terry Kupers, M.D.

The Wright Institute,
Berkeley, Ca.

Ken Steele Award

The Ken Steele Award recognizes outstanding contributions by an individual living with mental illness to improve the quality of life, increase empowerment and promote integration and inclusion for their peers.



RECIPIENT

Lucy Wilmer

Secretary, NAMI Peer Leadership Council,
Volunteer and Peer Leader, NAMI North Carolina

Outstanding NAMI Affiliate Award

This award is bestowed upon a NAMI Affiliate that demonstrates exceptional leadership, strong community presence, outreach to diverse communities and exemplary stewardship of the NAMI mission.



RECIPIENT
NAMI Greenville, S.C.

Outstanding NAMI State Organization Award

The Outstanding NAMI State Organization Award recognizes the exemplary efforts to carry out the NAMI mission.



RECIPIENT
NAMI Keystone, Pa.

Exemplary Psychiatrist Awards

The Exemplary Psychiatrist Award honors psychiatrists who have made exceptional contributions to improve the lives of people living with mental health conditions.

RECIPIENTS

Kathryn Cullen, M.D.

Sandra M. DeJong, M.D., MSC

Lesley Dickson, M.D.

Neil Kaye, M.D.

Carmen McIntyre Leon, M.D.

Kenneth Rosenberg, M.D.

Bruce J. Schwartz, M.D.

John Simon, M.D.

Altha Stewart, M.D.

Robert Trestman, M.D.

Fuller Torrey, M.D.

Sarah Vinson, M.D.


Glenda Wrenn, M.D.

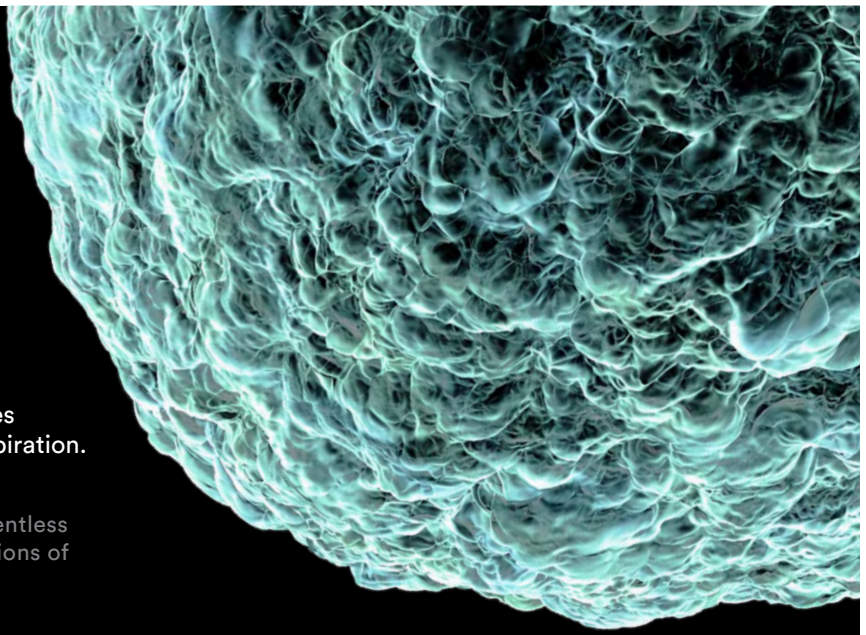
Santharam Yadati, M.D.



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As biopharmaceutical researchers keep searching for breakthrough cures they don't have to look too far for inspiration.

PhRMA is a proud supporter of the National Alliance on Mental Illness' relentless dedication to bettering the lives of millions of Americans affected by mental illness.




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Working together, our doctors don't just see you. They see the big picture of your overall health. By collaborating and seamlessly sharing your records, your care team stays on the same page, so your health always takes center stage. **Visit kp.org today because together we thrive.**



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Alkermes is proud to support the 2020 NAMI National Convention

Alkermes is a fully integrated global biopharmaceutical company that applies its scientific and technological expertise to develop innovative medicines to better the lives of individuals living with substance use disorder and serious mental illness.

For more information about Alkermes, please visit: www.alkermes.com



Congratulations to the 2020 Exemplary Psychiatrists!

To be considered for the **2020 Exemplary Psychiatrist Awards**, an individual must have set an example for his or her professional colleagues. NAMI would like to recognize and thank those psychiatrists who have made substantial contributions to NAMI Affiliate or NAMI State Organization activities. These are the doctors who have “gone the extra mile” with NAMI members in ways such as:

- Working alongside NAMI members for access to care, research, funding or other NAMI priorities
- Ensuring that the NAMI perspective helps shape state and local services
- Providing comprehensive treatment to people with mental illness including medical, rehabilitative and social needs
- Educating people with mental illness and their family members
- Educating the public and fighting against prejudice and discrimination

Kathryn Cullen, M.D., Minneapolis, Minnesota
Sandra M. DeJong, M.D., MSc, Cambridge, Massachusetts
Lesley Ruth Dickson, M.D., Las Vegas, Nevada
Glenda Wrenn Gordon, M.D., M.S.H.P., Atlanta, Georgia
Neil S. Kaye, M.D., DLFAPA, Hockessin, Delaware
Carmen María McIntyre León, M.D., Detroit, Michigan
Kenneth Paul Rosenberg, M.D., New York, New York
Bruce J. Schwartz, M.D., New York, New York
John Simon, M.D., New Brighton, Minnesota
Altha J. Stewart, M.D., Memphis, Tennessee
Fuller Torrey, M.D., Baltimore, Maryland
Robert L. Trestman, Ph.D., M.D., Lexington, Virginia
Sarah Y. Vinson, M.D., Atlanta, Georgia
Santharam Yadati, M.D., Manchester, New Hampshire

Learn more about exemplary psychiatrists at www.nami.org/epa



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TO DISCUSS

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TUESDAY, JULY 14, 2020 | 11 AM TO 12 PM ET

LIVESTREAM ON WELLBEINGS.ORG

— MODERATED BY —

JOHN MOE

Creator and host of *The Hilarious World of Depression*, presented by Call to Mind | American Public Media

The panel discussion will include youth, parents, experts, & student journalists from PBS NewsHour Student Reporting Labs.

The program is targeted to all ages and includes celebrity ambassadors, special performances and powerful stories.

To submit panel questions — which will be considered for the town hall and potentially answered by the panel — on the topic of **Youth Mental Health & Society** or to express an opinion, send a video and include your first name, city and state (optional).

Submit your video now through July 7 by using the hashtag #WellBeings on social media, via Dropbox at bit.ly/WellBeingsTownHall or emailing it to info@wellbeings.org.



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YOU ARE NOT ALONE

Anyone can experience mental illness,
regardless of race, ethnicity, sexual
orientation or gender identity.

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nami.org/minoritymentalhealth



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Janssen Neuroscience applauds those working together at the county, state, and federal levels, especially at the intersection of criminal justice and mental health reform, to champion a better future for individuals with serious mental illness, including schizophrenia and mood disorders.

We can and should continue to set a higher standard for how we support individuals with serious mental illness.

Janssen's unwavering commitment to delivering innovative mental health therapies spans 50 years, and we will continue to champion treatments to improve the lives of those with serious mental illness.



"When a person living with serious mental illness relapses, it's devastating and progressively makes it harder to achieve their potential. That's why we continue to work tirelessly to provide

medicines and conduct research that offer hope for the individual and their families, so they can live fulfilling and healthier lives."

—**Courtney Billington**
President, Janssen Neuroscience



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A Mission for Better



SMI Adviser helps mental health providers offer better care and support to people who have serious mental illness (SMI).

SMI Adviser is completely FREE to use. Submit questions and receive guidance from national experts. Access free online courses. Find answers that ensure people who have SMI can find better lives.

Join our #MissionForBetter at SMIadviser.org



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Thank You

to the **Georgia Department of Behavioral Health and Developmental Disabilities** for helping develop the Youth Voices track



Department of Behavioral Health and Developmental Disabilities

IN PARTNERSHIP WITH



Need help finding a better answer for your depression?

If you're struggling with your antidepressant, the **GeneSight Psychotropic test could help.** GeneSight is a genetic test that can inform your treatment plan by helping your doctor understand how your genes may impact your outcomes with depression medications.

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Neurocrine Biosciences is proud to support NAMI

Thank you for your commitment and continued efforts toward increasing awareness around mental health and tardive dyskinesia (TD) in the community.

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NeuroStar Transcranial Magnetic Stimulation (TMS) is indicated for the treatment of Major Depressive Disorder in adult patients who have failed to receive satisfactory improvement from prior antidepressant medication in the current episode.

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At Otsuka, our purpose is to defy limitation, so that others can too.

We are honored to support NAMI in their efforts to help improve the lives of the millions of Americans affected by mental illness.



Let's connect
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March 2020 01US20EUC0067

Understanding the many ways health impacts your life

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Supporting NAMI as they help millions of Americans affected by mental illness.

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Lundbeck is a global pharmaceutical company committed to improving the quality of life for people affected by psychiatric and neurological disorders. We have a deep heritage of discovery in psychiatry, and we continue to push the boundaries of science.

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To learn more, visit www.lundbeckus.com.

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Innovation today, healthier tomorrows

Together with the National Alliance for Mental Illness, we are working together to **build a brighter tomorrow** for those living with mental health conditions.

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