

# **NAMICon 2020**

A Virtual Event • July 13-14

**Together Toward Tomorrow**

# Aspiring to Conquer Serious Psychiatric Illness

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President, One Mind



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# Trapped in the Psychosis Vortex



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Image: *Starway*, by Brandon Staglin

# I Feared Demons Lurked Behind Every Corner



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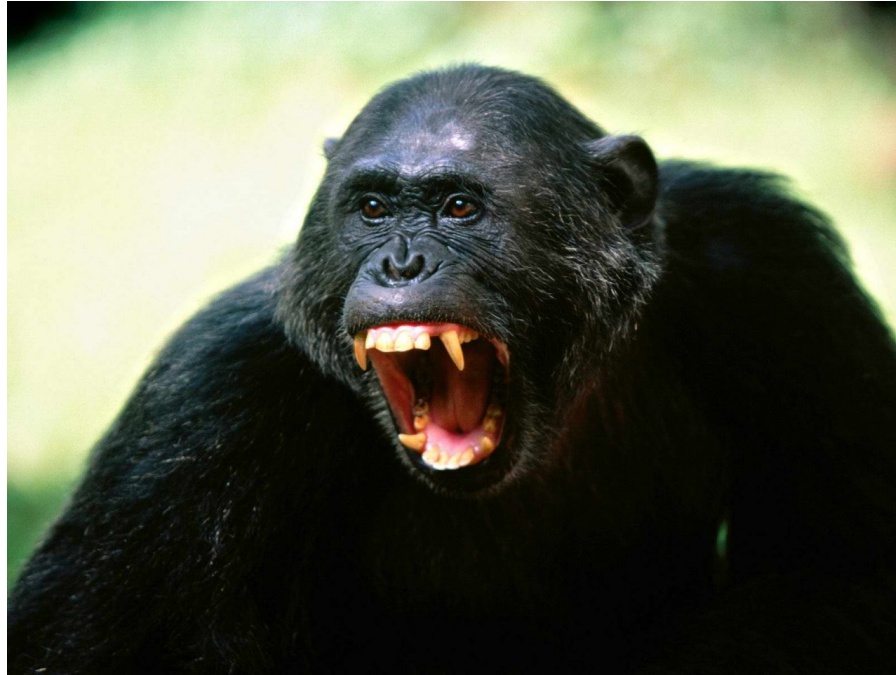
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# Had the Sun Set on Me?



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# Indomitable Ferocity



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# My Dad, Sister, Mom and Me, Post-Diagnosis



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# Back on Track



My Dartmouth College Graduation Party, June 1993



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# Science Did Me A Favor, And I Would Return It



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# A Pivotal Music Festival for Brain Health



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# The Mental Healthcare System Was Failing!



Photo Credit: Dan DeLong, *Seattle Post-Intelligencer*. Retrieved from <https://www.seattlepi.com/local/article/A-gravely-disabled-mental-health-care-system-1284468.php#photo-690592>



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# Sharing from Lived Experience



Photo Credit: Flying Pig Studio



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# One Mind - Directors



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Photo Credit: One Mind

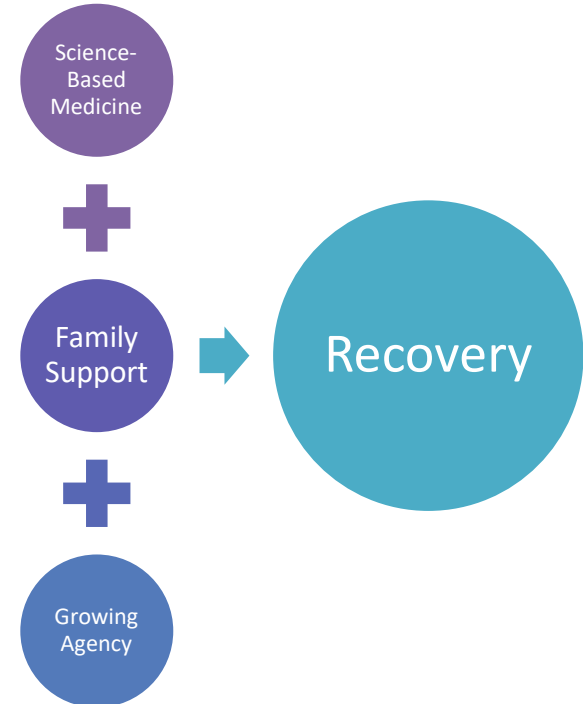
# My Recovery's Components



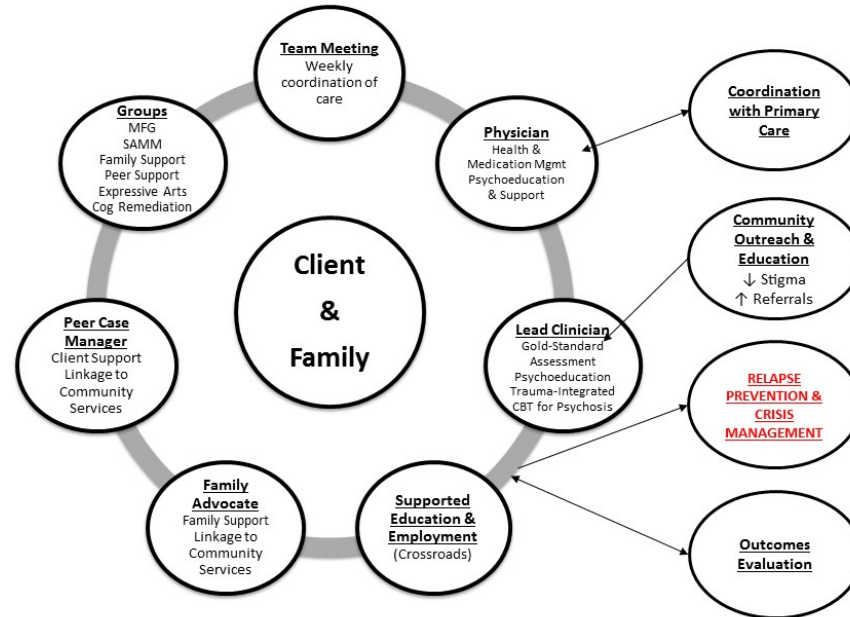
Image Credit: The Mental Health Channel



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# Coordinated Specialty Care (CSC)

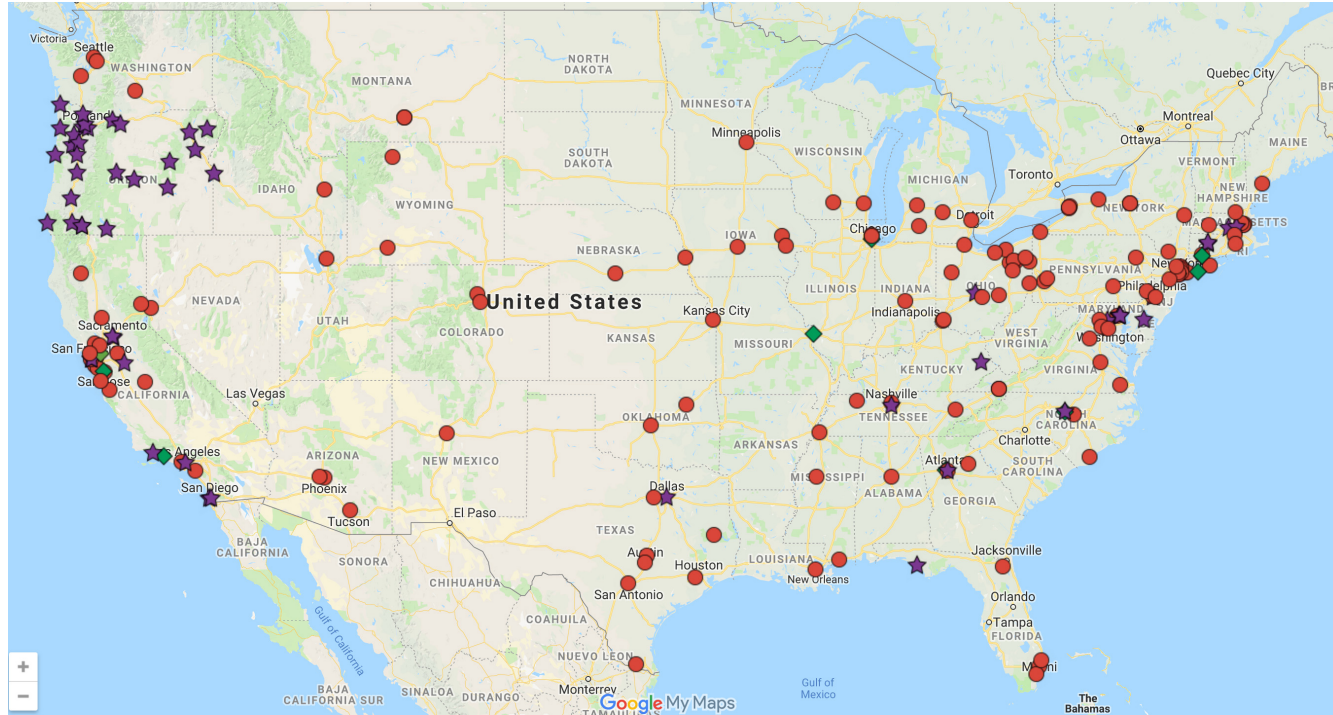


<http://www.nimh.nih.gov/health/topics/schizophrenia/raise/organized-specialty-care-for-first-episode-psychosis-resources.shtml>



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# Almost 300 U.S. CSC Programs = 10% of Need Served



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Image Source: <https://strong365.org>



# ASPIRe: Accelerating Serious Psychiatric Illness Recovery



“All young people facing serious psychiatric illness should get the opportunity to heal, strengthen, and build their best life.”

## Goal 1: Expand Access

- To **increase access** for youth with early SPI to gold-standard care to 100% by 2040

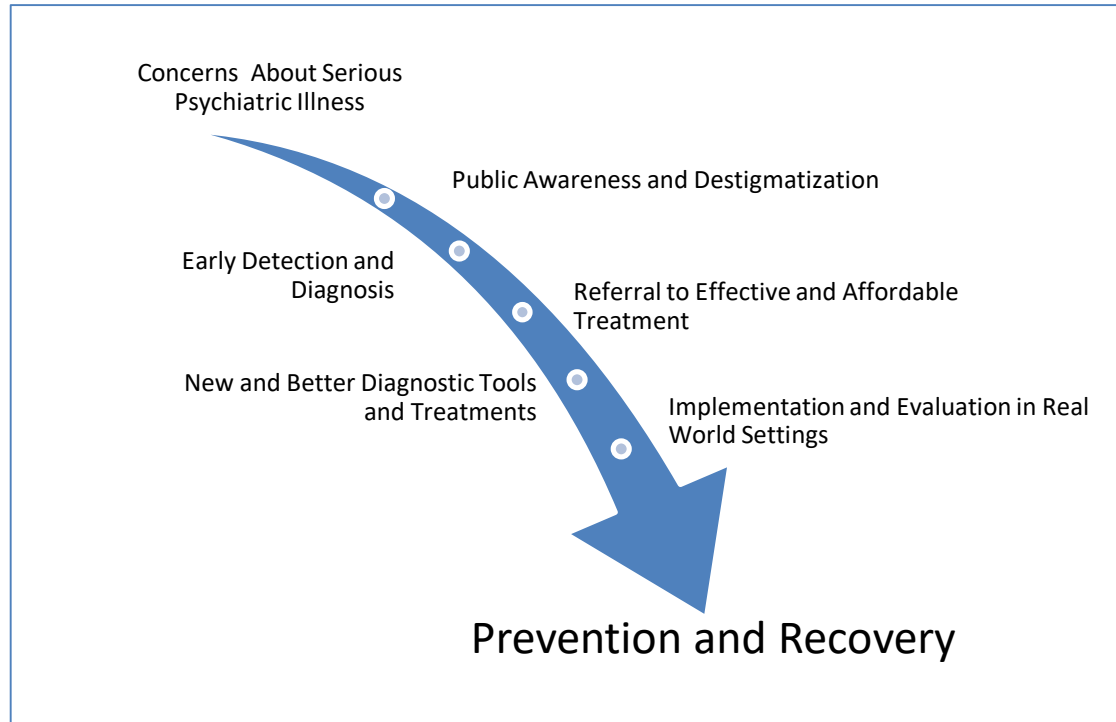
## Goal 2: Enhance Success

- To **increase the recovery rate** from serious psychiatric illness to 75% by 2040



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# ASPIRE: Roadmap



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# Using NAMI's Three Advocacy Steps:

- **Gathering information**
- **Building support & cultivating allies**
- **Implementing a strategy**

Source: NAMI, 2017. *First Episode Psychosis Programs: A Guide to State Expansion*. Retrieved from <https://www.nami.org/FEPStateGuide>



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# Example: Advocacy to Start a New CSC Program



Photo Credit: Flying Pig Studio



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# Advocating for California Law to Support CSC



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# Cultivating Allies to Launch Sonoma CSC Program



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# You Have the Power



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Photo Credit: Flying Pig Studio

## The ASPIRe Pledge: Visit [onemind.org/aspire](https://onemind.org/aspire)

“I aspire to give all young people facing serious psychiatric illness the opportunity to heal, strengthen, and build their best lives. I aspire to make recovery from serious psychiatric illness commonplace. I aspire to collaborate with One Mind toward reaching these goals by 2040. By providing my name and email address, I join the ASPIRe community.”



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# Thank You!

## Contact me:

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