

Virtual

July 27 – 28

NAMICon 2021

BRINGING PEOPLE TOGETHER

FOR MENTAL HEALTH

THE TIME IS NOW

CONVENTION PROGRAM

Table of Contents

Welcome Letter from Daniel H. Gillison, Jr.	3
Welcome Letter from Shirley J. Holloway	4
Thank You to Our Sponsors	5
NAMIcon Schedule at a Glance.....	6
Plenaries/Special Events Descriptions	9
Workshop Descriptions	10
Flash Session Descriptions.....	18
Express Talk Descriptions.....	22
Speaker Bios	24
NAMI Board of Directors	47
NAMI Board of Director Candidates	48
2021 NAMI Awards	49
NAMI Code of Conduct	60

Welcome



NAMI Family,

Welcome to NAMIcon 2021!

Without a doubt, this past year has been filled with a variety of collective challenges. Many have wrestled with fear, anxiety and uncertainty as we've persevered through a global pandemic, a stressful election season and countless acts of racial injustice. But in the midst of this, we have also shown great resilience, creativity and courage — we've adapted to new, innovative ways of working; we've had honest conversations about where we're really at in the fight for equity and inclusion; and we've grown a new appreciation for our physical and mental health, as COVID-19 offered frequent reminders about how truly precious and limited our time with loved ones can be.

That's why the theme of this year's NAMIcon, "Bringing People Together for Mental Health — The Time is Now," is truly fitting. We have an opportunity, at this moment in time, to make real change. We've received new attention, new funding and new support for transforming our systems of care. But it will take all of us working together to make an impact.

NAMI has always been an organization committed to bringing others with us in our efforts to support people living with mental illness. Mental health is an issue that affects all of us — of every race, ethnicity, gender, sexual orientation, socioeconomic status and ability. That's why collaboration is truly critical, and we are excited to continue to create shared opportunities like this in 2021 and beyond.

I hope over the course of these two days that you're able to connect with the many passionate, kind and intelligent people we have in attendance this year. And I hope you're inspired to work together toward our most innovative solutions yet for our most pressing mental health needs. Collective hope, access to evidence-based resources, and culturally competent research and practices are more urgent now than ever.

Thank you so much for being here. It's truly an honor to be surrounded by so many people willing to invest their time and energy into such an important cause. I'm looking forward to learning with each of you during our program, and to all of the other good things to come.

Best always,

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

Daniel H. Gillison, Jr.
Chief Executive Officer

Welcome



I'm very pleased to be able to welcome you all to NAMICon 2021. We had an unbelievable number of participants last year at our first-ever virtual conference, and we expect that this year's attendance will, once again, surpass all previous years of in-person meetings.

We learned so much from last year, and much of that learning was attributable to the impressive feedback we received from so many of you who provided evaluations. You told us a lot, and we listened. You rated both relevancy and value very highly, and we'll be bringing you more outstanding content this year in an effort to live up to those ratings again.

It's also worth noting that 60% of respondents said they missed the priceless in-person connections they had at previous NAMICons, and we couldn't agree more. We're very hopeful that NAMI's 2022 conference will feature a blended format, allowing for both in-person and remote participation. I am hopeful that I will see many of you there.

This year, we're focused on varying the way we deliver content to our participants. We have hour-long scheduled workshops, featuring 45 minutes of presentations aligned with one of five tracks, and then 15 minutes reserved for live interaction and engagement with the presenters.

But we also recognize that not everyone can attend scheduled sessions, so we have two additional track-aligned, on-demand delivery formats: Flash Sessions and Express Sessions. Flash Sessions are 30 minutes long, while Express Sessions are no more than 15 minutes. Both session types are pre-recorded, and don't feature Q&A, but they pack the content into manageable bites that can be consumed at your leisure and on your schedule.

And to keep up the convention atmosphere, we have delightful activities planned between scheduled workshops, from an aquarium yoga to music from Me2/Orchestra to meditation sessions. I'm excited to see them all.

I am deeply impressed with the variety, depth and expertise represented by our offerings at NAMICon 2021 and grateful that each and every session addresses one (or more) of the three pillars of NAMI's commitment: getting help early, getting the best possible care and diverting mental health cases from the criminal justice system.

Thank you for your participation in NAMICon 2021, and I hope I'll see you next year in Georgia!

A handwritten signature in black ink that reads "Shirley J. Holloway". The signature is written in a cursive, flowing style.

Shirley J. Holloway
NAMI National Board President

Thank You to Our Sponsors

GOLD



BRONZE



PARTNER



FRIEND



Schedule at a Glance

TUESDAY, JULY 27					
Eastern Time ET	TRACK 1	TRACK 2	TRACK 3	TRACK 4	TRACK 5
	Amplifying Youth and Young Adult Voices	Advancing the Promise of Research	Addressing Mental Health Disparities	Living Well with a Mental Health Condition	Supporting Stronger Communities
10:30 – 11 a.m.	Welcome and Announcements				
11 a.m. – 12 p.m.	Plenary: Fireside Chat with Michelle Williams, Author of <i>Checking In: How Getting Real about Depression Saved My Life — and Can Save Yours</i>				
12 – 12:10 p.m.	Break				
12:10 – 1:10 p.m.	Empowering Youth as Advocates of Change in Mental Health Systems	Psychedelic Therapy Renaissance: A New Frontier in Mental Illness Treatment	Use of Culturally Competent Education to Address Health Disparities	Engaging the Community through NAMI Family & Friends Seminars	Bridges to Care: Building Grassroots Community Mental Health Support
1:10 – 1:25 p.m.	Break — Music Brought to You by Me2/Orchestra* <i>Sponsored by Neurocrine Biosciences, Inc.</i>				
1:25 – 2:25 p.m.	Special Panel Discussion: At the Intersection of Race, Identity and Mental Health: What's Next? with Dr. Erlanger Turner, Dr. Jacque Gray, Dr. Christina Hong Huber, Dr. Alfonso Mercado and Dr. Valerie Williams-James				
2:25 – 2:40 p.m.	Break				
2:40 – 3:40 p.m.	Lift Your Voice: A Public Speaking Approach to Empowering Young Voices	Optimal Treatment of Psychotic Disorders: Clozapine/Engagement/Community	Voices of Hope: Community Conversations in LGBTQ+ and Black Communities	Dogs That Heal: Using K-9 Partners to De-escalate Emotional Crises	Transgender/Gender Nonbinary Folx: Changing the Conversation Around Suicide
3:40 – 3:55 p.m.	Break				
3:55 – 4:55 p.m.	Enhancing College Student Mental Health via an On-Campus Support Group	Effectiveness of Youth Mental Health Screening in the ED	Social (In)Justice and Mental Health	The Mind on the Page: The Awakenings Review	Help Not Handcuffs: 988 as a Gateway to Transforming Crisis Response
4:55 – 5:35 p.m.	NAMI Candlelight Vigil and Other NAMIcon Virtual Activities				
5:35 – 5:40 p.m.	Closing Remarks				
7:30 – 9 p.m.	Evening Event: 19th “Virtual” Well Beings Tour Event, Available through WellBeings.org/kqed				

*Music featured during designated breaks provided by Me2/Orchestra, the world’s only known classical music organization created for individuals with mental illnesses and the people who support them. In October 2020, Me2/Orchestra partnered with Neurocrine Biosciences to launch Monumental Moments™ — a charitable initiative and community platform — to foster a spirit of togetherness for people in the mental health community. As part of the initiative, Me2/Orchestra developed an original musical score inspired by the stories of the musicians during the pandemic. [MonumentalMoments.com](https://www.MonumentalMoments.com)

Schedule at a Glance

WEDNESDAY, JULY 28					
Eastern Time ET	TRACK 1	TRACK 2	TRACK 3	TRACK 4	TRACK 5
	Amplifying Youth and Young Adult Voices	Advancing the Promise of Research	Addressing Mental Health Disparities	Living Well with a Mental Health Condition	Supporting Stronger Communities
10:30 – 11 a.m.	Welcome and Announcements				
11 a.m. – 12 p.m.	Research Plenary with Joshua A. Gordon, M.D., Ph.D., Director of the National Institute of Mental Health Challenges and Opportunities in Mental Health Research				
12 – 12:10 p.m.	Break				
12:10 – 1:10 p.m.	Using Innovative Methods to Engage Youth and Connect Schools to Services	Innovation in Research and Treatment of Perinatal Depression: Where Are We Now?	Anti-Asian Racism and Mental Health	Cultivating Resiliency and Support for Emerging Adults During the Pandemic	Use of Special Courts & The Stepping UP Initiative to Improve the Justice System
1:10 – 1:25 p.m.	Break				
1:25 – 2:25 p.m.	Young Adults Leading the Way into Prevention and Well-Being	Trauma and Population Health	Dismantling OCD Stereotypes: What It Really Is and What You Can Do About It	Illness & Identity: Growing Up Brown & Bipolar	The View from DC: NAMI's Federal Legislative and Policy Update
2:25 – 2:40 p.m.	Break				
2:40 – 3:40 p.m.	Empowering Youth by Facilitating Heartfelt Poetry About Personal Trauma	Antipsychotic Medications and Metabolic Syndrome	Mental Illness and the Law in Communities of Color	Therapeutic Horticulture in a Small Mental Illness Service Campus	Respuesta Informada Sobre el Trauma a COVID-19 (Informed Response on COVID-19 Trauma)
3:40 – 3:55 p.m.	Break — Music Brought to You by Me2/Orchestra* <i>Sponsored by Neurocrine Biosciences, Inc.</i>				
3:55 – 4:55 p.m.	It Takes a Village: A Community Call to Action	Digital Outreach for Obtaining Resources & Skills (DOORS)	Advocating with Black Voices	Practicing Law with a Bipolar I Diagnosis	NAMI Homefront, NAMI Peer-to-Peer, in Partnership with Veteran Service Orgs
4:55 – 5:35 p.m.	NAMIcon Virtual Activities				
5:35 – 5:40 p.m.	Closing Remarks				

FLASH SESSIONS

On-demand 30-minute sessions highlight how-tos, innovations or new practices in mental health.

TRACK 1

Amplifying Youth and Young Adult Voices

A Novice Advocate's Guide to Evidence-Based Empowerment

Behind the Backpacks: Active Minds' Unique Approach to Suicide Prevention

Beyond the Classroom: Taking Youth Mental Health Education Online

TRACK 2

Advancing the Promise of Research

SMI Adviser: A Clinical Support System

TRACK 3

Addressing Mental Health Disparities

BIPOC Youth Mental Health Disparities: A Strength-Based Approach

Connecting with Youth During COVID-19

Culturally Competent Care for LGBTQ+ Youth and Adolescents

Understanding Mental Health Needs Among Asian American Youth

Using a Chatbot to Address Psychological Distress Among First Responders

TRACK 4

Living Well with a Mental Health Condition

"Operation Resiliency:" Reconnecting Combat Veterans with Their New Mission

Brain Stories: Powerful Narratives of Staggering Transformation

Enhancing Care for Early Episode Psychosis: An Interdisciplinary Approach

Harmony in BPD Recovery: How Both DBT & TFP Led to Full Recovery from BPD

Peek Inside: Illustrated Journeys in Life with Mental Illness

TRACK 5

Supporting Stronger Communities

NAMI Peer Mentors Inspire Social Justice Reform

PD Connect: Police-Mental Health Partnering for Recovery

Service and Leadership Team (SALT): A Collaboration between NAMI and VA

Helpful NAMI HelpLine How-Tos

EXPRESS TALKS

On-demand presentations less than 15 minutes in length offering a quick take on a story, case study, idea or technique.

TRACK 1

Amplifying Youth and Young Adult Voices

"It Opened My Eyes..." Testing the Effectiveness of "Ending the Silence"

Let's Talk About Mental Illness — A Kid's Video

Life Online — The Youth Mindset

The Importance of Asking: How to Be There for Youth

The Psychosocial Health of Pregnant Young Adults

TRACK 2

Advancing the Promise of Research

A Mixed-Methods Study on Student Stress and Coping During the Pandemic

TRACK 3

Addressing Mental Health Disparities

Insufficiencies in Addressing Racial Trauma Among African-Americans

Partnering with Criminal Justice to Support People with a Mental Illness

TRACK 5

Supporting Stronger Communities

Building a Competent Crisis Care System with SAMHSA in Tuscaloosa, Ala.

Help & Hope for YOUth

See Something, Do Something: Our Superpower to Support Mental Health

The Clubhouse Model: Promoting Recovery for SMI

Plenaries/Special Events

Plenary: Fireside Chat with Michelle Williams

Tuesday, July 27, 11 a.m. – 12 p.m. ET

Michelle Williams, Grammy Award-winning singer and former Destiny's Child member and author of *Checking In: How Getting Real about Depression Saved My Life — and Can Save Yours*, will speak candidly about her mental health journey alongside Dr. Christine M. Crawford, NAMI's Associate Medical Director. For years, Williams was in one of the top-selling female groups of all time, all while struggling with depression, which finally began turning around in her 30s when she found the right support system and treatments. She will discuss the lessons she learned about prioritizing her own wellness, normalizing mental health conversations and how she hopes to help others. She has dedicated herself to increasing awareness of mental health and empowering people to recognize when it is time to seek help, support and guidance.

Michelle Williams, *Author, Singer and Songwriter, Los Angeles, Calif.*

Moderator: Christine M. Crawford, M.D., MPH, *Associate Medical Director, NAMI, Arlington, Va.*

Special Panel Discussion: At the Intersection of Race, Identity and Mental Health: What's Next?

Tuesday, July 27, 1:25 – 2:25 p.m. ET

This past year has revealed how systemic racism and racial injustice have impacted diverse communities. Thought leaders and mental health experts who identify as Native American, African American, Hispanic/Latinx and Asian American will discuss how COVID-19 and systemic oppression have negatively affected the mental health and well-being among BIPOC communities from a data-driven and intersectional perspective. The panel will highlight areas of need to transform the mental health system to address mental health disparities.

Jacque Gray, Ph.D., *Research Associate Professor, University of North Dakota, Grand Forks, N.D.*

Christina Hong Huber, PsyD, BCB, M.A., *Licensed Clinical Psychologist, Compassionate Integrative Therapy, LLC, Arlington, Va.*

Alfonso Mercado, Ph.D., *Associate Professor, University of Texas-Rio Grande Valley, Edinburg, Texas*

Erlanger (Earl) Turner, Ph.D., *Executive Director/ Psychologist, Therapy for Black Kids, Los Angeles, Calif.*

Moderator: Valerie Williams-James, Ed.D., *Organizational Leadership, President and CEO, VisionSpot Consulting Group, LLC, Mobile, Ala.*

NAMI Candlelight Vigil

Tuesday, July 27, 4:55 – 5:35 p.m. ET

This Candlelight Vigil honors and pays respect to the many lives lost to suicide, including active duty, reserve or guard members, veterans, family members and dependents, as well as non-federally-activated reserve or guard members. Please take part in this virtual ceremony, which will display lit candles during a moment of silence. We encourage people to light a candle at home in support.

Sponsored by NAMI Service Members, Veterans and Their Families Council

Well Beings/Youth Mental Health Project

Learn more about this campaign created by WETA, the PBS flagship station in Washington, DC, and the Youth Mental Health Project, during Tuesday's welcome and see a clip from the documentary "Hiding In Plain Sight: Youth Mental Illness (working title)," slated for 2022, with a message from executive producer Ken Burns. NAMI is a sponsor of this initiative that includes a 34-city national engagement campaign with PBS stations around the country, sponsors, NAMI Affiliates and community partners.

Tuesday, July 27, 7:30 – 9 p.m. ET

Log on to [WellBeings.org/kqed](https://www.wellbeings.org/kqed) for the 19th "Virtual" Well Beings Tour event, hosted by San Francisco PBS station, KQED. Myles Bess from Above the Noise will host the panel "Youth Resilience and Your Mental Health Post-Pandemic." Dr. Christine M. Crawford, NAMI Associate Medical Director, will be interviewed by a PBS NewsHour Student Reporting Labs youth journalist.

Research Plenary: Challenges and Opportunities in Mental Health Research

Wednesday, July 28, 11 a.m. – 12 p.m. ET

Joshua A. Gordon, M.D., Ph.D., Director of the National Institute of Mental Health, will overview the challenges and opportunities in mental health research. He will present emerging approaches and technologies, including the five-year Accelerating Medicines Partnership Schizophrenia research project, which launched in September 2020. 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, North Bethesda, Md.*

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

Track 1: Amplifying Youth and Young Adult Voices

Empowering Youth as Advocates of Change in Mental Health Systems

12:10 – 1:10 p.m. ET

Mentis' Teen Council is an inclusive group of diverse and compassionate youth engaging their peers in ongoing conversations about mental health, working to prevent suicide, connecting young people to a comprehensive network of accessible and affordable mental health services, and creating lasting social impact in the community. Its youth-led Prevention Division places value on connection, community and collaboration with school districts and county agencies focused on supporting mental health and wellness.

Carla Magaña, Teen Council President, Mentis, Napa, Calif.

Jeni Olsen, Prevention Director, Mentis, Napa, Calif.

Rob Weiss, MSW, LCSW, Executive Director, Mentis, Napa, Calif.

Lift Your Voice: A Public Speaking Approach to Empowering Young Voices

2:40 – 3:40 p.m. ET

How can we use public speaking to encourage today's youth to tap into the most powerful gift they possess: their voice? This presentation aims to provide various ways in which we can use "speech" as a means to allow young people to feel heard. Especially in today's political/social climate, when youths are given the space to use their voices, we can hear about their backgrounds, experiences, insights, perspectives, vulnerabilities, fears and needs.

Kristopher Merceron, Ph.D., Speech Communication & New Student Experience Program Director, Valencia College, North Adams, Mass.

Enhancing College Student Mental Health via an On-Campus Support Group

3:55 – 4:55 p.m. ET

For the last three years, a local NAMI Affiliate has partnered with a social work professor at Western Kentucky University to offer a free student NAMI Connections mental health support group on campus. This session will explore the structure of the group, the types of issues students bring to the table, the importance of a university/NAMI alliance in reaching students on campus who are struggling with mental health issues, and important lessons gleaned after several years of implementation.

Jay Gabbard, MSW, Ph.D., Professor of Social Work, Western Kentucky University, Bowling Green, Ky.

Track 2: Advancing the Promise of Research

Psychedelic Therapy Renaissance: A New Frontier in Mental Illness Treatment

12:10 – 1:10 p.m. ET

The main goal of this talk is to present a brief summary of recent developments in the re-emerging field of the therapeutic use of psychedelic substances (e.g., MDMA and psilocybin) for the treatment of mental illness. Learn about new insights into mental illness and treatments that have emerged from this exciting field, with a focus on MDMA-assisted psychotherapy for posttraumatic stress disorder (PTSD).

Dimitri Perivoliotis, Ph.D., Psychologist & Associate Clinical Professor, VA San Diego Healthcare System & University of California San Diego, San Diego, Calif.

Optimal Treatment of Psychotic Disorders: Clozapine/Engagement/Community

2:40 – 3:40 p.m. ET

This session will present Team Daniel's experience and provide a template for others to optimally manage psychotic disorders. Learn the approach of "Engagement, Education, Access, Treatment and Wrap Around Support." The session will emphasize the importance of using the virtual platform Zoom to create a community across the world. It will describe how people can avoid being stymied by HIPAA and use both AOT/LEAP to engage. An optimal clozapine regimen using medication to decrease side effects and enhance benefits as well as psychotherapeutic support complete the treatment paradigm.

Robert Laitman, M.D., President/Doctor, Team Daniel Running for Recovery from Mental Illness, Bedford, N.Y.

Effectiveness of Youth Mental Health Screening in the ED

3:55 – 4:55 p.m. ET

This session will share effective protocol for youth mental health screening in EDs and offer strategies to overcome technical, workflow and attitudinal barriers. With youth depression and suicide increasing, we must identify populations at risk of mental health concerns. EDs present an ideal setting, delivering nearly half of all U.S. medical care. From early 2017 to March 2020, 4,000+ youth age 12+ were screened. From March–December 2020 alone, a new protocol screened 2,400+ (590 severe depression, 215 contemplating suicide).

Jennifer Cooper, RN, Value Stream Coordinator, Emergency Services, Nemours/Alfred I. duPont Hospital for Children, Wilmington, Del.

Jessica Williams, MSW, Emergency Department Social Worker, Nemours/Alfred I. duPont Hospital for Children, Wilmington, Del.

Track 3: Addressing Mental Health Disparities

Use of Culturally Competent Education to Address Health Disparities

12:10 – 1:10 p.m. ET

The goal of this session is to help mental health professionals augment their practice by integrating prevention and education to address mental health disparities. Therapists are challenged to expand their practices for community education by partnering with existing infrastructures in affected communities. Respecting cultural traditions and practices will allow therapists to educate a larger audience. Building relationships with community partners allows practitioners to recognize community strengths, support local programs and advance culturally competent practice.

Yolanda Bogan, Ph.D., Professor and Psychologist, Florida A&M University, Tallahassee, Fla.

Voices of Hope: Community Conversations in LGBTQ+ and Black Communities

2:40 – 3:40 p.m. ET

Hear an overview of how one NAMI State Organization developed peer-led online community conversations focused on mental health-related topics affecting their communities, specifically, the Black and LGBTQ+ young adult communities. Learn how to empower volunteer leaders, generate community involvement, highlight local agencies and leaders, and leverage local partnerships to directly address mental health disparities affecting Black and LGBTQ+ young adult communities safely, inclusively and authentically.

Nyemade Boiwu, Volunteer, NAMI Delaware, Newark, Del.

Wesley Ingram, Programs Manager, NAMI Delaware, Newark, Del.

Annie Slease, M.Ed., Director of Advocacy & Education, NAMI Delaware, Wilmington, Del.

Social (In)Justice and Mental Health

3:55 – 4:55 p.m. ET

The relationship between social injustice and mental health is multi-faceted, complex and has significant implications — not only for individual clients, but also for society. To understand social justice as it relates to mental health, one must consider the framework of the social determinants of mental health — the conditions into which we are born, grow, live, work and age — as they are most responsible for the health and mental health inequities that exist in society. Certain segments of our population (especially people with serious mental illnesses) disproportionately experience striking inequities and disparities in health outcomes. Furthermore, people who have serious mental illness have an increased vulnerability to the deep-rooted inequities in major systems such as criminal justice, child welfare and health care. This presentation will feature an overview and discussion of the co-editors of the book *Social (In)Justice and Mental Health*.

Ruth S. Shim, M.D., MPH, Luke & Grace Kim Professor in Cultural Psychiatry, University of California, Davis, Sacramento, Calif.

Sarah Y. Vinson, M.D., Ubuntu Mental Health LLC, Psychiatrist, Atlanta, Ga.

Moderator: Daniel H. Gillison, Jr., CEO, NAMI, Arlington, Va.

Track 4: Living Well with a Mental Health Condition

Engaging the Community through NAMI Family & Friends Seminars

12:10 – 1:10 p.m. ET

The NAMI Family & Friends seminar informs people who have loved ones with a mental health condition about how they can best support them. It's also an opportunity to meet other people in similar situations and gain community support.

Suzanne Robinson, MSW, Director, National Education Programs, NAMI, Columbus, Ohio

Kathy Younker, Volunteer, NAMI Utah, Salt Lake City, Utah

Norman Younker, J.D., Retired Attorney, Salt Lake City, Utah

Dogs That Heal: Using K–9 Partners to De-escalate Emotional Crises

2:40 – 3:40 p.m. ET

This seminar will review evidence-based crisis intervention program development in law enforcement that assists people living with mental illness and discuss the growing convergence of human and K–9 partnering (Animal-Assisted Therapy or AAT) to create rapid, effective and compassionate strategies for ensuring individual wellness and safety. A mental health consumer, the captain of a local Behavioral Health Intervention Team (B.H.I.T.) and Charlie the K–9 will moderate the group Q&A.

Ricardo Ortiz, Detective, Behavioral Health Intervention Team, Pasco Sheriff's Office, New Port Richey, Fla.

Toni Roach, MPA, Captain, Behavioral Health Intervention Team, Pasco Sheriff's Office, New Port Richey, Fla.

Elizabeth Statzer, Director, Vincent House Pasco, Hudson, Fla.

The Mind on the Page: The Awakenings Review

3:55 – 4:55 p.m. ET

Established in 2000 in cooperation with the University of Chicago, The Awakenings Review has evolved into an entity greater than a literary magazine — it has become a calling by which scores of writers, poets and artists who have a personal relationship to mental illness express the quintessence of their lives with mental illness. Learn how this remarkable publication was founded, how it thrives and how one can start a literary magazine.

Edward Robin Coronel, *The Awakenings Review*, Wheaton, Ill.

Robert Lundin, Editor, *The Awakenings Review*, *The Awakenings Project*, Glen Ellyn, Ill.

Irene O'Neill, Vice President and Artistic Director, *The Awakenings Project*, West Chicago, Ill.

Track 5: Supporting Stronger Communities

Bridges to Care: Building Grassroots Community Mental Health Support

12:10 – 1:10 p.m. ET

This workshop will describe a collaboration between faith communities and mental health groups that 1) provides education about mental illness; 2) instructs how to build a congregational mental health initiative; 3) provides tools to create empathy through companionship training; 4) equips faith communities to use trauma-informed care principles; and 5) supports suicide prevention. The workshop will address creating collaborations that can be sustained, building cohorts around geography, addressing disparities among different populations, and measuring outcomes.

Doug Beach, MS Systems Engineering, Board President, NAMI San Antonio, San Antonio, Texas

Veron Blue, Pastor, Executive Administrator and Spiritual Development Director, Family Life International Ministries, San Antonio, Texas

Ann Helmke, M.Div, Faith Liaison for the City of San Antonio's Department of Human Services, City of San Antonio, San Antonio, Texas

Transgender/Gender Nonbinary Folx: Changing the Conversation Around Suicide

2:40 – 3:40 p.m. ET

The transgender and gender nonbinary community shows vastly higher rates of suicide risk when compared to the general population. By encouraging protective factors for transgender and gender nonbinary folx, we can contribute to preventing possible suicide attempts. We can also become a protective factor for transgender and gender nonbinary folx. The session will discuss risk factors, protective factors and ways to successfully serve as a protective factor.

Dana Cea, Ph.D., Vice President, C&C Betterworks, P.A., Wilson, N.C.

Help Not Handcuffs: 988 as a Gateway to Transforming Crisis Response

3:55 – 4:55 p.m. ET

The implementation of 988 provides a unique opportunity to further efforts to divert people with mental illness from the criminal justice system through crisis response. This session will provide an update on NAMI's federal legislative agenda related to crisis services and highlight promising actions at the state level. Participants will leave this session with a model for effective crisis response in their communities and ideas for how to get involved.

Angela Kimball, National Director, Advocacy & Public Policy, NAMI, Arlington, Va.

Hannah Wesolowski, MPA, Director, Field Advocacy, NAMI, Arlington, Va.

Congratulations to the 2021 Exemplary Psychiatrists!

To be considered for the 2021 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

Jacqueline Feldman, M.D., DLFAPA

Birmingham, Alabama

Bruce C. Gage, M.D.

Lakewood, Washington

Joseph Guillory, M.D.

Dallas, Texas

Sherifa Iqbal, M.D., MPH, MBA, DFAPA, FASAM

St. Louis, Missouri

Isabel Norian, M.D.

Amherst, New Hampshire

Ruth S. Shim, M.D., MPH

Sacramento, California

Learn more about exemplary psychiatrists at nami.org/epa



Track 1: Amplifying Youth and Young Adult Voices

Using Innovative Methods to Engage Youth and Connect Schools to Services

12:10 – 1:10 p.m. ET

Stigma, socioeconomic factors and cultural disparities are added challenges for youth seeking mental health treatment. NAMI Southern Arizona is working to build better systems of care by using a text messaging platform that engages and amplifies youth voices and partnering with behavioral health providers to directly connect youth to services. Learn how to use technology to more effectively engage youth as well as to develop relationships that strengthen connections to community resources.

Ariane Davaul, *Ending the Silence Program Manager, NAMI Southern Arizona, Tucson, Ariz.*

Raquel Goodrich, *MPA, Executive, Text, Talk, Act, Tucson, Ariz.*

Sara Moody, *LMSW, Clinical Director of Care Coordination, Casa de los Niños, Tucson, Ariz.*

Young Adults Leading the Way into Prevention and Well-Being

1:25 – 2:25 p.m. ET

Substance misuse and mental health issues often present challenges to individuals, along with suicide risk. The voices of young people have been heard loud and clear that these public health issues are greatly impacting their generation. These young adults have expressed a need to be social agents of change on these issues and that they learn best from their own peers. This workshop will explore how to effectively address these issues to promote prevention, recovery and well-being.

Ann Duckless, *M.A., Community Educator, NAMI New Hampshire, Concord, N.H.*

Empowering Youth by Facilitating Heartfelt Poetry About Personal Trauma

2:40 – 3:40 p.m. ET

Learn how to engage diverse youth in writing poetry that addresses significant childhood trauma. For more than 25 years, the Pongo Poetry Project has inspired thousands of young people who are incarcerated, homeless or hospitalized. Discover Pongo's innovative, community-focused approach by reviewing how personal and racial trauma can affect young people; learning the essentials of Pongo's healing methodology, as supported by multiple studies; and observing and practicing Pongo's fill-in-the-blank technique in a role play.

Richard Gold, *M.A., Founder, Pongo Poetry Project, Seattle, Wash.*

Shaun McMichael, *Masters of Teaching, Program Manager, Pongo Poetry Project, Seattle, Wash.*

Shannon Spurgeon, *Pongo Poetry Project, Shoreline, Wash.*

It Takes a Village: A Community Call to Action

3:55 – 4:55 p.m. ET

This interactive session will share stories of positive impact when youth mental health activists work together with community stakeholders to spread mental health awareness, build community and spread hope. The Yellow Tulip Project has more than 150 youth ambassadors across the state who are part of a momentum that is changing the way we talk about mental health by bringing people together through community gardens, hope day events, stigma dialogue and storytelling.

Suzanne Fox, *M.A., Executive Director, The Yellow Tulip Project, Portland, Maine*

Conrad Gabriel, *Director of Public Relations, The Yellow Tulip Project, Portland, Maine*

Madeleine Manno, *Co-Director of Events, The Yellow Tulip Project, Walpole, Mass.*

Track 2: Advancing the Promise of Research

Innovation in Research and Treatment of Perinatal Depression: Where Are We Now?

12:10 – 1:10 p.m. ET

Perinatal psychiatric illness (symptom onset during pregnancy or postpartum) occurs in 10–15% of women who give birth and is one of the greatest causes of maternal mortality. This session will discuss the current landscape of perinatal psychiatric illness and review new approaches in screening and treatment, including the role of telepsychiatry and the impact of the COVID-19 pandemic. It will also cover novel interventions and the first approved FDA medication for postpartum depression.

Samantha Meltzer-Brody, *M.D., MPH, Assad Meymandi Distinguished Professor and Chair, The University of North Carolina at Chapel Hill, Chapel Hill, N.C.*

Trauma and Population Health

1:25 – 2:25 p.m. ET

This presentation will share the latest findings on trauma and its consequences for mental and physical health from the past three decades of epidemiologic research. It will also include information on the impact of trauma across generations and address what actions we can take for ourselves and in our communities to prevent trauma and its adverse consequences.

Karestan Koenen, Ph.D., Professor, Harvard, Boston, Mass.

Antipsychotic Medications and Metabolic Syndrome

2:40 – 3:40 p.m. ET

People living with serious mental illnesses have shorter life expectancies. Antipsychotic medications are extremely helpful for the treatment of a variety of symptoms. However, some of these medications may have negative metabolic effects that can impact weight and glucose and lipid metabolism, which increase the risk of diabetes and cardiovascular disease. This session will describe the risks associated with medications as well as what preventions and interventions are available to address metabolic abnormalities.

David Henderson, M.D., Professor and Chair of Psychiatry, Boston Medical Center, Boston University School of Medicine, Boston, Mass.

Digital Outreach for Obtaining Resources & Skills (DOORS)

3:55 – 4:55 p.m. ET

Digital Outreach for Obtaining Resources & Skills (DOORS) is a psychosocial intervention program that teaches digital literacy. Supported by the Baer Foundation, DOORS offers education, training and resources that enable all people to understand, utilize and benefit from digital technology. This workshop will explore the theory of DOORS, offer hands-on demonstrations of teaching cover advocacy, as well as run participants' own versions of the program locally.

Erica Camacho, M.S., Research Assistant, BIDMC, Boston, Mass.

Keris Myrick, MBA, M.S., Co-Director, S2i, Los Angeles, Calif.

John Torous, M.D., Director of Digital Psychiatry, Beth Israel Deaconess Medical Center, Harvard Medical School, Boston, Mass.

Track 3: Addressing Mental Health Disparities

Anti-Asian Racism and Mental Health

12:10 – 1:10 p.m. ET

Since the COVID-19 pandemic began, people in the Asian-American community have been the victims of racially motivated assaults. This session will delve into the history of racism and discrimination toward Asian-Americans and the serious mental health implications on this community. It will also talk about ways to build resiliency and provide support for people who have been more recent targets of racial retaliation.

JR Kuo, M.A., Professional Mental Health Speaker, Coffee With JR, Denver, Colo.

Dismantling OCD Stereotypes: What It Really Is and What You Can Do About It

1:25 – 2:25 p.m. ET

Obsessive-compulsive disorder (OCD) is a pervasive mental health condition that is widely misunderstood and misdiagnosed. On average, people with OCD do not receive treatment until 7 to 11 years after first experiencing symptoms, primarily due to lack of information about the condition. This workshop will provide information on how to recognize OCD — focusing on lesser-known presentations, as well as culture-specific symptoms — in order to de-stigmatize OCD, reduce treatment gaps and provide resources on how to seek appropriate treatment.

Laura Smestad, M.A., Licensed Mental Health Counselor, Polaris Family Behavioral Health, Bellevue, Wash.

Mental Illness and the Law in Communities of Color

2:40 – 3:40 p.m. ET

The primary aim of this workshop is to bring attention to the reality of how prisons have become the “poor man’s mental institutions.” It will address the reality of how mass incarceration is the byproduct of systemic racism and class discrimination in the U.S. with emphasis on this phenomenon’s impact on families of color.

Valerie Wise Burrell, MSW, Owner-Private Practice, Valerie D. Wise, LCSW, LCAC, Merrillville, Ind.

Advocating with Black Voices

3:55 – 4:55 p.m. ET

It is critical for health care professionals to understand the experiences that Black people have had with health care in general — especially within the mental health care system. The goal of this workshop is to provide a comprehensive history about the Black community's distrust in mental health, mental illness, mental health services, medication and research in order to inform mental health professionals with the information needed to engage Black patients and end the stigma of mental illness in the Black community.

Ashley Scott, *Mental Health Advocate, Vivid and Vibrant LLC, Chicago, Ill.*

Track 4: Living Well with a Mental Health Condition

Cultivating Resiliency and Support for Emerging Adults During the Pandemic

12:10 – 1:10 p.m. ET

This session will share the new research that reveals “Emerging Adulthood” as a new life stage and the pandemic's impact on individuals within this life stage. As emerging adults themselves, workshop facilitators will share various coping skills specific to this generation, highlighting support groups as a main tool for wellness. Participants will walk away with a toolbox for supporting young adults and a blueprint to starting a peer-led support group in their communities.

Morgan Pfau, *Support Group Facilitator, Mental Health Association, Ocean City, N.J.*

Bernadette Trendler, *Wellness & Recovery Programs Manager, Mental Health Association, Galloway, N.J.*

Illness & Identity: Growing Up Brown & Bipolar

1:25 – 2:25 p.m. ET

Despite an abundance of literature, it can be difficult for providers and caregivers to truly understand the experience of illness — particularly if there are cultural differences. This presentation will weave together culture, clinical knowledge and lived experience to inform about the best ways to promote compliance, understanding and supportive care. It will also address the paucity of advocacy in the Asian diaspora, directly promoting NAMI's “Lead the Conversation” initiative.

Sukhmani Bal, *MPH, Director of Community Outreach, Massachusetts General Hospital Center for Cross Cultural Student Emotional Wellness, Boston, Mass.*

Therapeutic Horticulture in a Small Mental Illness Service Campus

2:40 – 3:40 p.m. ET

Hear how a small mental health service campus, the San Angelo Clubhouse (SACH), was able to plan and implement small therapeutic gardens. All activities were done in partnership with staff and member and client involvement. This session will discuss the positive impact on the physical and emotional well-being for members and clients. Through the SACH example, the presenters hope to show that gardening is beneficial for both physical and mental health and to encourage others to consider starting their own therapeutic gardens.

Ruben Gallegos, *Member, San Angelo Clubhouse/NAMI Texas of San Angelo, San Angelo, Texas*

Ami Mizell-Flint, *Director/Affiliate Leader, San Angelo Clubhouse/NAMI Texas of San Angelo, San Angelo, Texas*

Practicing Law with a Bipolar I Diagnosis

3:55 – 4:55 p.m. ET

This presentation will discuss how individuals living with mental illnesses can “get their lives back” after hospitalizations. The presenter will discuss the rules he established with his spouse that were helpful to his recovery, which included regularly attending appointments with mental health professionals, taking prescribed medications, attending school or working toward productive employment, and eliminating alcohol and drug use.

Kenneth D. Lougee, J.D., *Attorney, Siegfried and Jensen, Sandy, Utah*

Track 5: Supporting Stronger Communities

Use of Special Courts & The Stepping UP Initiative to Improve the Justice System

12:10 – 1:10 p.m. ET

Justice Evelyn Stratton, retired Ohio Supreme Court Justice and Executive Director for The Stepping UP Initiative Ohio, will provide an overview about The Stepping UP Initiative and how Mental Health Court, Drug Court and Veterans Court can help veterans and people involved in the justice system with a mental illness and/or substance use issues. Attendees will learn about special court dockets, how they can get involved and what resources are available.

Melissa Knopp, J.D., Project Manager, The Stepping UP Initiative Ohio, Columbus, Ohio

Evelyn Stratton, J.D., Executive Director, The Stepping UP Initiative Ohio, Columbus, Ohio

The View from DC: NAMI's Federal Legislative and Policy Update

1:25 – 2:25 p.m. ET

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

Jennifer Snow, MPA, Director of Public Policy, NAMI, Arlington, Va.

Andrew Sperling, Director of Legislative Advocacy, NAMI, Arlington, Va.

Respuesta Informada Sobre el Trauma a COVID-19 (Informed Response on COVID-19 Trauma)

2:40 – 3:40 p.m. ET

Exploraremos los determinantes sociales de la salud y los diferentes impactos provocados por COVID-19, incluida la epidemia de aislamiento, desconexión y aumento de la angustia emocional. Luego, exploraremos el papel del apoyo entre pares y la ayuda mutua para contrarrestar la información errónea sobre vacunas y EPP, explorando la cosmovisión, reconstruyendo comunidades y visualizando una nueva característica.

This session will explore the social determinants of health and the different impacts caused by COVID-19, including the epidemic of isolation, disconnection and increased

emotional distress. Explore the role of peer support and mutual help in countering misinformation about vaccines and PPE, exploring the worldview, rebuilding communities and envisioning a new characteristic.

Vesper Moore, M.A., Kiva Centers, Worcester, Mass.

Jasmine Quinones, M.A., Kiva Centers, Worcester, Mass.

NAMI Homefront, NAMI Peer-to-Peer, in Partnership with Veteran Service Orgs

3:55 – 4:55 p.m. ET

The goal of this presentation is to share a new, best-practice model for supporting veterans and their families by pairing NAMI programs within the community, enhanced by partnership with local Veteran Service Organizations. Information provided will include how-tos, design, insights, lessons-learned and ways to move forward to build enhanced models.

Margaret Bristol, Ed.D., Doctorate in Educational Leadership, Board Member/Veterans Chair, NAMI Syracuse/NAMI NYS, Pennellville, N.Y.

Ann Canastra, M.S., NCC, LMHC, ACS, MSW, LPC, Local Recovery Coordinator, Syracuse VA, Syracuse, N.Y.

Kathleen Hannon, Internal Programs Director, Clear Path for Veterans, Chittenango, N.Y.

Track 1: Amplifying Youth and Young Adult Voices

A Novice Advocate's Guide to Evidence-Based Empowerment

This student-driven, social media campaign is designed to improve health literacy among young people and spotlight health experts from underrepresented communities. In the session, we will use this pilot as a template for how to design an evidence-based community engagement initiative that intentionally includes traditionally marginalized youth. Attendees from all backgrounds are welcome and will come away with an understanding of how to channel their passion into an effective and emboldening solution.

Amani Carson, *Telehealth Epilepsy Care Collaborative Research Assistant, Boston Medical Center, Boston, Mass.*

Behind the Backpacks: Active Minds' Unique Approach to Suicide Prevention

This presentation will detail the transformation of Active Minds' signature suicide prevention program, "Send Silence Packing," for a virtual audience. Titled "Behind the Backpacks," the program offers an in-depth look at the stories behind the backpacks typical of the in-person exhibit. This program will highlight the power of storytelling, engage families and young adults in mental health education, connect participants to resources, and inspire action toward suicide prevention by providing access to the moving content online.

Amy Gatto, *MPH, Senior Campus Program Manager, Active Minds, Washington, D.C.*

Hayley Harnicher, *Program Manager, Send Silence Packing, Active Minds, Washington, D.C.*

Beyond the Classroom: Taking Youth Mental Health Education Online

Research shows that nearly 1 in 5 youth are impacted by a mental health condition, but only half of people affected receive care. In the last year, the necessity for accessible supplements and alternatives to in-person youth education has become apparent. NAMI Chicago responded by developing a virtual platform to connect youth to information and stories about mental health and wellness and hopes to share this resource widely for youth and the safe adults in their lives.

Bryan Rosenberg, *M.A., Training & Education Senior Coordinator, NAMI Chicago, Chicago, Ill.*

Track 2: Advancing the Promise of Research

SMI Adviser: A Clinical Support System

SMI Adviser is a SAMHSA-funded initiative, administered by the American Psychiatric Association, which aims to improve delivery of evidence-based care to people with serious mental illness (SMI). This session will provide an overview of the free resources available through SMI Adviser, including innovative education, resources and answers about these conditions for ALL providers on the mental health care team, including the person with the mental illness and their family members.

Teri Brister, *Ph.D., LPC, National Director, Research, Support & Education, NAMI, Brandon, Miss.*

Amy Cohen, *Ph.D., Director, SMI Adviser, American Psychiatric Association, Santa Monica, Calif.*

Track 3: Addressing Mental Health Disparities

BIPOC Youth Mental Health Disparities: A Strength-Based Approach

It is critical for health care professionals to understand the experiences that Black people have had with health care in general — especially the mental health care system. This presentation will provide a comprehensive history of the Black community's distrust in mental health, mental illness, mental health services, medication and research in order to properly equip mental health professionals on how to engage Black patients and end the stigma of mental illness in the Black community.

Monique Carter, *M.A., MBA, Founder and CEO, Jenesis CDG, Atlanta, Ga.*

Morais Lee Cassell, *Ph.D., NCC, M.A., M.S., Behavioral Health Specialist/Therapist, NAMI Georgia, Kathleen, Ga.*

Moderator: Laklieshia Izzard, *Ed.D., Licensed Counselor, NAMI Georgia/Shekinah Counseling, Oxford, Ga.*

Connecting with Youth During COVID-19

Many students with ADHD, an often misunderstood mental illness, are radically disconnected while their schools are closed or only open intermittently. They need connection more than ever. One very useful form of connection is executive function coaching, which addresses impulse control, working memory, perseverance and persistence, among other skills. This workshop will help participants envision ways to help young people connect and ways to use that connection to improve their executive function skills.

Neil Peterson, MPA, B.A., Founder, Chairman and CEO, Edge Foundation, Seattle, Wash.

Edwin Vega, Masters of Vocal Performance, Lead Trainer, Edge Foundation, Sunnyside, N.Y.

Culturally Competent Care for LGBTQ+ Youth and Adolescents

Youth and adolescents within the LGBTQ+ community are more likely to experience a mental health disorder than their heterosexual and cisgender peers. With the number of individuals that belong to the LGBTQ+ community increasing, it is imperative that professionals be informed and culturally competent to serve this population. After this session, participants will be able to identify 1) key considerations for treating LGBTQ+ young people and 2) evidence-based strategies to achieve respectful and inclusive care.

Megan McKim, Masters of Occupational Therapy, Clinical Manager, Nationwide Children's Hospital, Columbus, Ohio

Jamie Sympson, Clinical Lead, Nationwide Children's Hospital, Columbus, Ohio

Understanding Mental Health Needs Among Asian American Youth

Although often portrayed as "model minorities," many Asian American adolescents and young adults struggle with mental health issues. Based on the 2016 Vital Statistical Reports, suicide is the first leading cause of death among Asian Americans ages 15–19. However, Asian Americans are less likely to seek mental health services, possibly due to low mental health literacy, stigma, lack of culturally competent providers, and lack of parental support and communication about help-seeking. This presentation will share research-supported parenting tips on how to reduce cultural and generation gaps and promote positive parent-child relationships between Asian American parents and their children.

Cixin Wang, Ph.D., NCSP, Associate Professor, University of Maryland, College Park, Md.

Using a Chatbot to Address Psychological Distress Among First Responders

The stigma surrounding mental illness and help-seeking is a particularly potent barrier for first responders that results in mental health treatment disparities. Learn about research aimed at developing and pilot testing a chatbot to screen first responders for psychological distress, preferences and levels of stigma surrounding help-seeking, and how to refer responders to appropriate resources. This session proposes chatbot technology as a way to mitigate stigma and a solution to mental health disparities among first responders.

Tanner Baeder, Study Coordinator/Graduate Research Assistant, University of South Florida, Lakeland, Fla.

Jerome Galea, Ph.D., MSW, Assistant Professor, University of South Florida, Tampa, Fla.

Kristin Kosyluk, Ph.D., Assistant Professor, University of South Florida, Tampa, Fla.

Track 4: Living Well with a Mental Health Condition

“Operation Resiliency:” Reconnecting Combat Veterans with Their New Mission

“Operation Resiliency” is a program with an array of services provided to combat veterans who have experienced wartime trauma. This presentation will explain the components of “Operational Resilience” intervention, which include psychoeducational courses, physical activity, community service projects, peer mentoring and resource provision; discuss the impacts of wartime trauma, including high suicide rates and maladaptive coping mechanisms; and highlight findings from veteran reunions on the importance of key constructs such as “unit cohesion,” peer support and collaborations with community partners.

William Wilkinson, MSW, Program Manager, The Independence Fund’s Operation Resiliency, Charlotte, N.C.

Brain Stories: Powerful Narratives of Staggering Transformation

“Brain Stories” is a trailblazing podcast series chronicling stories of individuals and families affected by brain illness in their own words. Authentic, unflinching, radically empathetic — it’s unlike anything out there. Months before its public release, creators Janet Yang and Frank Kosa, with advisor Dr. Ruth S. Shim, will share the first episode. The special preview will be followed by discussion. The goal is to leave people moved, inspired and emboldened to tell their own truth.

Frank Kosa, Film and Television Producer, Santa Monica, Calif.

Ruth S. Shim, M.D., MPH, Luke & Grace Kim Professor in Cultural Psychiatry, University of California, Davis, School of Medicine, Sacramento, Calif.

Janet Yang, MBA, President, Janet Yang Productions, Santa Monica, Calif.

Enhancing Care for Early Episode Psychosis: An Interdisciplinary Approach

Individuals often experience early episode psychosis (EEP) for more than a year before receiving treatment. Shorter duration of untreated psychosis (DUP) strongly predicts better social functioning, decreased hospitalizations and reduced risk for comorbid health conditions. Lack of coordinated care, misconceptions and stigma present barriers to accessing treatment. This presentation will highlight an interdisciplinary effort to improve access to care for people experiencing EEP. Learn strategies to improve EEP care within the health care setting.

Tia Cook, MSW, LCSW-A/LCAS-A, PSR Social Work Fellow, Durham VA Medical Center, Durham, N.C.

Robert Graziano, Ph.D., Psychology Postdoctoral Fellow, Durham VA Medical Center, Durham, N.C.

Lauren Hart, M.S., Occupational Therapy Fellow, Durham VA Medical Center, Durham, N.C.

Harmony in BPD Recovery: How Both DBT & TFP Led to Full Recovery from BPD

While the prognosis for BPD has improved, complete and sustained recovery remains elusive. Symptoms remit, but temperamental problems remain, impeding social and vocational functioning. DBT is typically the first-line treatment for BPD, but it doesn’t always result in sustained functional recovery. The goal of this session is to bring awareness to alternative treatments available, specifically transference-focused psychotherapy.

Andrea Rosenhaft, LCSW-R, MSW, CEO, BWellBStrong, LLC, White Plains, N.Y.

Peek Inside: Illustrated Journeys in Life with Mental Illness

Join artist and storyteller Micah Pearson as he shares sights and visions from his and others’ journeys of recovery. Sometimes haunting, other times beautiful — and frequently hilariously funny even when tragic — the art and stories shared will give participants an insider’s perspective on living with mental illness like no other.

Micah Pearson, CPSW, Executive Director/Director, NAMI Southern New Mexico/National Board of Directors, Las Cruces, N.M.

Track 5: Supporting Stronger Communities

NAMI Peer Mentors Inspire Social Justice Reform

Peer Mentors are taking their entanglements with law enforcement, once a source of shame, into jail diversion centers. Using peer interaction increases engagement during the sessions because clients are typically provided services by clinicians, not by people diagnosed who also have a felony or addiction. NAMI facilitators in recovery demonstrate the possibility of what life can become, and the work is mutually beneficial. Peer Mentors and NAMI curriculum provide practical steps for the recovery journey.

Angelina Hudson, MPA, Vice President of Partnerships and Programs, NAMI Greater Houston, Houston, Texas

PD Connect: Police-Mental Health Partnering for Recovery

Police interactions with people living with mental illness too frequently result in a bad outcome, including jail and, sometimes, death. This program transforms police from a perceived threat into a conduit for community mental health resources and provides the tools and support law enforcement need for mental health intervention calls. This session will focus on developing programs that use the police to connect families and individuals to community resources, while simultaneously supporting police and reducing further interventions.

Patty Johnstone, Director of Resource and Support, NAMI DuPage, Wheaton, Ill.

Geri Kerger, M.S., J.D., Executive Director, NAMI DuPage, Wheaton, Ill.

Service and Leadership Team (SALT): A Collaboration between NAMI and VA

This presentation will describe a collaboration between NAMI San Diego and VA San Diego to develop the Service and Leadership Team (SALT), an innovative intervention for veterans participating in treatment for psychosis. This group will help veterans find their advocacy voice to improve mental health services in their community. Learn about the background and development of the eight-session intervention and discover ways to build collaborations between local VA and NAMI chapters.

Erin Kennedy, Peer/Family Support Specialist, NAMI San Diego PeerLINKS Program, San Diego, Calif.

Samantha Reznik, Ph.D., Psychosocial Rehabilitation (PSR) Fellow, VA San Diego/UCSD, San Diego, Calif.

Yuliana Gallegos Rodriguez, Ph.D., Peer Support Specialist Program Director, VA San Diego Medical Center, San Diego, Calif.

Helpful NAMI HelpLine How-Tos

The NAMI HelpLine can be a source of help for individuals and their families affected by mental health conditions. It is also a source of help for other helplines across the NAMI organization. Join us to learn what resources are available, including NAMI HelpLine best practices, sharable resources, recruitment and training tools, Knowledge Center, and what to expect from a NAMI HelpLine experience.

Dawn Brown, Director, NAMI HelpLine Services, NAMI, Arlington, Va.

Michael Densley, M.S., Adult Learning, Senior Manager, NAMI HelpLine Workforce Development, NAMI, Arlington, Va.

Track 1: Amplifying Youth and Young Adult Voices

“It Opened My Eyes...” Testing the Effectiveness of “Ending the Silence”

Stigma remains a significant barrier to mental health care for many young people. This mixed-methods study is the first randomized controlled trial (RCT) and qualitative analysis of Ending the Silence (ETS) – NAMI’s youth stigma reduction program. RCTs are a gold-standard research design that measure the effectiveness of an intervention. This study demonstrates that ETS’ model of education and contact has the potential to decrease negative stereotypes and improve mental health knowledge and help-seeking outcomes.

Joseph DeLuca, Ph.D., *NIMH-T32 Postdoctoral Research Fellow, Icahn School of Medicine at Mount Sinai, New York, N.Y.*

Philip Yanos, Ph.D., *Professor, John Jay College, New York, N.Y.*

Let’s Talk About Mental Illness — A Kid’s Video

Let’s Talk About Mental Illness is a fun and engaging video for elementary-age kids to start the conversation about mental health and mental illness. NAMI Wisconsin created this animated short in May 2020 and has provided follow-up worksheets, coloring sheets and stickers to thousands across the nation. Learn how parents and teachers can use it in school and at home.

Megan McLachlan, M.Ed., *Program Coordinator, NAMI Wisconsin, Madison, Wis.*

Ellie Thompson, *Communications & Events Director, NAMI Wisconsin, Madison, Wis.*

Life Online — The Youth Mindset

This presentation will help parents identify the struggles their children may have when experiencing online learning. It will provide insights into how virtual classrooms have affected young adults’ mental health. The talk aims to raise awareness about young adult mental health and how the online setting has further contributed to the declining mental health of students.

Eileen Xu, CEO, *The Youth Mindset, Scotch Plains, N.J.*

The Importance of Asking: How to Be There for Youth

This presentation will offer ideas and ways to engage in critical conversations with youth. It will help participants broaden their understanding of how to talk openly about

mental health to a young audience. The goal of this session is to encourage participants not to shy away from talking about mental health with students, children or other youth in their lives.

Anthony Cicchino, M.Ed., *Curriculum Developer, NAMISA, Tucson, Ariz.*

The Psychosocial Health of Pregnant Young Adults

Utilizing preliminary data from the YoungMoms Study, this presentation will report findings regarding stress, social support, depression and substance use among pregnant young adults aged 15–21 to increase awareness about the unique challenges faced by this population. It will highlight novel information concerning psychosocial health disparities between pregnant sexual and gender minorities (SGM) and their non-SGM peers. Finally, it will share results of a multivariable model that identified risk and protective factors for perceived stress in this sample.

Corinne Beaugard, MSW, Ph.D. Candidate, *Boston University School of Social Work, West Newton, Mass.*

Nicole Boss, M.A. *Psychology, Research Project Assistant, University of Pittsburgh Medical Center, Pittsburgh, Pa.*

Natacha De Genna, Ph.D., *Assistant Professor of Psychiatry and Epidemiology, University of Pittsburgh, Pittsburgh, Pa.*

Track 2: Advancing the Promise of Research

A Mixed-Methods Study on Student Stress and Coping During the Pandemic

This presentation will examine a broad-sweeping community crisis and closely explore student stress responses through quantitative and qualitative data from students’ self-reported responses. The research shared will highlight certain protective factors, including support systems and coping mechanisms, for students during the early stages of the COVID-19 pandemic. In addition, it will also provide creative innovations for how knowledge regarding the stress responses and coping mechanisms may influence the changing nature of engaging students.

Hadih Deedat, Ph.D., MSW, MPH, *Assistant Professor, West Chester University, West Chester, Pa.*

Brie Radis, DSW, MSS, MLSP, LCSW, *Assistant Professor, West Chester University, West Chester, Pa.*

Track 3: Addressing Mental Health Disparities

Insufficiencies in Addressing Racial Trauma Among African-Americans

Understanding the impact of racial trauma among African-Americans is an important topic in the fight for social justice. This presentation will address what racial trauma is, acknowledge that discrimination and racism have a traumatic effect, address the lack of representation of race in the DSM-V, and discuss how these disparities have a negative impact on this population.

Simone Watkins, M.Ed., Ph.D. Candidate, Counselor Education & Supervision, Adler University, Chicago, Ill.

Partnering with Criminal Justice to Support People with a Mental Illness

Presenters will describe the challenges, opportunities and outcomes of providing NAMI Education and Support programs (e.g., Peer-to-Peer and Connection Support Groups) for clients on probation living with a mental illness. Other NAMI Affiliates in California have expressed an interest in adopting the program and procedures NAMI Alameda County South has developed with probation.

Lisa Heintz, J.D., Director, Clinical Reentry and Diversion Programs, Alameda County Probation, Oakland, Calif.

Joe Rose, MBA, President and CEO, NAMI Alameda County South, Fremont, Calif.

Track 5: Supporting Stronger Communities

Building a Competent Crisis Care System with SAMHSA in Tuscaloosa, Ala.

In December 2020, a diverse team comprised of Tuscaloosa, Ala., NAMI leadership, behavioral health care providers (community treatment and acute hospitalization), EMS, law enforcement (multiple police departments) and academics (University of Alabama faculty member and student) was selected for SAMHSA's "Building a Competent Crisis Care System at Intercepts 0-1" program, which involves needs assessment and technical assistance. Team members will describe their collaboration with SAMHSA and new efforts to improve the community's crisis response.

Lauren Kois, Ph.D., Assistant Professor, The University of Alabama, Birmingham, Ala.

Craig Parker, Supervisor — Behavioral Health Unit (Sergeant), Tuscaloosa Police Department, Tuscaloosa, Ala.

Help & Hope for YOUth

The presentation will spread awareness and promote empowerment on youth-informed and youth-led efforts to expand mental health education as well as discuss how increasing collaboration supports advocacy efforts. It will also offer tools for starting a collective impact initiative in local communities and emphasize the impact of youth voices in these efforts.

Arcelia Cornidez, MBA, Project Director, Help & Hope for YOUth, Tucson, Ariz.

See Something, Do Something: Our Superpower to Support Mental Health

This presentation is designed to 1) remind participants about the importance of early mental health intervention and how each of us has a role to play and 2) empower participants to use their noticing skills and cultural sensitivity to support a person experiencing early signs and symptoms of mental health and/or substance use challenges.

Hwal Lee, M.S., Community Health PA, Whitney M. Young Jr. Health Center, Albany, N.Y.

The Clubhouse Model: Promoting Recovery for SMI

The Clubhouse Model of psychosocial rehabilitation values community reintegration, destigmatization and recovery from mental illness. This session will help participants understand the available resources for people living with serious mental illness (SMI) and foster hope that recovery is possible. The goal of this session is to disseminate the Clubhouse Model so people who are isolated and living with an SMI can, once again, find a community.

Amber Michon, Doctoral Student, Wayne State University, Warren, Mich.

Megan Price, M.A., Graduate Research Assistant, Wayne State University, Detroit, Mich.

Plenary: Fireside Chat with Michelle Williams

Tuesday, July 27



MICHELLE WILLIAMS

Michelle Williams is a Grammy Award-winning, singer/songwriter, actress, author, entrepreneur, designer, television host and member of Destiny's Child, one of the most successful recording groups of all time.

Williams has also recorded four critically acclaimed albums as a solo artist, including *Journey to Freedom*. She is the author of *Checking In: How Getting Real about Depression Saved My Life — and Can Save Yours*. She is an advocate for mental health and empowerment and currently serves as an ambassador for the Office on Women's Health, a division of the U.S. Department of Health and Human Services, where she promotes awareness for maintaining optimum physical and mental health through nutrition, exercise and proper medical care.



CHRISTINE CRAWFORD (MODERATOR)

Dr. Christine M. Crawford is the Associate Director of Medical Student Education in Psychiatry and an Assistant Professor of Psychiatry at Boston University School of Medicine. She also serves as the

Associate Medical Director for NAMI. 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 the University of Connecticut and her MPH at BU School of Public Health. 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 and peer-reviewed publications on mental health disparities, Black mental health and sociocultural psychiatry. She has made appearances on numerous media outlets where she has discussed various topics within mental health.

Special Panel: At the Intersection of Race, Identity and Mental Health: What's Next?

Tuesday, July 27



JACQUELINE GRAY

Dr. Jacqueline Gray is a Choctaw/Cherokee descendent and a Research Associate Professor at the Center for Rural Health at the University of North Dakota. She has worked in Indian Country for nearly 40 years and has a doctorate in Counseling Psychology from Oklahoma State University. Dr. Gray also directs the National Indigenous Elder Justice Initiative, a national resource on elder abuse in Indian Country. She has worked with American Indian tribes, Alaskan Villages and Hawaiian Homesteads throughout the U.S.



CHRISTINA HONG HUBER

Dr. Christina Hong Huber is a licensed clinical psychologist in Virginia working primarily with clients in the DC Metro area. Before opening her own practice, she worked with individuals and couples at a group practice and was at Swarthmore College's Counseling and Psychological Services. Dr. Hong Huber also has experience working in outpatient and inpatient hospitals and community mental health clinics. She works from an integrative framework using a culturally responsive approach and trauma-informed and social justice-oriented lens.



ALFONSO MERCADO

Dr. Alfonso Mercado is an Associate Professor in the Department of Psychological Science and Department of Psychiatry in the School of Medicine at the University of Texas—Rio Grande Valley and a Licensed Psychologist. His research focus is on Latino mental health, including immigration, personality, substance abuse and multicultural interventions. He is President-Elect Designate of the Texas Psychological Association and elected to the American Psychological Association Committee on Rural Health. In 2019, Dr. Mercado was named Psychologist of the Year for his research, clinical and advocacy work with recently immigrated families along the U.S.–Mexico border.



ERLANGER TURNER

Dr. Erlanger (Earl) Turner, Ph.D., is a Psychologist and Assistant Professor of Psychology at Pepperdine University in the Graduate School of Education and Psychology. He is also the Executive Director and Founder of Therapy for Black Kids. Dr. Turner is the author of *Mental Health among African Americans: Innovations in Research and Practice* and is the Past-President of the Society for Child and Family Policy and Practice (Division 37 of the American Psychological Association).



VALERIE WILLIAMS-JAMES (MODERATOR)

Dr. Williams-James is the President and CEO at VisionSpot Consulting Group, a nationally recognized management and training firm. She is a leadership author, Vice-Chair of DE&I at the Mobile Area Chamber and holds a Doctor of Education in Organizational Leadership from Pepperdine University. Dr. Williams-James coaches executive leaders on DEI strategies for their businesses while helping enhance the functionality and precision of business processes, strategic execution and leadership effectiveness. Dr. Williams-James is a Harvard-trained leader with a deep understanding of leadership, human psychology and motivation. She is also an Adjunct Professor at the University of Mobile, where she teaches Leadership and multicultural communications.

Research Plenary: Challenges and Opportunities in Mental Health Research

Wednesday, July 28



JOSHUA GORDON

Dr. Joshua Gordon received his M.D./Ph.D. from 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. He became the Director of the National Institute of Mental Health in 2016. Dr. Gordon's research focuses on the analysis of neural activity in mice carrying mutations of relevance to psychiatric disease. His work has direct relevance to schizophrenia, anxiety disorders and depression. Dr. Gordon's work has been recognized by several prestigious awards, including The Brain and Behavior Research Foundation — NARSAD Young Investigator Award and the Daniel H. Efron Research Award from the American College of Neuropsychopharmacology.



KEN DUCKWORTH (MODERATOR)

NAMI Chief Medical Officer Ken Duckworth's journey into psychiatry started when he was a boy growing up with a dad who experienced severe bipolar disorder. He became a psychiatrist in part to help his father. Dr. Duckworth is double-board certified in adult and child/adolescent psychiatry and has completed a forensic psychiatry fellowship. He is currently writing NAMI's first book, *You Are Not Alone: The NAMI Guide to Mental Illness and Recovery*. He is interviewing NAMI members about what has helped them in their mental health journeys in an effort to help other people living with mental illness.

Track 1: Amplifying Youth and Young Adult Voices

Empowering Youth as Advocates of Change in Mental Health Systems



CARLA MAGAÑA

Carla Magaña is a high school senior serving as President of the Teens Connect Council. She is the Student Board Representative for Napa Valley Unified School District and the President of the Bring Change to Mind Club at Vintage High. Her passion is helping wherever her skills are needed, whether it's through volunteer work, civic engagement or overall community wellness.



JENI OLSEN

Jeni Olsen is Prevention Director at Mentis, an organization dedicated to the emotional health and well-being of all Napa County residents. She manages youth programs with a forward-thinking, collaborative approach in order to support teens and their complex needs. She is a passionate advocate for mental health, wellness and youth empowerment. When not working with teens, she can be found in the mountains hiking or kayaking.



ROB WEISS

Rob Weiss holds a master's degree in social welfare from the University of California, Los Angeles. He has been a licensed clinician (LCSW) in good standing with the state of California since 1999. During his mental health career, he has worked as a clinician with a wide range of client populations and continues to be a clinical supervisor in addition to being an administrator for a variety of programs serving people of all ages.

Lift Your Voice: A Public Speaking Approach to Empowering Young Voices



KRISTOPHER MERCERON

Dr. Kristopher Merceron serves as the Assistant Director for the TRiO Student Support Services program at MCLA. Dr. Merceron previously worked at Valencia College, where he served as the Program Director for Speech and the New Student Experience. He holds a master's degree in corporate and organizational communications and a Ph.D. in educational studies specializing in adult learning and development. Dr. Merceron is also the co-author of *Managing Nervousness as a Public Speaker*.

Enhancing College Student Mental Health via an On-Campus Support Group



JAY GABBARD

Dr. Jay Gabbard is a Professor of Social Work at Western Kentucky University. A proud Samoan-American, his current research focuses on college student mental health, faculty mental health, homelessness and forensic social work. He is a proud NAMI member, a consumer advocate for individuals living with bipolar disorder, and he has led an on-campus support group for students struggling with anxiety, depression, suicidality and other mental health concerns.

Track 2: Advancing the Promise of Research

Psychedelic Therapy Renaissance: A New Frontier in Mental Illness Treatment



DIMITRI PERIVOLIOTIS

Dr. Dimitri Perivoliotis is the Lead U.S. Adherence Rater for the Multidisciplinary Association for Psychedelic Studies Phase 3 clinical trial of MDMA-assisted psychotherapy for PTSD. He manages a serious mental illness clinic and training program at the VA San Diego Healthcare System and is an Associate Professor at the University of California San Diego School of Medicine, where he co-founded the UCSD Psychedelic Science Group.

Optimal Treatment of Psychotic Disorders: Clozapine/Engagement/Community



ROBERT LAITMAN

Dr. Robert Laitman is an internist, father, husband, son and avid runner. Fifteen years ago, when his son Daniel developed schizophrenia, he found the care inadequate. Since then, he and his wife, a fellow internist, have developed a new field, Psychiatric Internal Medicine, and have subsequently treated more than 200 patients with psychotic disorders using optimal clozapine regimens, which include a full biopsychosocial approach. They also developed a “Team Daniel” community that connects together via Zoom. They report their son Daniel is an independent, successful standup comic.

Effectiveness of Youth Mental Health Screening in the ED



JENNIFER COOPER

Jennifer Cooper is a registered nurse and coordinator for the Nemours Forensic Nurse Examiner program, overseeing a team of five nurses who care for pediatric acute physical and sexual assault patients. She is certified as a sexual assault nurse examiner-pediatrics (SANE-P) and has worked in an emergency department for more than 15 years in various leadership roles, including focusing on quality improvement and systems issues across a Level 1 Trauma Center.



JESSICA WILLIAMS

Jessica Williams, MSS, LCSW, is a 2017 graduate of Bryn Mawr College Graduate School of Social Work and Social Research, where she obtained a Master of Social Service. She has varied experience in health care settings and presently works in the ER at Nemours/Alfred I. duPont Hospital for Children, where she was hired under a SAMHSA suicide prevention grant. She developed the ER’s current Behavioral Health Screening Protocol and oversees its continued success.

Track 3: Addressing Mental Health Disparities

Use of Culturally Competent Education to Address Health Disparities



YOLANDA BOGAN

Dr. Yolanda Bogan is a psychologist who has studied and provided therapy services related to women’s issues, including depression, sexual assault, substance abuse and women’s health. Her private practice includes privately insured and community-based care. Her culturally competent mental health advocacy focuses on community collaborations that support primary prevention, destigmatization and wholistic health. She has secured multiple federally funded awards for designing and implementing community education programs that support mental health, HIV/AIDS awareness and support for violence against women.

Voices of Hope: Community Conversations in LGBTQ+ and Black Communities



NYEMADE BOIWU

Nyemade Boiwu is an award-winning writer, speaker and digital content strategist. She lends her expertise to the non-profit sector to support others. She strives to use her talent for communication to raise awareness about mental health and other various social issues and encourages individuals to see things from the perspectives of others.



WESLEY INGRAM

Wesley Ingram (he/him) is NAMI Delaware’s Programs Manager. As both a mental health peer and a queer trans man, his passion is at the intersection of these two communities. He uses his own experiences along with current research to educate the community on specific issues and barriers that LGBTQ+ individuals face to help create safer and more inclusive spaces for everyone.



ANNIE SLEASE

In 2017, Annie Slease left her 25-year teaching career to become Director of Advocacy & Education at NAMI Delaware, inspired by her own experience raising a son with mental illness. Because her family lacked support and information, her son's condition worsened and he was eventually incarcerated. It was when she found a NAMI Family Support Group that she finally felt hope again. Today, she feels grateful to be able to pay that hope forward.

Social (In)Justice and Mental Health



RUTH S. SHIM

Ruth S. Shim, M.D., is the Luke & Grace Kim Professor in Cultural Psychiatry in the Department of Psychiatry and Behavioral Sciences and Associate Dean of Diverse and Inclusive Education at the University of California, Davis, School of Medicine. She is a member of the Board of Trustees of the Robert Wood Johnson Foundation. She is co-editor of the books *The Social Determinants of Mental Health* and *Social (In)Justice and Mental Health*.



SARAH Y. VINSON

Dr. Sarah Y. Vinson is a triple board-certified physician who specializes in adult, child and adolescent, and forensic psychiatry, and co-editor of *Social (In)Justice and Mental Health*. She is the founder of Lorio Forensics, a multidisciplinary culturally and structurally informed forensic mental health consultation company. Dr. Vinson graduated from Florida A&M University. After graduating from medical school at the University of Florida, she completed her general psychiatry training at Cambridge Health Alliance/Harvard Medical School. She completed fellowships in both child and adolescent and forensic psychiatry at Emory University School of Medicine. Dr. Vinson is an Associate Clinical Professor of Psychiatry and Pediatrics at Morehouse School of Medicine and is also adjunct faculty at Emory School of Medicine and serves on the boards of the American Association of Community Psychiatry and of the Bazelon Center for Mental Health Law. She is one of two National Psychiatric Advisors for the Judges Psychiatry Leadership Initiative and serves on the National Judicial Task Force to Examine State Courts' Response to Mental Illness.



DANIEL H. GILLISON, JR. (MODERATOR)

NAMI CEO Dan Gillison brings expertise in non-profit leadership and a passion for advocating for people with mental illness to the organization. Before coming to NAMI, he 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. Prior to APAF, Gillison led County Solutions and Innovation for the National Association of Counties, where he was instrumental in repositioning the organization's programs to provide expertise in health and human services, justice and public safety. He has more than 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.

Track 4: Living Well with a Mental Health Condition

Engaging the Community through NAMI Family & Friends Seminars



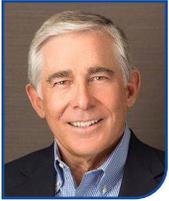
SUZANNE ROBINSON

Suzanne Robinson is Director of National Education Programs at NAMI overseeing curriculum and the education team. She co-authored *NAMI Homefront* for military/veteran families and developed *NAMI Family & Friends*. Prior to coming to NAMI, her positions included Director of Programs at NAMI Ohio, Coordinator for St. Louis Partners AmeriCorps and Senior Program Director at the University of Minnesota YMCA. She received a B.A. in history from Washington University in St. Louis and an MSW from Ohio State University.



KATHY YOUNKER

Kathy Younker was born and raised in Salt Lake City, Utah, and graduated from the University of Utah in Family and Consumer Studies. She retired from full-time retail to raise her three children and volunteer at their schools. She is a director of the Wheeler Foundation and is active in her congregation, where she currently serves as the leader of the Woman's Organization. She loves family, food, beauty, art and NAMI.



NORMAN YOUNKER

Norman Younker is a longtime NAMI instructor. He grew up in rural Northern Utah and obtained a degree in history from Utah State University, a J.D. from Brigham Young University and did post-graduate studies in international law at the University of Cambridge. He practiced law in Salt Lake City for 38 years and, as a medical malpractice lawyer, was named to Best Lawyers in America. He has struggled most of his life from anxiety, winter depression and hypomania. Younker has been married to his wife, Kathy, for 37 years and is a proud father of three children, including a son living with schizophrenia, anxiety, and PTSD and a daughter living with anxiety. Now in retirement, he enjoys spending time with his two grandchildren, hiking, sailing, motorcycle riding and traveling.

Dogs That Heal: Using K-9 Partners to De-escalate Emotional Crises



RICARDO ORTIZ

Detective Ricardo Ortiz joined Florida's Pasco Sheriff's Office (PSO) in 2014. He was promoted to Detective in 2019 and selected as a member of the PSO Behavioral Health Intervention Team (BHIT). He has received specialized K-9 training with his Animal-Assisted Therapy K-9 Deputy Mango. Mango, a rescue, was initially trained in a program called Paws and Stripes by Brevard County Jail inmates. When not working, he chills with his mini-dachshund pal Biggie.



TONI ROACH

Captain Toni Roach has been a certified law enforcement officer for Florida's Pasco Sheriff's Office (PSO) for more than 20 years. In 2016, she became agency liaison for mental health and community collaboration and training. As a certified Crisis Intervention Team (CIT) coordinator, she oversees the PSO Behavioral Health Intervention Team. Its goal is to collaborate with high-risk persons in order to improve their stability, prevent relapse and reduce costs related to emergency services.



ELIZABETH STATZER

Elizabeth Statzer has more than 20 years of experience working in the mental health field, including the FL Department of Children & Families Substance Abuse &

Mental Health Office. She has also volunteered with NAMI and served on the Board of Directors for her local Affiliate. She is currently the Director of Vincent House Pasco, a recovery-through-work Clubhouse for individuals living with mental illness. She is a passionate advocate for mental health, recovery and hope.

The Mind on the Page: The Awakenings Review



EDWARD ROBIN CORONEL

Edward Robin Coronel has been with The Awakenings Project for several years. He connected with the project through NAMI DuPage, where he manages the Print Shop – Supportive Employment Program. He is a self-taught, Lowbrow/Pop Surreal Artist and has exhibited work around the world. He is inspired by the people managing their recovery through the creative work they bring into this world, and by his dog Yoshi.



ROBERT LUNDIN

Robert Lundin is the founder and editor of The Awakenings Review, an annual literary journal dedicated to publishing the work of people with mental illnesses, their friends and family members. He cut his teeth in writing and editing as a reporter for The Chicago Tribune and later as an editor for Psychiatric Rehabilitation Skills, a journal published at the University of Chicago. He recently retired from teaching classes in PSR at DuPage County Health Department in Illinois, where he worked for 12 years.



IRENE O'NEILL

Irene O'Neill is the Artistic Director and Vice President of The Awakenings Project, the organization that hosts The Awakenings Review. A magna cum laude graduate of North Central College, she wanted to be an artist since childhood. Today, she enjoys mentoring other artists through The Awakenings Project's art studio in Elgin, Ill. A Certified Recovery Support Specialist at the DuPage County Health Department since 2004, she teaches a variety of PSR classes.

Track 5: Supporting Stronger Communities

Bridges to Care: Building Grassroots Community Mental Health Support



DOUG BEACH

Doug Beach is the Board President of NAMI San Antonio and is Chair for Bridges to Care San Antonio. In addition, he has organized and led the annual Pathways to Hope Conference for mental health and faith for the past six years. He is the Chair of the NAMI FaithNet Advisory Group and serves as the Board VP of Pathways to Promise, a national interfaith mental health advocacy organization.



VERON BLUE

Pastor Veron Blue is the Executive Administrator and Spiritual Development Director of the Family Life International Ministries. Her passion is working to better her community. For the past 20 years, she has been involved in the Drug Education for Youth Program with the Department of Parks and Recreation; a “Destined for Greatness” Girl’s Mentoring Program in South Africa, Nigeria, Bahamas and the U.S.; the C.H.A.M.P.S. Reentry Program; and an eight-week summer camp for community kids.



ANN HELMKE

The Reverend Ann E. Helmke, MDiv, is the Faith Liaison for the City of San Antonio’s Department of Human Services. Prior to this position, she served as the Director of Spiritual Services at Haven for Hope, a center for San Antonians without permanent shelter.

Transgender/Gender Nonbinary Folx: Changing the Conversation Around Suicide



DANA CEA

Dana M. Cea (she/her or they/them) is a volunteer for NAMI and the American Foundation for Suicide Prevention, a mental health professional and a survivor of suicide loss. She focuses her research on mental health and suicide, the LGBTQ+ community, youth and autism spectrum disorder. She lives with mental health disorders, her spouse and their three dogs.

Help Not Handcuffs: 988 as a Gateway to Transforming Crisis Response



ANGELA KIMBALL

Angela Kimball is National Director of Advocacy and Public Policy for NAMI. In this role, she oversees NAMI’s federal legislative policy agenda, advocacy and advocate mobilization strategy, and works with NAMI State Organizations and Affiliates to identify and cultivate advocacy leaders to help advocates promote NAMI policy priorities. She also supports the work of the NAMI Board of Directors in developing NAMI’s policy positions on key issues.



HANNAH WESOLOWSKI

Hannah Wesolowski is Director of Field Advocacy for NAMI, where she directs NAMI’s advocacy mobilization strategy, engaging advocates on key NAMI federal priorities. She also leads NAMI’s advocacy and public policy work with NAMI State Organizations and Affiliates to support their efforts in advancing NAMI policy priorities, including resource development and advocacy training and recruitment.

Track 1: Amplifying Youth and Young Adult Voices

Using Innovative Methods to Engage Youth and Connect Schools to Services



ARIANE DAVAUL

Ariane Davaul is the Program Manager for NAMI Southern Arizona's Ending the Silence (ETS) presentation. She experienced anxiety and depression as a teenager and knows how derailed one's life can become when mental illness is not addressed early on. Being part of NAMI Southern Arizona has changed her life for the better. She loves that ETS aims to end mental health stigma and normalize young people asking for help when they're in need.



RAQUEL GOODRICH

Raquel Goodrich has more than 15 years of experience in public participation and conflict resolution processes, strategic planning, meeting facilitation processes and collaborative technology. Previously the Deputy Director for the National Institute for Civil Discourse at The University of Arizona, she provided strategic planning guidance and operational support, managed the organization's public initiatives and spearheaded development of Text, Talk, Act, resulting in more than 200,000 youth engaging in text-based, small group discussions on mental health.



SARA MOODY

Sara Moody is the Clinical Director of Care Coordination with Casa de los Niños with 10 years in behavioral health. After 18.5 years at DCS, she wanted to focus more of her energy on growing and developing service provisions in the behavioral health system, and found that opportunity with Casa de los Niños. She now oversees Casa's school program, which provides youth and families with accessible and timely services.

Young Adults Leading the Way into Prevention and Well-Being



ANN DUCKLESS

Ann Duckless has worked for NAMI New Hampshire for the past 15 years in the Connect Suicide Prevention Program, providing suicide prevention and mental health trainings to community, military, college and tribal nation settings. She has also gained more than 20 years of experience in the field of substance use continuum of care. Trained as a cultural competence trainer by the Anti-Defamation League, she embraces and promotes cultural sensitivity to issues of gender, race, ethnicity, language, religion, disability and sexual orientation/gender identity.

Empowering Youth by Facilitating Heartfelt Poetry About Personal Trauma



RICHARD GOLD

Richard Gold founded the Pongo Poetry Project, a 25-year-old non-profit that provides therapeutic poetry programs inside psychiatric hospitals, jails, shelters, etc. Pongo has directly served 7,000 youth. In addition, he authored *Writing with At-Risk Youth: The Pongo Teen Writing Method* (Rowman & Littlefield Education, 2014) and has taught the Pongo methodology and supported Pongo-inspired writing projects worldwide. He has been honored for this work by Bill and Melinda Gates, among others.



SHAUN MCMICHAEL

Shaun McMichael, MAT, volunteered for Pongo Poetry Project in 2007. The experience catalyzed a 12-year-long career teaching youth who have experienced significant trauma. As Pongo's Program Manager, he oversees projects and training in the Seattle area. He is also the editor of two collections of Pongo poetry: *The Shadow Beside Me* (2020) and *The Story of My Heart* (2021). Forty of his short stories and essays have appeared in literary magazines, online and in print.



SHANNON SPURGEON

Shannon Spurgeon is a Special Education ParaEducator working on social emotional learning with a passion for trauma healing. She lives in Shoreline, Wash., with her four awesome neurodivergent kids!

It Takes a Village: A Community Call to Action



SUZANNE FOX

Suzanne Fox knew little about mental illness until 2015 when her daughter Julia told her that she was depressed. Soon after, everything turned upside down with the back-to-back suicides of her daughter's two best friends. She is passionate about community building and is dedicated to positive change so that people know there is help and hope. She believes in the simple and compelling message of The Yellow Tulip Project and wants it to spread to more schools and communities so that people know that things will get better and suicide should never be an option. She is a member of the Arctic Circle Council and recently earned a certificate in Global Mental Health. She is interested in examining stigma reduction across cultures.



CONRAD GABRIEL

Conrad Gabriel is the Director of Public Relations at The Yellow Tulip Project (YTP). He oversees media partnerships and press releases and works closely with the board to ensure broad coverage of the team. Outside of YTP, he is a rising sophomore at Tulane University studying finance and real estate.



MADELEINE MANNO

Madeleine Manno is a rising high school senior from Massachusetts. She is extremely passionate about mental health awareness and has been working with The Yellow Tulip Project for around two years. She currently serves as the Co-Director of Events but has also worked to develop the project's regional model in Massachusetts, Rhode Island and Connecticut. Through her efforts, she knows that hope happens and that dedicated individuals can and will smash the stigma surrounding mental illness.

Track 2: Advancing the Promise of Research

Innovation in Research and Treatment of Perinatal Depression: Where Are We Now?



SAMANTHA MELTZER-BRODY

Dr. Samantha Meltzer-Brody, M.D., MPH, is the Assad Meymandi Distinguished Professor and Chair of the Department of Psychiatry at the University of North Carolina at Chapel Hill. Dr. Meltzer-Brody is an internationally recognized physician-scientist in perinatal depression (PND). Her research investigates the epidemiologic and biological predictors of PND, including genetic and other biomarkers. She served as the academic PI for novel clinical trials for the now FDA-approved new pharmacologic treatment for postpartum depression (brexanolone).

Trauma and Population Health



KARESTAN C. KOENEN

Karestan Koenen, a clinical psychologist, epidemiologist and author, is Professor of Psychiatric Epidemiology at the Harvard T.H. Chan School of Public Health, where she aims to reduce the population burden of mental disorders through research, training and advocacy. Her latest book is titled *Treating Survivors of Childhood Abuse and Interpersonal Trauma*, written with Marlene Cloitre, Lisa R. Cohen, Kile M. Ortigo and Christie Jackson. She is also a regular contributor to *Psychology Today* through her blog, *Mental Health Around the World: Insights from Psychiatric Epidemiology*. She is passionate about using science to overcome violence and trauma, which are major preventable causes of health problems globally.

Antipsychotic Medications and Metabolic Syndrome



DAVID C. HENDERSON

David Henderson, M.D., is Psychiatrist-in-Chief at Boston Medical Center and Professor and Chair of Psychiatry at Boston University School of Medicine.

He also serves as Co-Director of the NIMH T32 Boston University School of Medicine (BUSM)/ Massachusetts General Hospital Global Mental Health Clinical Research Fellowship. He has worked internationally for the past 25 years in resource-limited settings and areas impacted by mass violence, disasters and complex emergencies. His work has consisted of field studies, needs assessments, mental health policy development and strategic planning, quantitative and qualitative surveys, mental health capacity building programs for specialized and primary health professionals, and skill-transfer program evaluation. In the U.S., he has conducted more than 30 randomized clinical trials among populations with serious mental illness.

Digital Outreach for Obtaining Resources & Skills (DOORS)



ERICA CAMACHO

As the Director of Health Equity for the Division of Digital Psychiatry, Erica Camacho works closely with community leaders to ensure persons with serious mental illness are able to access care digitally.

She runs the Digital Outreach for Obtaining Resources and Skills (DOORS) program, which aims to improve functional outcomes in patients through a multi-session curriculum designed to enhance smartphone skills and engage participants in group learning and problem-solving while targeting symptoms of illness.



KERIS JÄN MYRICK

Keris Jän Myrick is a Co-Director of The Mental Health Strategic Impact Initiative (S2i) and has held positions as the Chief, Peer and Allied Health Professions for the Los Angeles County Department of Mental

Health and Director of the Office of Consumer Affairs at SAMHSA. An early adopter, self-identified “geek” with an interest in leveraging technology to aid in mental health recovery and well-being, she serves on the American Psychiatric Association’s App Advisor Panel and recently received her certificate in Geek Culture Competency and is a clinical advisor for the BIDMC Digital Psychiatry

Program. She has an M.S. in organizational psychology from the California School of Professional Psychology of Alliant International University and MBA from Case Western University’s Weatherhead School of Management.



JOHN TOROUS

John Torous, M.D., MBI, is Director of the Digital Psychiatry Division in the Department of Psychiatry at Beth Israel Deaconess Medical Center, a Harvard Medical School affiliated teaching hospital,

where he also serves as a staff psychiatrist and assistant professor. There, he leads a “digital clinic,” where care is augmented and enhanced through smartphone apps, wearables and other technologies. He serves as editor-in-chief for JMIR Mental Health, web editor for JAMA Psychiatry and leads the American Psychiatric Association’s Health IT Committee.

Track 3: Addressing Mental Health Disparities

Anti-Asian Racism and Mental Health



JR KUO

JR Kuo is a national speaker and trainer. He is the founder of Coffee With JR, a company that specializes in providing mental health and diversity and inclusion trainings. He has more than 10 years of experience in

professional speaking and has trained college students and professionals on mental health at more than 45 universities and dozens of organizations. He is a Mental Health First Aid instructor and, as a DEI trainer, he has facilitated numerous DEI workshops for Fortune 500 companies.

Dismantling OCD Stereotypes: What It Really Is and What You Can Do About It



LAURA SMESTAD

Laura Smestad is a Licensed Mental Health Counselor in the state of Washington, a National Certified Counselor and a doctoral candidate at Antioch University Seattle pursuing a degree in counselor education

and supervision. She currently works as a clinical therapist in a group practice that focuses on the treatment of obsessive-compulsive disorder and related disorders, where she primarily uses exposure and response prevention in her work with children, adolescents and adults.

Mental Illness and the Law in Communities of Color



VALERIE WISE BURRELL

Valerie Wise Burrell is licensed as a Clinical Social Worker in Indiana and Illinois, a Certified Alcohol and Drug Abuse Counselor in Illinois and a Licensed Clinical Addictions Counselor in Indiana. She

has helped families, individuals and couples for over two decades. She has been an educator and a business owner, but her biggest challenge came when her own family member was diagnosed with mental illness. She got to see firsthand the systemic biases within the criminal justice system for poor ethnic minorities who have mental illness. Seeing this has changed her life, and now she wants to be a part of making things better.

Advocating with Black Voices



ASHLEY SCOTT

Ashley Scott is an artist, public speaker and mental health advocate. She shares her story of recovery with youth and adults in communities of color, provides peer support and is a part of implementing

research for patient-centered outcomes. She is dedicated to sharing the message of hope by launching her creative production company, Vivid and Vibrant LLC, and spreading her core belief that people in recovery can live a joyful, fulfilling life despite their conditions.

Track 4: Living Well with a Mental Health Condition

Cultivating Resiliency and Support for Emerging Adults During the Pandemic



MORGAN PFAU

Morgan Pfau is a support group facilitator at the Mental Health Association. She is receiving her B.A. in psychology and mental health and will be attending Rowan University this fall for her master's degree in clinical mental health counseling.



BERNADETTE TRENDLER

Bernadette Trendler works as the Wellness & Recovery Programs Manager at the Mental Health Association in Atlantic County, N.J. She oversees and coordinates a variety of peer-led support groups and educational workshops offered to the community. Previously,

she received her bachelor's degree in psychology from Stockton University. She now volunteers with NAMI Ending the Silence sharing her personal recovery story. Additionally, she's a nature lover, foodie and yogi.

Illness & Identity: Growing Up Brown & Bipolar



SUKHMANI BAL

A graduate of the Boston University School of Public Health, Sukhmani Bal focused on community health, mental health and substance use. She did her undergraduate work in biopsychology, cognition and

neuroscience. Through community engagement and cross-cultural education, she hopes to empower individuals to actively participate in their own treatment. By working to educate both the public and medical community, she hopes to ameliorate the stigma attached to seeking treatment and make quality care accessible to all.

Therapeutic Horticulture in a Small Mental Illness Service Campus



RUBEN GALLEGOS

Ruben Gallegos, from Concho Valley, Texas, is a Master Gardener. He was diagnosed with depression and anxiety disorder in his early teens and experienced lifelong involvement in mental health systems,

which included two involuntary stints in mental hospitals. Today in recovery, as a member of the San Angelo Clubhouse and NAMI, he uses his lifelong knowledge and love of horticulture to help others to reduce their stress through gardening and related activities.



AMI MIZELL-FLINT

Ami Mizell-Flint is the director of the San Angelo Clubhouse and affiliate leader for NAMI Texas of San Angelo. While still relatively new to gardening, she has been fascinated watching members of the

Clubhouse reap the benefits of therapeutic gardening. Working with Ruben Gallegos has taught her important gardening and life skills: Success is brought about by patience; there's no such thing as a "brown thumb;" and too much of a good thing can actually be harmful.

Practicing Law with a Bipolar I Diagnosis



KENNETH D. LOUGEE

Kenneth D. Lougee graduated from law school in 1981. He went on to practice law in Fairbanks, Alaska, before experiencing a major mania episode in 1996. He was hospitalized five times and expelled from his law firm. Later, he moved to Salt Lake City and began his recovery. He took the Utah Bar Exam in 2005 and now works as an attorney. Despite some breakthrough episodes of depression and hypomania, he continues to practice law in the state and served as a Special Assistant Attorney General.

Track 5: Supporting Stronger Communities

Use of Special Courts & The Stepping UP Initiative to Improve the Justice System



MELISSA A. KNOPP

Melissa A. Knopp is admitted to the bars of Ohio and the U.S. District Court for the Southern District of Ohio. She is a Certified Court Manager and Certified Court Executive from the National Center for State Courts. She serves as the Stepping UP Ohio Project Manager for Peg’s Foundation and as Vice-Chair to the Delaware County Public Defender Commission. She is also a certified trainer for the University of Cincinnati Corrections Institute.



EVELYN LUNDBERG STRATTON

Evelyn Lundberg Stratton served for 16 years as a Justice on the Supreme Court of Ohio and for seven years as a trial judge. For decades, she has worked on issues involving people with mental illness in the criminal justice system; she established the Supreme Court of Ohio Advisory Committee on Mental Illness & the Courts — which then merged into the Attorney General’s Task Force on Criminal Justice and Mental Illness — and, ultimately, served as co-chair. She serves on Governor DeWine’s Recovery Ohio Advisory Council, which advises on addiction and mental health policy issues, and heads the Ohio Stepping UP project. Justice Stratton has worked both nationally and in Ohio on setting up Veterans Treatment Courts and Veterans Justice Outreach Specialists. In addition, she founded Operation Legal Help Ohio, a non-profit connecting veterans and military families to a statewide system of referrals to pro bono lawyers.

The View from DC: NAMI’s Federal Legislative and Policy Update



JENNIFER SNOW

Jennifer Snow is Director of Public Policy for NAMI. She oversees NAMI’s policy agenda, leading analysis of and strategic response to federal executive and legislative branch activities. Prior to working at NAMI, she spent 16 years at the U.S. Department of Health and Human Services as a policy advisor in the Secretary’s office and as a legislative director for the Centers for Medicare & Medicaid Services. She earned an MPA and 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.

Respuesta Informada Sobre el Trauma a COVID-19 (Informed Response on COVID-19 Trauma)



JASMINE QUINONES

Jasmine ha estado con los Centros Kiva durante 5 años, construyendo sólidas relaciones de trabajo en todo Massachusetts y sirviendo como embajadora de buena voluntad

consumada. Jasmine es una Peer Specialist certificada por MA, instructora certificada de WRAP y TIPS, y ha completado IPS, Hearing Voices Network, Alternatives to Suicide y Capacitación sobre defensa de niños y familias. Jasmine recibió el premio Angel Award en el área de CHNA del sur del condado dos años seguidos por su excelencia en la colaboración comunitaria. Ha sido reconocida por el Ejército de Salvación por su trabajo comunitario colaborativo en el sur del condado. Uno de los mayores logros profesionales de Jasmine fue el honor de trabajar junto con el Departamento de Salud Mental de ASSMCA Puerto Rico en la isla, llevando el modelo de Kiva Centers de apoyo de pares informado sobre traumas a su población necesitada. Debido al entrenamiento y dedicación de Jasmine a la causa, Puerto Rico pronto abrirá centros administrados por pares inspirados en el modelo de Kiva Centers en muchas áreas de Puerto Rico. Jasmine es madre de dos hijos maravillosos.

Jasmine Quinones has been with the Kiva Centers for five years, building solid working relationships throughout Massachusetts and serving as the consummate goodwill ambassador. She is an MA Certified Peer Specialist, certified WRAP (Wellness Recovery Action Plan) and TIPS (Trauma-Informed Peer Support) instructor, and she has completed IPS, Hearing Voices Network, Alternatives to Suicide, and Children and Family advocacy training. She received the Angel Award in the South County CHNA area two years in a row for excellence in community collaboration. She has been recognized by the Salvation Army for her collaborative community work in South County. One of her greatest professional achievements was working alongside ASSMCA Puerto Rico's Department of Mental Health on the island, bringing the Kiva Centers model of Trauma-Informed Peer Support to their population in need. Because of her coaching and dedication to the cause, peer-run centers inspired by the Kiva Centers model will soon be opening throughout many areas of Puerto Rico. She is a mother of two wonderful children.



VESPER MOORE

Vesper Moore es el director de operaciones y director general de los centros Kiva. Vesper es una activista comunitaria, sobreviviente, entrenadora y escritora. Han sido parte de los Centros

Kiva durante varios años y han sido fundamentales en el crecimiento de los Centros Kiva como organización. Vesper ha llevado las perspectivas de los supervivientes a espacios nacionales e internacionales. Tienen experiencia trabajando como consultores tanto para el gobierno de los Estados Unidos como para las Naciones Unidas en la formulación de estrategias en torno al trauma, la interseccionalidad y los derechos de las personas con discapacidad. Han estado a la vanguardia de la reforma legislativa para cambiar el paradigma social en torno a la salud mental. Vesper se concentra en la construcción de movimientos sociales y conocimiento público para facilitar y sostener el cambio de sistemas. Son capacitadores certificados y capacitados de apoyo intencional entre pares y capacitación para especialistas en pares certificados por MA. Han apoyado el desarrollo de organizaciones dirigidas por pares en diferentes partes del mundo.

Vesper Moore is COO and Managing Director of the Kiva Centers. Vesper is a community activist, survivor, trainer and writer. They have been a part of the Kiva Centers for several years and have been instrumental in the Kiva Centers growth as an organization. Vesper has brought the perspectives of survivors to national and international spaces. They have experience working as a consultant for both the U.S. government and the United Nations, shaping strategies around trauma, intersectionality and disability rights. They have been at the forefront of legislative reform to shift the societal paradigm around mental health. Vesper concentrates on building social movements and public knowledge to facilitate and sustain systems change. They are a skilled certified trainer of Intentional Peer Support and the MA Certified Peer Specialist Training. They have also supported the development of peer-run organizations in different parts of the world.

NAMI Homefront, NAMI Peer-to-Peer, in Partnership with Veteran Service Orgs



MARGARET BRISTOL

Dr. Margaret Bristol, Ed.D., is a board member with both NAMI Syracuse (Veterans Chair) and NAMI NYS (Veterans Co-Chair, Executive Committee). She teaches NAMI Family-to-Family and NAMI Homefront. She is a literacy specialist with Vernon-Verona-Sherrill Central Schools and is also their LEAP summer principal and modified softball coach. Additionally, Dr. Bristol serves as a NYS representative for the Elizabeth Dole Foundation. She resides in the Syracuse area with her husband, Army veteran Jeremy, and their two children, Jack and Madison.



ANN CANASTRA

Ann Canastra is a licensed professional mental health counselor and is the Local Recovery Coordinator the Lead LPMHC, and Director of LPMHC Training at the Syracuse VA Medical Center. As LRC, she oversees directives related to ongoing recovery process and the greater idea that all people can heal and live their best lives. She has served on the boards of NAMI Syracuse and NAMI New York State, and she is a national consultant and trainer for NAMI. She is also an adjunct faculty member at SUNY Oswego and is an appointed member of the Mental Health Board for New York State. She enjoys leading and teaching as a family member with NAMI Homefront, NAMI Family Support Group and evidence-based NAMI Family-to-Family.



KATHLEEN HANNON

Kate Hannon is a biology graduate of SUNY ESF in Syracuse, N.Y. She has worked at the organization Clear Path for Veterans for the past nine years. Her partner is a former Marine with PTS and TBI from his combat experiences. She's worked alongside Ann Canastra and Margaret Bristol hosting the NAMI Homefront and NAMI Family-to-Family classes for veteran and military families.

Track 1: Amplifying Youth and Young Adult Voices

A Novice Advocate's Guide to Evidence-Based Empowerment



AMANI CARSON

After graduating from Duke University with a bachelor's degree in psychology, Amani Carson returned to Boston and began working in community health. She has worked with two student mental health start-ups, advocated with This Is My Brave and published a study on youth and families' top mental health problems during COVID-19 with the Harvard Weisz Lab for Youth Mental Health. She recently launched a health literacy Instagram campaign (#ExperTea) in partnership with Harvard Medical School's MEDscience program.

Behind the Backpacks: Active Minds' Unique Approach to Suicide Prevention



AMY GATTO

Amy Gatto serves as a Senior Campus Program Manager at Active Minds. She is interested in the relationship between health and education. Blending together her experiences as a former high school teacher, higher education health educator and young adult health researcher, she has found a niche in working to improve adolescent and young adult mental health. She is a doctoral candidate at the University of South Florida in the College of Public Health, holds an MPH from the University of North Carolina at Chapel Hill and a B.A. in human services from Elon University.



HAYLEY HARNICHER

Hayley Harnicher is the Program Manager for Send Silence Packing®, Active Minds' traveling exhibit that aims to end the silence that surrounds mental health and suicide, and connects visitors with resources for support and action. When the pandemic began, Harnicher swiftly transitioned to create the accessible online virtual experience, Behind the Backpacks. She graduated with a B.A. in psychology from the University of Rochester and has a passion for program development, efficiency, sustainability and growth.

Beyond the Classroom: Taking Youth Mental Health Education Online



BRYAN ROSENBERG

Bryan Rosenberg joined NAMI Chicago in March 2021 as the Training and Education Senior Coordinator, overseeing curriculum development, quality assurance and project management for healing-centered training initiatives on mental health and wellness. He has experience as an educator, curriculum development and team leader and was most recently based in New York City. He is currently completing a Ph.D. in Sociology of Education from New York University, holds a master's degree in communication and education from Teacher's College of Columbia University, and a bachelor's degree in liberal arts from St. John's College.

Track 2: Advancing the Promise of Research

SMI Adviser: A Clinical Support System



TERI BRISTER

Teri Brister, Ph.D., serves as the National Director of Research, Support & Education at NAMI. Dr. Brister is responsible for ensuring that all content created and disseminated by NAMI attains the highest possible standards of accuracy, relevance, value and academic rigor. She is the author of NAMI Basics and co-author of the NAMI Homefront program. Since July 2018, Dr. Brister has served as the SMI Patient and Family Engagement Expert for the APA SMI Adviser project.



AMY COHEN

Amy Cohen, Ph.D., is the Director of SMI Adviser, a SAMHSA-funded initiative, administered by the American Psychiatric Association, to improve care nationally for people living with serious mental illness. Dr. Cohen is a clinical psychologist with extensive experience implementing and evaluating evidence-based services that improve patient outcomes in complex state and federal health care delivery systems. She serves on scientific review panels for NIMH, Department of Defense, and the Veterans Administration. She was an elected member of the American Psychological Association's Task Force on SMI/SED from 2013–2019.

Track 3: Addressing Mental Health Disparities

BIPOC Youth Mental Health Disparities: A Strength-Based Approach



MONIQUE CARTER

Monique Carter is the founder and social entrepreneur of Genesis Consulting and Development Group, LLC, an Atlanta-based business consulting and development firm that equips and empowers business leaders to cultivate an atmosphere of professional strategies and practices that put “People First.” As a clinical mental health practitioner and organizational behavioral strategist, she considers herself a “catalyst for change,” believing that the beginning of corporate excellence starts with the commitment to integrate inclusive care values in every stage of business development. She also serves on the State of Georgia Board of Directors for NAMI, where she volunteers and oversees legislative advocacy efforts by offering insights regarding policies on state and federal levels that affect people with mental health conditions.



MORAIS LEE CASSELL

Dr. Morais Lee Cassell is a Behavioral Health Specialist and Therapist. He is certified by the National Board of Certified Counselors as an NCC (National Certified Counselor) and is also a certified QPR instructor in suicide awareness by the QPR Institute. Dr. Cassell holds a certificate in pharmacology from Harvard Medical School and currently serves NAMI Georgia as a program specialist. He is also the director of C3 — In This Together Mental Health Management.



LAKLIESHIA IZZARD (MODERATOR)

Dr. Laklieshia Izzard, Ed.D., is a Licensed Professional Counselor, a National Certified Counselor, an Approved Clinical Supervisor and a Tri-Care Mental Health Counselor. Dr. Izzard is in virtual private practice with more than 15 years of community mental health counseling with diverse populations. She serves on the NAMI Georgia Board of Directors and is a founding member of the Diversity, Equity and Inclusion Committee. She is a graduate of NC A&T SU.

Connecting with Youth During COVID-19



NEIL PETERSON

As the chairman, founder and CEO of Edge Foundation, Neil Peterson has dedicated his life to helping students with executive functioning challenges realize their potential. A highly successful entrepreneur, he founded three companies, including the carsharing service Flexcar (now Zipcar). He also led the transportation agencies in Los Angeles, Oakland and Seattle with award-winning results and dramatic shifts toward modernization. During the past 10 years, he has fostered the same kind of innovation in school systems, mentoring programs, foster care and juvenile justice programs around the country through the Edge Training and Coaching program. He is the author of *Embracing the Edge* and is a frequent speaker. His entrepreneurial endeavors have been featured in *Time Magazine*, *Fortune Small Business*, *USA Today*, *The Wall Street Journal*, *Washington Post* and *The New York Times*, as well as on NPR, “ABC World News Tonight” and “Good Morning America,” among others.



EDWIN VEGA

Edwin Vega, PCC, CPCC, is a Certified Leadership Development Coach and Facilitator who serves as the lead trainer with the Edge Foundation. He is a first-generation college graduate, having studied at Ithaca College, Roosevelt University and Yale University, and is passionate about helping children maximize their full potential. Previously, he was a professional opera singer, performing on stages across the U.S. and Europe, and is a 2020 Grammy Award winner.

Culturally Competent Care for LGBTQ+ Youth and Adolescents



MEGAN MCKIM

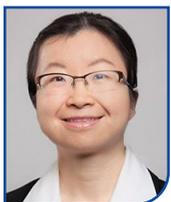
Megan McKim is the Behavioral Health Clinical Manager for speech-language pathology, occupational therapy and therapeutic recreation at Nationwide Children’s Hospital in Columbus, Ohio. She has previously worked as a pediatric occupational therapist in numerous settings, including inpatient and outpatient mental health, acute care and inpatient rehabilitation. She has a bachelor’s degree in health sciences and a master’s degree in occupational therapy with a pediatric specialization from The Ohio State University.



JAMIE SYMPSON

Jamie Sympson has worked at Nationwide Children’s Hospital for four years as a Certified Therapeutic Recreation Specialist and is the current Clinical Lead for Clinical Therapies located in NCH’s Behavioral Health Pavilion. She has worked with many youth who belong to the LGBTQ+ community and has observed the unique challenges youth and caregivers face as they relate to health and well-being, and strives to educate others on culturally competent care for the LGBTQ+ community.

Understanding Mental Health Needs Among Asian American Youth



CIXIN WANG

Dr. Cixin Wang is an Associate Professor of School Psychology the University of Maryland and a Youth Mental Health First Aid instructor. She received her Ph.D. in School Psychology from University of Nebraska–Lincoln in 2011. Her research focuses on bullying prevention and youth mental health promotion. As a licensed psychologist, she is dedicated in serving the Asian American communities. To recognize her contribution, she received the Early Career Award from the Asian American Psychological Association.

Using a Chatbot to Address Psychological Distress Among First Responders



TANNER BAEDER

Tanner Baeder is a Master of Social Work student at the University of South Florida. He was introduced to research by peers and professors, kickstarting his interest in behavioral research. His current projects seek to understand the acceptability of technology as mental health resource navigator. His team, led by principal investigators Jerome Galea and Kristin Kosyluk, seeks to investigate stigma and connect the community to appropriate resources based on the severity of their distress.



JEROME GALEA

Dr. Jerome Galea is an Assistant Professor of Social Work, ACCESS lab director and Global Mental Health scholar. He has extensive experience in the implementation of low-intensity mental health interventions in Lima, Peru; Chiapas, Mexico; and Tampa, Fla.



KRISTIN KOSYLUK

Dr. Kristin Kosyluk is Assistant Professor of Mental Health Law and Policy at the University of South Florida and the Director of the STigma Action Research (STAR) Lab. Her research focuses on promoting recovery among people with mental illness, with a specific emphasis on understanding and addressing stigma as a barrier to recovery. She currently serves on the Board of Directors of NAMI of Hillsborough County.

Track 4: Living Well with a Mental Health Condition

“Operation Resiliency:” Reconnecting Combat Veterans with Their New Mission



WILLIAM WILKINSON

William Wilkinson holds a Master of Social Work degree as well as a LCSWA. He is the manager for the Independence Fund’s Operation Resiliency, an organization committed to empowering veterans to overcome physical, mental and emotional wounds incurred in the line of duty, and a veteran of both the U.S. Army and Marine Corps.

Brain Stories: Powerful Narratives of Staggering Transformation



FRANK KOSA

Frank Kosa is an award-winning documentary producer-writer-director and a journalist. He produced “The Story of God with Morgan Freeman,” currently streaming on Netflix. His shows have aired on National Geographic, The Science Channel, The History Channel, Discovery and A&E, among others. He is Emmy-nominated and has won a Cable Ace, but the goal has always been to engage and connect — to tell stories that move people deeply.



RUTH S. SHIM

Ruth S. Shim, M.D., is the Luke & Grace Kim Professor in Cultural Psychiatry in the Department of Psychiatry and Behavioral Sciences and Associate Dean of Diverse and Inclusive Education at the University of California, Davis, School of Medicine. She is a member of the Board of Trustees of the Robert Wood Johnson Foundation. She is co-editor of the books, *The Social Determinants of Mental Health* and *Social (In)Justice and Mental Health*.



JANET YANG

A Golden Globe and Emmy Award-winning Hollywood producer, Janet Yang came to prominence through her collaboration with Steven Spielberg on “Empire of the Sun.” Her extensive credits include “The Joy Luck Club,” “The People vs. Larry Flynt,” “Shanghai Calling,” “High Crimes” and, recently, “Over the Moon.” She is a governor for the Motion Picture Academy and

chairs the Membership and Governance Committee. She is also co-founder of Gold House and chairs the U.S.-Asia Entertainment Summit.

Enhancing Care for Early Episode Psychosis: An Interdisciplinary Approach



TIA COOK

Tia Cook graduated from UNC-CH, MSW 2020, with specialized training in integrated care and substance use. She currently serves as a U.S. Army Reserve Human Resources Officer and is obtaining an Associate License in Clinical Social Work and as an Addictions Specialist. Her professional experience includes roles providing direct care within short- and long-term mental health settings, providing case management and/or therapy services. Serving in these various capacities has enriched her professional and personal experiences, fueling her passion to support the veteran population. Her goals include expanding and improving mental health care access through research and policy reformation.



ROBERT GRAZIANO

Dr. Robert Graziano is a postdoctoral fellow at the Durham VA. He approaches his clinical work from a psychosocial recovery perspective, focusing his efforts on improving the lives of his patients across domains of recovery. His work relies on principles of CBT, ACT and MI. With respect to research, Dr. Graziano studies the conceptualization of PTSD and has published a number of studies using Diffusion Tensor Imaging (DTI) and network theory in pursuit of this goal.



LAUREN HART

Lauren Hart is an Occupational Therapy Fellow at the Durham VA Medical Center. She earned an M.S. in occupational therapy at UNC, Chapel Hill, previously worked at the Center for Documentary Studies at Duke University, taught cooking and nutrition classes, and managed a culinary and wellness program alongside adults living with serious mental illness. Her clinical interests include whole health interventions, community-based mental health, aging-in-place and aging well with serious mental illness.

Harmony in BPD Recovery: How Both DBT & TFP Led to Full Recovery from BPD



ANDREA ROSENHAFT

Andrea Rosenhaft is a licensed clinical social worker in the New York City area. She is recovered from anorexia, major depression and borderline personality disorder (BPD). She writes and blogs on the topic of mental health and recovery. She is the founder of the mental health advocacy and awareness organization, BWellBStrong, which focuses its efforts on BPD, eating disorders and major depressive disorder. She lives in Westchester, N.Y., with her rescue dog, Shelby.

Peek Inside: Illustrated Journeys in Life with Mental Illness



MICAH PEARSON

Micah Pearson, CPSW, is a member of the NAMI Board of Directors and Executive Director of NAMI Southern New Mexico. After he experienced multiple hospitalizations and the all-too-common de facto hospital that is the criminal justice system, he dedicated his life to advocating for people in similar situations. As a Peer Specialist, his focus is criminal justice and public policy. As an artist, he has been featured at the Smithsonian Arts and Industries Building, three gallery shows and authored multiple books. He attended Corcoran College of Art and Design and was recognized with a New Mexico Behavioral Health Star Award for his work in criminal justice reform and peer support.

Track 5: Supporting Stronger Communities

NAMI Peer Mentors Inspire Social Justice Reform



ANGELINA HUDSON

Angelina Hudson is Vice President of Partnerships and Programs and has served on staff with NAMI Greater Houston since 2011. She oversees the organization’s psychoeducation classes and support groups for peers in recovery, family members, veterans and training opportunities, as well as the affiliate warmline. She serves on the national NAMI training team as a trainer for the NAMI Family Support Group model and as a state trainer for NAMI Basics.

PD Connect: Police-Mental Health Partnering for Recovery



PATTY JOHNSTONE

Patty Johnstone has served as a Support Resource Coordinator/Support Programs Director for the mental health non-profit sector for more than 13 years. She is a well-respected and dedicated mental health peer in the county who has advocated, supported and counseled thousands of families and individuals over the years. She has also created innovative programs to aid in the recovery model for individuals and their families affected by mental health concerns.



GERI KERGER

Geri Kerger came to NAMI DuPage in 2019 with 20 years of non-profit experience in both direct service and administration, much of it as a Development Director on Chicago’s South Side. Prior to that, she worked as an attorney and as a teacher of law-related classes at several Chicago universities. She believes that mental illness is either a cause or effect of many social problems and inequities, especially in the legal system, and that programs like “PD Connect” can transform lives and communities.

Service and Leadership Team (SALT): A Collaboration between NAMI and VA



ERIN KENNEDY

Erin Kennedy is a Peer/Family Support Specialist who has worked for NAMI PeerLINKS since 2017. She works directly with several hospitals and crisis centers in the San Diego area and has a special passion for working with people struggling with mental health as well as substance use challenges.



SAMANTHA REZNIK

Samantha Reznik, Ph.D., is a Psychosocial Rehabilitation Fellow at VA San Diego/UCSD. She has expertise in recovery-oriented care for individuals with serious mental illness and intervention science. She is currently working at the Center for Recovery Education (CORE), which is a recovery-oriented program for veterans living with psychosis. She has presented at numerous national conferences and in the community, including placing second in a statewide research presentation competition.



YULIANA GALLEGOS RODRÍGUEZ

Dr. Yuliana Gallegos Rodríguez is an Assistant Clinical Professor in UCSD's Department of Psychiatry and the Local Recovery Coordinator at the VA San Diego Health Care System. She works to facilitate the integration of recovery principles into all mental health programs. She is also a psychologist at Psychosocial Rehabilitation and Recovery Center at the VA, where she provides clinical services to veterans and supervises trainees, and the Director of the VA Peer Support Specialist's Program.

Helpful NAMI HelpLine How-Tos



DAWN BROWN

Dawn Brown is the Director of NAMI HelpLine Services. She has been involved with NAMI as a program and support group participant and NAMI HelpLine staff member for more than 20 years. During her time with the NAMI HelpLine, she has led its transformation into a free service that benefits nearly 300,000 help seekers each year.



MICHAEL DENSLEY

Michael Densley earned a B.S. in Psychology from GMU, an M.S. in Adult and Continuing Education from Virginia Tech, and has 20 years of experience in the consulting of organizational training and development and project management. He is passionate about improving the lives of others and has served as the NAMI HelpLine's Senior Manager, Workforce Development, since October 2020.

Track 1: Amplifying Youth and Young Adult Voices

“It Opened My Eyes...” Testing the Effectiveness of “Ending the Silence”



JOSEPH DELUCA

Joseph S. DeLuca, Ph.D., is an NIMH-T32 Postdoctoral Research Fellow at the Icahn School of Medicine at Mount Sinai. He is a clinical psychologist by training with interests and expertise in stigma and youth mental health, specifically working with youth in the early stages of psychosis. For his dissertation, Dr. DeLuca partnered with NAMI-NYC to evaluate the effectiveness of Ending the Silence in a New York City high school.



PHILIP YANOS

Philip T. Yanos, Ph.D., is a Professor of Psychology at John Jay College, City University of New York. He is the Director of Clinical Training for the Clinical Psychology Program and John Jay/The Graduate Center and associate editor of the journal Stigma and Health. He is the author of *Written Off: Mental Health Stigma and the Loss of Human Potential* (Cambridge University Press, 2018) and more than 100 articles and book chapters.

Let’s Talk About Mental Illness — A Kid’s Video



MEGAN MCLACHLAN

Megan McLachlan is the Program Coordinator at NAMI Wisconsin where she coordinates and supports NAMI Affiliates in Training the Trainers with any programming questions and needs that arise while also supporting those trained in NAMI programs. She is also the state trainer for Ending the Silence and trainer and co-creator of the Mental Health Chat program. She has been working as an advocate and educator for the past 25 years, and is excited to meet the needs of the Wisconsin affiliates while providing hope and fighting stigma.



ELLIE THOMPSON

Ellie Thompson is the Communications & Events Director at NAMI Wisconsin, where she is passionate about spreading awareness about NAMI and mental health conditions throughout the state. She studied advertising, studio art and graphic design at South Dakota State University. Her accomplishments

include receiving the Jean E. Macksam & Mary P. Arnold scholarships, being voted co-captain of SDSU D1 basketball team, participating in the Summit League All-Academic Team, being nominated for the Senior CLASS Award and receiving the Jackrabbit Impact Award.

Life Online — The Youth Mindset



EILEEN XU

Eileen Xu is the CEO of The Youth Mindset, a not-for-profit organization dedicated to mental health awareness in students, teens and young adults. The group strives to break the stigma associated with mental health issues in high schoolers.

The Importance of Asking: How to Be There for Youth



ANTHONY CICCHINO

Anthony Cicchino is an educational leader who has lived experience with mental health and is based in Tucson, Ariz. He enjoys volunteering with local organizations, sharing his story, and giving back to his community and the greater world around him. He hopes to end the stigma around mental health and encourage everyone to share their stories.

The Psychosocial Health of Pregnant Young Adults



CORINNE BEAUGARD

Corinne Beaugard is a Ph.D. candidate at Boston University School of Social Work. Her research interests include addiction science, harm reduction and health equity. Her focus has been on stigma and a harm reduction concept of recovery. She has worked on clinical RCTs, supporting research for pregnant and parenting women with a history of addiction and culturally adapted MI for Latinx heavy drinkers. She also volunteers at the AHOPE needle exchange and Suffolk County Jail.



NICOLE BOSS

Nicole Boss is a research project assistant with the YoungMoms Study. She is interested broadly in substance use research with a special focus on LGBTQ+ health disparities.



NATACHA DE GENNA

Dr. Natacha De Genna is a developmental psychologist and substance use epidemiologist at the University of Pittsburgh. Her research is focused on the intersection of women’s mental and reproductive health. Dr. De Genna leads the YoungMoms research study, a prospective, mixed-methods study of prenatal substance use in Pittsburgh, Pa.

Track 2: Advancing the Promise of Research

A Mixed-Methods Study on Student Stress and Coping During the Pandemic



HADIH DEEDAT

Dr. Hadih Deedat holds a B.A. in Sociology from the University of Ghana in Legon-Accra, Ghana. He also holds an MPH from Temple University in Philadelphia, Pa., and MSW and Ph.D. in social work from Widener University in Chester, Pa. Dr. Deedat is currently a BSW faculty at West Chester University of Pennsylvania, with special focus on child welfare education and practice.



BRIE RADIS

Dr. Brie Radis is an Assistant Professor of Social Work at West Chester University and a graduate of the Doctorate of Social Work program at the University of Pennsylvania. Dr. Radis received her social work and law and social policy graduate training at Bryn Mawr’s Graduate School of Social Work and Social Research and completed her undergraduate work at Earlham College. She is currently an LGBT Penn Health Fellow. Dr. Radis has worked in the field of community mental health, homelessness and housing first since 2004. She is a passionate advocate for integrated health care, trauma-informed care, harm reduction and the housing first philosophy. She is also an experienced trauma therapist and clinical supervisor for students and staff.

Track 3: Addressing Mental Health Disparities

Insufficiencies in Addressing Racial Trauma Among African-Americans



SIMONE WATKINS

Simone Watkins is a Licensed Professional Counselor and a doctoral student at Adler University studying counselor education and supervision. She is a mental health advocate and is driven to ensure people of color and underrepresented groups receive the proper care they deserve. She is dedicated to expanding her work in the counseling field through research and advocacy addressing the disparities among oppressed communities as they pertain to race and trauma.

Partnering with Criminal Justice to Support People with a Mental Illness



LISA HEINTZ

Lisa Heintz serves as the Director, Clinical Reentry and Diversion Programs for the Alameda County Probation Department. Previously, she served as an Associate Director for the Division of Adult Parole Operations and as the Chief Clinical Program Administrator for the California Department of Corrections and Rehabilitation (CDCR), overseeing the CDCR’s Mental Health Continuum, including implementation of the Affordable Care Act for all CDCR inmates. Her experience is in program design and implementation, focusing on outcomes to support recovery and racial disparities.



JOE ROSE

Joe Rose has been a NAMI member since 1993 and is a member of the NAMI Family-to-Family Hall of Fame. He is a NAMI F2F Teacher/State Teacher Trainer, PTAA and ETS presenter, past member of the Alameda County Mental Health Advisory Board and past member of the Alameda County Medical Center, Patient and Family Advisory Council.

Track 5: Supporting Stronger Communities

Building a Competent Crisis Care System with SAMHSA in Tuscaloosa, Ala.



LAUREN KOIS

Lauren Kois, Ph.D., is a clinical psychologist and assistant professor in the Department of Psychology at the University of Alabama, teaching undergraduate and graduate students and conducting psychology and law research. She is a core faculty member of the Clinical Psychology (Psychology-Law) Ph.D. program. She is formally trained in forensic psychology and passionate about working to prevent individuals with behavioral health conditions from entering or delving deeper into the criminal justice system.



CRAIG PARKER

Craig Parker graduated from Auburn University with a B.A. in psychology, which sparked his interest in mental health. He is a U.S. Air Force veteran and followed his father's footsteps in law enforcement, where he has served for more than 10 years. After working toward his goal for several years, he created the Behavioral Health Unit at TPD in 2020, which currently includes five Mental Health Officers and 15 CIT Officers. He is married and the father of two amazing children.

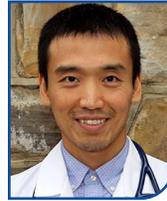
Help & Hope for YOUTH



ARCELIA CORNIDEZ

Arcelia (Arcy) Cornidez, MBA, has more than 14 years of experience in social services, having worked in case management, intensive home visitation and respite care. She also has experience in education, including out-of-school time and during-school time settings, and she has worked with children, youth and young adults. Over the last three years, she has focused on youth mental health; increasing awareness, education and access to care; and helping to reduce stigma.

See Something, Do Something: Our Superpower to Support Mental Health



HWAL LEE

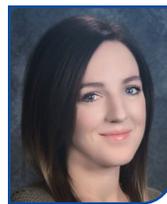
Hwal Lee is a community health PA and behavioral health advocate. He is deeply passionate about helping others and wears many different volunteer hats, including being a dual-certified Adult and Youth Mental Health First Aid instructor, Virginia state-certified Lay Rescuer Trainer for REVIVE! Opioid Overdose and Naloxone Education program, crisis counselor for Crisis Text Line, and an American Foundation for Suicide Prevention-trained presenter for Talk Saves Lives: An Introduction to Suicide Prevention.

The Clubhouse Model: Promoting Recovery for SMI



AMBER MICHON

Amber Michon is a second-year doctoral student in the Counseling Psychology program at Wayne State University in Detroit. Her research interests include examining recovery-oriented practices, specifically psychosocial rehabilitation Clubhouses for individuals diagnosed with a serious and persistent mental illness (SPMI) and how social support and community facilitate recovery opportunities. In partnership with Clubhouse International, she works to disseminate the Clubhouse Model to mental health professionals worldwide.



MEGAN PRICE

Megan Price is a practicing school psychologist and a full-time doctoral student studying counseling psychology at Wayne State University in Detroit. Her research focuses on chronic and persistent mental illness and rehabilitative recovery models referred to as Clubhouses.

2020–2021 NAMI Board of Directors*



SHIRLEY J. HOLLOWAY, PH.D., 2022
President
Anchorage, Alaska



JUDGE JOYCE A. CAMPBELL, J.D., 2021
First Vice President
Fairfield, Ohio



CHARMA D. DUDLEY, PH.D., FPPR, 2022
Second Vice President
Pittsburgh, Pennsylvania



DAVE STAFFORD, M.S., 2021
Treasurer
Simpsonville, South Carolina



CATHERINE "CARRIE" ROACH, M.S., 2022
Secretary
St. Paul, Minnesota



ADRIENNE KENNEDY, M.A.
Immediate Past President, ex officio
West Lake Hills, Texas



LISA R. CARCHEDI, M.D., M.S., C-IAYT, 2022
Havre de Grace, Maryland



LISA DIXON, M.D., MPH, 2023
New York, New York



VANESSA FERNANDES, SHRM-CP, 2021
Dallas, Texas



CARLOS LARRAURI, MSN ARNP, PMNHP-BC, FNP-BC, 2023
Miami, Florida



CONNIE MOM-CHHING, MPA, D.M., 2023
Vancouver, Washington



STACEY L. OWENS, 2021
Simpsonville, South Carolina



MICAH PEARSON, CPSW, 2023
Las Cruces, New Mexico



STEVE PITMAN, 2021
Lake Forest, California



TRACY PLOUCK, MPA, 2022
Radnor, Ohio



VANESSA PRICE, 2023
Yukon, Oklahoma



JAMES "JIM" REISER, 2022
Gainesville, Florida

*As of July 12, 2021

Candidates for 2021 NAMI Board of Directors*



JUDGE JOYCE A. CAMPBELL
Nominated by NAMI Ohio



RABBI SANDRA COHEN
Nominated by NAMI Colorado



**RAY C. LAY, CHWCRS-SA VETERAN/FORENSIC
PEER SUPPORT SPECIALIST**
Nominated by NAMI Indiana



RAJEEV JAIN, PH.D., MBA
Nominated by NAMI Central Texas



JAY REDD, ESQ.
Nominated by NAMI Mercer NJ



VANESSA FERNANDES, SHRM-CP
Nominated by NAMI North Texas



DAN SCHUBERTH, MPA, MSOD
Nominated by NAMI Alaska



GLENDA WRENN GORDON, M.D., MSHP
Nominated by NAMI Georgia



JEFF FLADEN, MSW
Nominated by NAMI Tennessee



DARIEN WRIGHT, MBC/CPA
Nominated by NAMI Prince George's County
(Md.)



**COURTNEY PHILLIPS, MISS VIRGINIA FOR
AMERICA 2020**
Nominated by NAMI Northern Virginia

*As of July 12, 2021

2021 NAMI Awards

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

Nadine Lewis, *Chair, Service Members, Veterans and Their Families, NAMI Oklahoma*

Multicultural Outreach Award

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

RECIPIENT



Contra Costa County

Richard 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

Ken Norton, *Executive Director, NAMI New Hampshire*

Rona and Ken Purdy Award to End Discrimination

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.



RECIPIENT

D. Brian Hufford, *Partner, Zuckerman Spaeder LLP*

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

Dan Eisenstein, *Retired Mental Health Court Judge*

2021 NAMI Awards

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
Annie Vitti,
NAMI DuPage

Joyce Burland Inspirational 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
Kari Kepic, *NAMI Greater Cleveland*

Outstanding NAMI State Organization

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

RECIPIENT



Outstanding NAMI Affiliate

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.

CO-RECIPIENTS



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

Jacqueline Feldman, M.D., DLFAPA,
Birmingham, Alabama

Bruce C. Gage, M.D., *Lakewood, Washington*

Joseph Guillory, M.D., *Dallas, Texas*

Sherifa Iqbal, M.D., MPH, MBA,
DFAPA, FASAM, St. Louis, Missouri

Isabel Norian, M.D., *Amherst, New Hampshire*

Ruth S. Shim, M.D., MPH,
Sacramento, California



**Alkermes
is proud to support
National Alliance on
Mental Illness**

Alkermes plc is a fully integrated, global biopharmaceutical company that applies its scientific and technological expertise to develop innovative medicines in the fields of neuroscience and oncology to address the unmet needs and challenges of people living with debilitating diseases.

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

Alkermes[®]

Lundbeck

No Company Knows the Brain Better



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.

Addressing the unmet medical needs of people living with brain disorders fuels our passion and drives us to make a difference ... **one patient at a time.**

To learn more, visit www.lundbeckus.com.

UBR-C-100059V2



Free Mental Health Resources to Share With Your Community

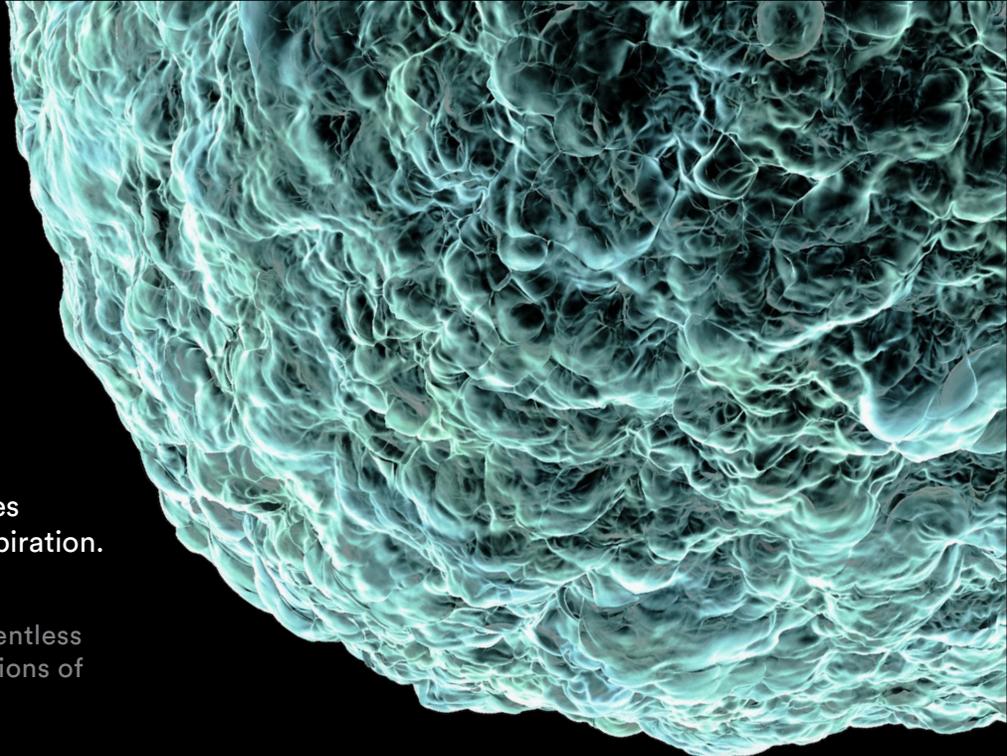
nimh.nih.gov/pubs

Available in:

- English and Spanish
- Print and online
- Bulk quantities



National Institute of Mental Health



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.



America's Biopharmaceutical Companies

Intra-Cellular Therapies is proud to support the NAMI National Convention

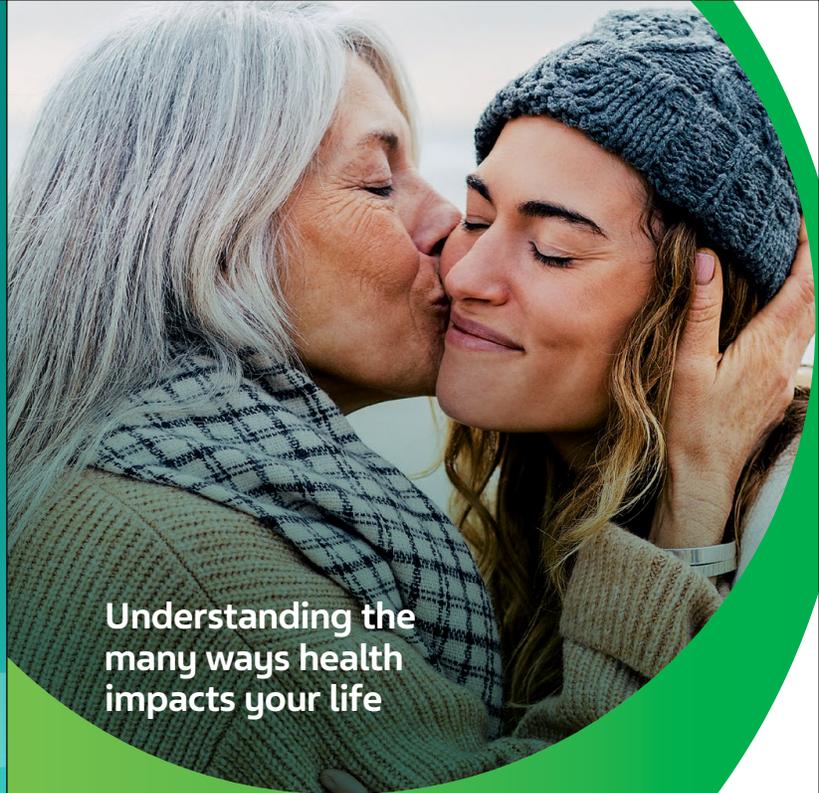
Intra-Cellular Therapies, Inc. is a biopharmaceutical company founded on Dr. Paul Greengard's Nobel prize-winning research that uncovered how therapies affect the inner-working of cells in the body.

We are driven to develop innovative treatments to improve the lives of people living with complex psychiatric and neurologic diseases, reducing the burden on patients and their caregivers.

Intracellulartherapies.com
[linkedin.com/company/intra-cellular-therapies](https://www.linkedin.com/company/intra-cellular-therapies)



© 2021 Intra-Cellular Therapies, Inc. All rights reserved.
US-UNB-2100072 06/2021



Understanding the many ways health impacts your life

We at Teva are committed to putting people at the center of everything we do. We strive to provide innovative treatments and generic medicines that help to improve the health and lives for millions of people around the world.

tevausa.com

© 2020 Teva Pharmaceuticals USA, Inc.
NPS-US-NP-00594 March 2020



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

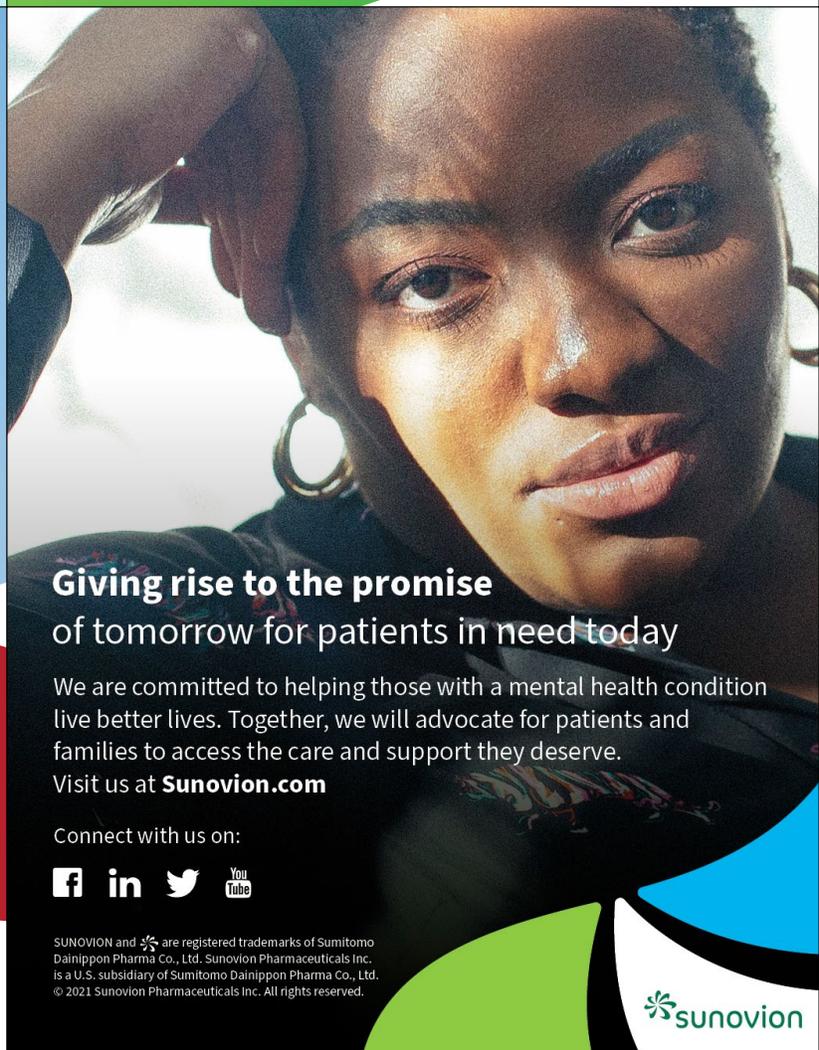
We are honored to support NAMI in their efforts to help improve the lives of the millions of Americans affected by mental illness.



Let's connect
@OtsukaUS
www.otsuka-us.com

Otsuka America Pharmaceutical, Inc.
Otsuka Pharmaceutical Development & Commercialization, Inc.

June 2021 01US21EUC0052



Giving rise to the promise of tomorrow for patients in need today

We are committed to helping those with a mental health condition live better lives. Together, we will advocate for patients and families to access the care and support they deserve.

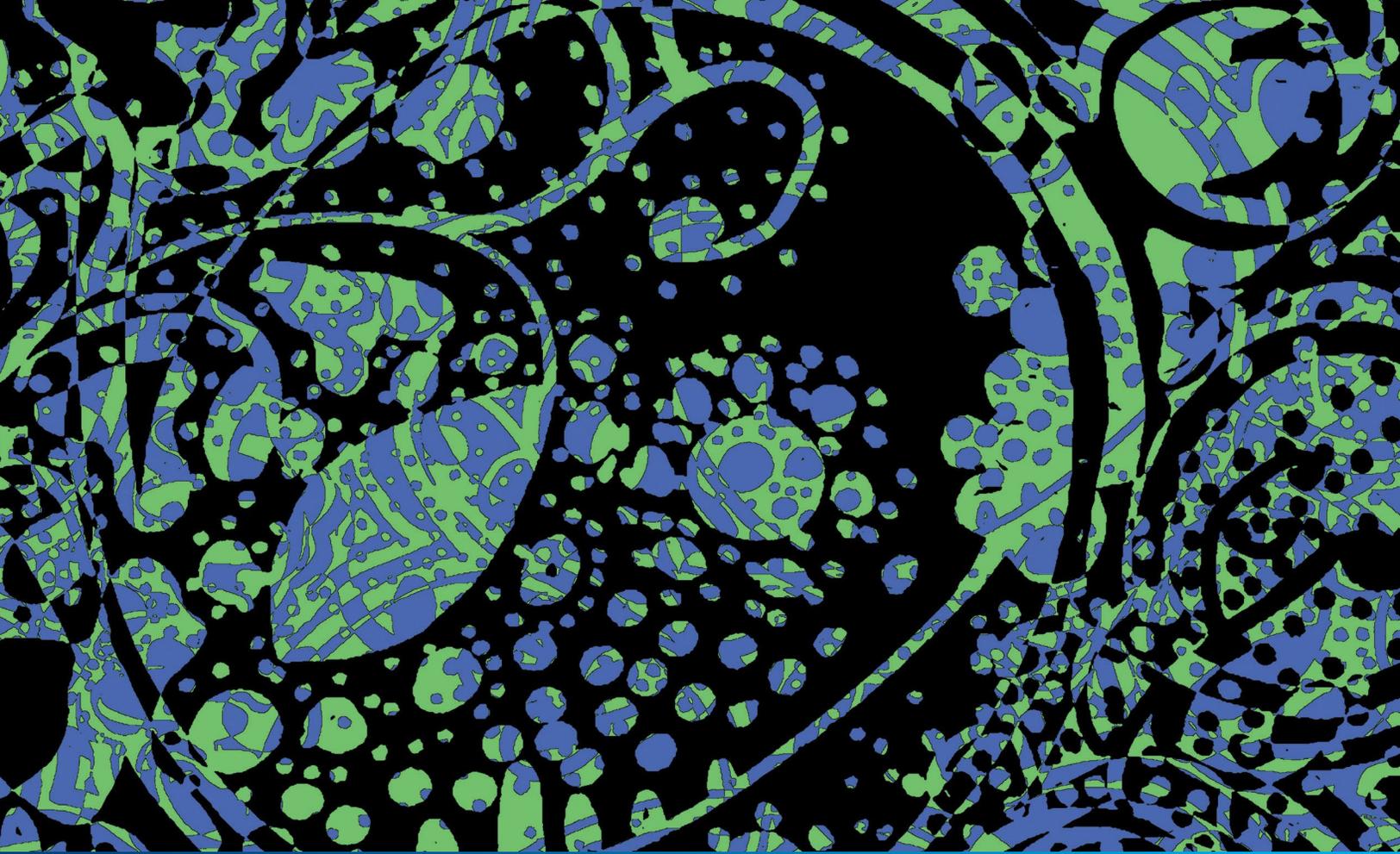
Visit us at Sunovion.com

Connect with us on:



SUNOVION and  are registered trademarks of Sumitomo Dainippon Pharma Co., Ltd. Sunovion Pharmaceuticals Inc. is a U.S. subsidiary of Sumitomo Dainippon Pharma Co., Ltd.
© 2021 Sunovion Pharmaceuticals Inc. All rights reserved.





Mental Health Month is an opportunity to express our gratitude for the work you do all year long.

Michelle Hammer, Silence

Janssen Neuroscience appreciates the vital role psychiatrists like you play in the health and well-being of people living with schizophrenia and mood disorders. We admire your skill and dedication and will continue to support you in your efforts to help create a better future for individuals 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

Janssen  Neuroscience

PHARMACEUTICAL COMPANIES OF *Johnson & Johnson*

© Janssen Pharmaceuticals, Inc. 2019 04/19 cp-50804v3

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



Takeda Pharmaceuticals, U.S.A., Inc.
© 2021 Takeda Pharmaceutical Company Limited. All rights reserved.

Leading humanity to healthy, vibrant lives

At Magellan, we have a unique vision of better and more affordable care that is helping millions of individuals enjoy improved health and brighter futures.

Magellan Cares Foundation is proud to support NAMI

The Magellan Cares Foundation, Inc. is a nonprofit, charitable organization with the mission to improve the health and well-being of the lives and communities we serve.

Magellan Cares
FOUNDATION

Free Science-Based Resources to Educate Your Community About Mental Health



Brochures and Fact Sheets

nimh.nih.gov/pubs

Free educational materials available in English and Spanish



Digital Outreach Tools

nimh.nih.gov/shareNIMH

Social media graphics and videos to spread the word about mental health



News and Events

nimh.nih.gov/news

Mental health news, research findings, and upcoming events



National Institute of Mental Health

STAY CONNECTED



Monumental MOMENTS™



It's okay not to be okay,
especially during a global health crisis.
Sharing how you feel can help process emotions-
for you and for others.

Monumental Moments™ is a community platform and charitable initiative that celebrates all the ways people are caring for their mental health during this difficult time. To participate:

- Post an image, video, or status update to your preferred social media channel that shows a moment that was meaningful in caring for your mental health.
- Use the hashtag **#MonumentalMoments** and **tag three friends** to grow the community.

Visit [MonumentalMoments.com](https://www.MonumentalMoments.com) to learn more about the community and for mental health resources.

Your public post on social media using the hashtag **#MonumentalMoments** will help support people living with mental health conditions, including those also living with an involuntary movement disorder called tardive dyskinesia (TD).

On behalf of posts shared, Neurocrine Biosciences will be making donations to mental health organizations as part of its commitment to support people living with mental illness.



©2020 Neurocrine Biosciences, Inc.
All Rights Reserved. CP-TD-US-0630 10/2020



WE'RE IN THIS TOGETHER.

At Kaiser Permanente, we don't see health as an industry. We see it as a cause. And one that we very much believe in. During this extraordinary time we are especially thankful to the heroism of our frontline workers. And, we would like to express our deepest gratitude to all of our outstanding care teams and individuals who deliver on the Kaiser Permanente mission each day to improve the health of our members and the communities we serve. We are here to help you thrive. [Learn more at kp.org](https://www.kp.org).



2020
PeerToPeer
TOP
30
Program

A BIG STEP FOR



namiWalks

YOUR WAY

For the first time ever, NAMIWalks has been named one of the Top Peer-to-Peer Fundraising Programs, a distinction earned by NAMI and only one other mental health non-profit in the country.

Let's keep pace in 2021 as we remain united, striving to achieve
Mental Health for All...together.

Join us: namiwalks.org

Scan to
watch video



United Day of Hope
Saturday, Oct. 9, 2021



NATIONAL SPONSORS





Improving mental health and wellness for stronger communities

Humana Healthy Horizons™ is proud to be a silver sponsor for NAMICon 2021.

Humana
Healthy Horizons™

Humana Healthy Horizons is a Medicaid Product offered by affiliates of Humana Inc.



Struggling with your mental health medications?

Talk with your healthcare provider about the GeneSight test.

Learn more at [GeneSight.com](https://www.GeneSight.com)



AbbVie remains committed to bringing together the bipolar I disorder community.

Visit [GettingHereToThere.com](https://www.GettingHereToThere.com) to learn how advocacy organizations, musicians, music lovers, and others come together to reduce stigma and raise awareness of mental health. While you're there, sign up to be notified about additional support and resources.

We are rethinking how *mood disorders* are understood and treated.



**VISIT US AT
SAGERX.COM**

©2021 Sage Therapeutics

SAGE THERAPEUTICS and the SAGE THERAPEUTICS logo are trademarks of Sage Therapeutics, Inc.

MRC-MDD-000180v1.0 06-2021



Here to There [GettingHereToThere.com](https://www.GettingHereToThere.com)
Sponsored by AbbVie

NAMI Code of Conduct

NAMI is committed to providing a safe, productive and welcoming environment for all meeting participants and NAMI staff. All participants, including, but not limited to, attendees, speakers, volunteers, exhibitors, sponsors, NAMI staff, service providers and others are expected to abide by this Code of Conduct Policy. This Policy applies to all NAMI meeting-related events, including those sponsored by organizations other than NAMI but held in conjunction with NAMI events, in public or private facilities. We expect all participants to abide by this Code of Conduct in all venues and formats, including virtual meetings, ancillary events and all social gatherings.

It is the policy of NAMI that all participants, including attendees, vendors, NAMI staff, volunteers and all other stakeholders at NAMI meetings will conduct themselves in a professional manner that is welcoming to all participants, and free from any form of discrimination, harassment or retaliation. Participants will treat each other with respect and consideration to create a collegial, inclusive and professional environment at NAMI meetings. Participants will show consideration and respect in speech and actions and will refrain from demeaning, discriminatory, or harassing behavior and speech.

This Code of Conduct may be revised at any time by NAMI and the terms are non-negotiable. Your registration for, or attendance at, any NAMI event indicates your agreement to abide by this Policy and its terms.

Participants will avoid any inappropriate actions or statements based on individual characteristics such as age, race, ethnicity, sexual orientation, gender identity, gender expression, marital status, nationality, political affiliation, ability status, educational background or

any other characteristic protected by law. Disruptive or harassing behavior of any kind will not be tolerated. Harassment includes, but is not limited to, inappropriate or intimidating behavior and language, unwelcome jokes or comments, unwanted touching or attention, offensive images, photography without permission, stalking, and disruption of presentations or events. Inappropriate posting in chat rooms or use of offensive images will result in the termination of a participant's registration. Any participant observed to be in violation will be immediately asked to leave the virtual meeting.

Participants asked to stop any harassing behavior are expected to comply immediately.

Sanctions may range from a verbal warning to ejection from the meeting without refund to notifying appropriate authorities. Retaliation for complaints of inappropriate conduct will not be tolerated. If a participant observes inappropriate comments or actions, please contact a NAMI staff person who will work with appropriate NAMI leadership to resolve the situation.

If you are being harassed, notice that someone else is being harassed or have any other concerns, please notify Marguerite Leishman, Senior Manager of Meetings and Events, mleishman@nami.org, of any grievances so they may be addressed.

PARTICIPATION STATEMENT: The NAMI Convention is a private event and organizers have the right to admit or deny entrance.

**Thank you for attending Virtual NAMICon 2021.
We'll see you in-person next year in
Atlanta, GA, for NAMICon 2022!**



4301 Wilson Blvd., Suite 300 | Arlington, VA 22203 | Ph: 703-524-7600

NAMI.org