

Virtual

June 14–16

NAMIcon 2022

TOGETHER

for Mental Health

Program Guide

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NAMI Family,

Welcome to NAMIcon 2022!

I'm so proud of all the hard work our staff has put into this incredible program. In the last year, we've operated under so much change and ambiguity, but we've also experienced so much growth.

Finding our way out of this pandemic has not been easy, but it has given us an opportunity to reimagine what normal can look like. We have changed our model in NAMI's national office to include three new task forces, focused on (1) youth and young adults, (2) decriminalization and justice diversion, and (3) cross-cultural innovation and engagement. We're hopeful for all of the ways these task forces will help us ensure our most vulnerable communities get help early, get the best possible care and get diverted from the criminal justice system.

We've also been deeply committed to reimagining our national crisis-response system, and we know our work is far from over. In fact, when the new three-digit national suicide prevention and mental health crisis lifeline, 988, launches on July 16, our work will really only be getting started; few states will truly be operational. Creating a system where people have someone to answer the call, someone to respond and somewhere to go will take sustained, dedicated effort from ALL of us working TOGETHER.

We are looking forward to continued collaboration and partnership across sectors and with all of you here. We're so thankful for all of the people on the ground doing, and living, this work every day. We're so thankful for all of the people living with mental health conditions and their loved ones who share their stories and advocate for others. And we're so thankful for the opportunity to elevate just a few of those stories through NAMI's first-ever book, "You Are Not Alone," which will be released this fall, and through various sessions at this year's NAMIcon.

Finally, I want to recognize Shirley and the board for their leadership. Culture starts at the top, and I couldn't be more thankful for the passion, creativity and insight they have instilled in the movement NAMI is working tirelessly to build toward a more equitable and just world for people living with mental health conditions.

I hope you leave our convention this year feeling inspired by new research, moved by real stories and motivated to keep striving with us toward a better future for all.

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

Daniel H. Gillison, Jr.
Chief Executive Officer



It's my sincere pleasure to welcome you all to NAMICon 2022.

It's our third year of doing the convention in a completely virtual format, and each year we just keep getting better!

I'm proud to say that this year's program truly contains something for everyone — whether you are a peer, a family member, a caregiver, a researcher, an advocate or someone living with a mental health condition yourself, you can build your own plate of learning. We've strived to create a diverse array of content, because the people we serve are not monolithic, and we are committed to approaching the most crucial mental health issues of our time with the complexity, nuance and authenticity they deserve.

The past two years have not been easy. But despite the chronic stress and uncertainty created by COVID-19, NAMI has continued to lead the conversation in critical areas, such as reimagining crisis response and reaching underserved communities. I thank the staff, the board, the state organizations, the affiliates, and all of the volunteers for all the work they've done and continue to do to truly realize our values of Fairness, Compassion, Empowerment, Inclusion and Hope.

I also thank YOU for all of your contributions to this space and for being here in attendance at this year's NAMICon. Breaking the stigma surrounding mental health and creating a world where resources are available to all who need them will require all of us — of all ages, origins and abilities. We're excited to be building the emerging leaders of our field and an even stronger coalition of experts and advocates.

Finally, I'd like to say that it has been an incredibly humbling experience to serve on the board for six years and as the president for the past two years. I could not be more grateful to have worked with so many passionate individuals toward such a worthy cause. It's been a true honor to have watched NAMI grow and evolve over the years — from expanding our resources for people of color through Sharing Hope and Compartiendo Esperanza to beginning a new youth advisory group, NAMI Next Gen, and creating NAMI's first book, "You Are Not Alone." If my tenure at NAMI has taught me anything, it's those remarkable words of Helen Keller: "Alone we can do so little; together we can do so much."

Thank you each for being here. I look forward to all we will continue to learn and accomplish together.

A handwritten signature in black ink that reads "Shirley J. Holloway". The signature is fluid and cursive, with a large, stylized 'S' at the beginning.

Shirley J. Holloway, Ph.D.

NAMI National Board President

Thank You to Our Sponsors

GOLD



SILVER



BRONZE



FRIEND



Tuesday, June 14	
Eastern Time (ET)	All Sessions Will Be Recorded
10 – 10:05 a.m.	Welcome & Introductions
10:05 – 11 a.m.	Alliance Relations, Development and Field Governance (ARDFG) Virtual Town Hall (Live Session)
11 – 11:10 a.m.	Break
11:10 a.m. – 12:10 p.m.	It's All in the Data!
12:10 – 12:40 p.m.	Extended Break/Networking
12:40 – 12:45 p.m.	Transition Break
12:45 – 1:15 p.m.	Building NAMI Synergy with HelpLine Technology and Training
1:15 – 1:20 p.m.	Transition Break
1:20 – 1:30 p.m.	NAMI State Organization and NAMI Affiliate Awards Presentation
1:30 – 1:35 p.m.	Transition Break
1:35 – 2:05 p.m.	EXPRESS TALK #1 <ul style="list-style-type: none"> • Emblematic Gestures: NAMI Logo Usage as Defined in the Governing Documents • Collaborative Strategy for Field Fundraising
2:05 – 2:15 p.m.	Break
2:15 – 2:45 p.m.	EXPRESS TALK #2 <ul style="list-style-type: none"> • An Introduction to NAMI for New Leaders • Moving (Back) to a Regional Model to Support the NAMI Alliance
2:45 – 2:50 p.m.	Transition Break
2:50 – 2:55 p.m.	Closing
2:55 – 3 p.m.	Transition Break
3 – 5 p.m.	Advisory Council Business Meetings (by invitation only)

10 – 10:05 a.m.

Welcome & Introductions

Annette Gantt, *Chief Field Relations Officer, NAMI*

Daniel H. Gillison, Jr., *CEO, NAMI*

It's an exciting time for NAMI National and the Alliance Relations, Development & Field Governance department as we continue to grow, adapt and remain motivated and responsive to the needs of our field. NAMI Alliance Day is intended to provide a few jam-packed hours of knowledge, learning, practical tools and resources that can be used to increase the capacity of NAMI State Organizations and NAMI Affiliates, no matter whether you are a volunteer, executive director, board member or other staff member.

10:05 – 11 a.m.

Alliance Relations, Development and Field Governance (ARDFG) Virtual Town Hall (Live Session)

ARDFG is made up of four distinct teams — Field Governance and Membership (FG&M), Field Resource Development (FRD), Field Capacity Building (FCB) and Knowledge and Learning (K&L). Come meet our team, learn more fully what we do and get answers to your questions. Note: Questions will be gathered in advance, and only these will be addressed during the live session. All other questions will be answered after the event.

Speakers: Annette Gantt, Jackline Kamazima, Joy McKenzie; **K&L:** Christine Neil; **FG&M:** David Binet, Sabrina Harris, Tiara Hoff, Elizabeth Monrad, Jacque Walsh; **FRD:** Leandra Clovis, Danica Kimball, Darcey Mamone, Morgan Sills, Mary Sorensen; **FCB:** Maddie Fowler, Rachel Gearinger, Sheel Pandya, Ashley Pollowitz, Renata Ponichtera, Annie Schmidt

Who Should Attend?

All who registered for NAMI Alliance Day

What to Expect: High-level overview of the work of each ARDFG team, a face to match the name of team members and lots of answers to your key questions.

11 – 11:10 a.m.

BREAK

11:10 a.m. – 12:10 p.m.

It's All in the Data!

Learn about how data collected from the Culturally and Linguistically Appropriate Services (CLAS) survey and Organizational Health Assessment Survey (OHAS) taken by NAMI State Organizations will be used to build capacity and respond to the needs of the field. Bridgespan will provide an update on their assessment of the current state of NAMI National's operating model and preliminary recommendations of a future state.

Annette Gantt, *Chief Field Relations Officer, NAMI, Arlington, Va.*

Sherman Gillums, Jr., *Executive Strategy Advisor, NAMI, Arlington, Va.*

Gayle Tang, *MSN, Health Equity Consultant, Gayle Tang & Associates, San Francisco, Calif.*

Lindsey Waldron, *Manager, The Bridgespan Group, Boston, Mass.*

Who Should Attend?

NAMI State and NAMI Affiliate organization volunteers and/or staff interested in learning how data will be used to increase and scale impact.

What to Expect: High-level analysis of the data and its projected use to build capacity in the field. Live Q&A will follow the presentation.

12:10 – 12:40 p.m.

EXTENDED BREAK / NETWORKING

12:40 – 12:45 p.m.

TRANSITION BREAK

12:45 – 1:15 p.m.

Building NAMI Synergy with HelpLine Technology and Training

Now in the pilot recruitment stage. Learn how to transform your helpline services using NAMI HelpLine technology and web-based training.

Dawn Brown, *National Director, HelpLine Services, NAMI*

Who Should Attend?

NAMI State and NAMI Affiliate organization staff and/or volunteers interested in or responsible for helpline services.

What to Expect: Benefits of shared web-based helpline training and technology solutions and the information necessary to decide whether the opportunity is right for you. Live Q&A will follow the presentation.

1:15 – 1:20 p.m.

TRANSITION BREAK

1:20 – 1:30 p.m.

NAMI State Organization and NAMI Affiliate Awards Presentation

Join us to recognize and celebrate the award recipients of the Outstanding NAMI State and NAMI Affiliate organizations that demonstrate exceptional leadership, strong community presence, outreach to diverse communities, exemplary stewardship and application of the Standards of Excellence.

Annette Gantt, *Chief Field Relations Officer, NAMI*

Sheel Pandya, *Director, FCB, NAMI*

Who Should Attend?

NAMI State and NAMI Affiliate organization staff and/or volunteers.

1:30 – 1:35 p.m.

TRANSITION BREAK

1:35 – 2:05 p.m.

EXPRESS TALK #1

Emblematic Gestures: NAMI Logo Usage as Defined in the Governing Documents

FG&M will discuss the required elements for authorized usage of the NAMI logo and the critical importance that NAMI State and NAMI Affiliate marketing materials align in order to maintain, promote and protect the NAMI brand.

David Binet, *Director, FG&M, NAMI*

Jacque Walsh, *Sr. Manager, FG&M, NAMI*

Collaborative Strategy for Field Fundraising

The Field Resource Development (FRD) team will discuss strategies for collaborating with neighboring NSONAs to strengthen their fundraising potential. Learn how the FRD team has been facilitating collaborations among NAMIWalks events through their multi-event sponsorship and national team programs. Attendees will be able to implement these strategies for local fundraising events and initiatives.

Leandra Clovis, *Sr. Manager, FRD, NAMI*

Morgan Sills, *Sr. Manager, FRD, NAMI*

Who Should Attend?

NAMI State and NAMI Affiliate organization staff and/or volunteers responsible for creating marketing or other materials that include the NAMI logo, and those wanting to use collaboration to expand their fundraising strategy at the local level.

What to Expect: Tools and resources to help you build organization and fundraising capacity.

Live Q&A will follow the talks.

2:05 – 2:15 p.m.

BREAK

2:15 – 2:45 p.m.

EXPRESS TALK #2

An Introduction to NAMI for New Leaders

This session introduces a new resource designed for field leaders of all types, whether volunteer, staff or executive director at an Affiliate or State Organization. The short, basic orientation provides a foundation of information on the NAMI Alliance's structure and how NAMI works within the field. Learn how the new NAMI leader orientation will be rolled out and where it fits within a larger focus on supporting field leaders.

Rachel Gearinger, *Sr. Manager, FCB, NAMI*

Christine Neil, *Director, K&L, NAMI*

Sheel Pandya, *Director, FCB, NAMI*

Moving (Back) to a Regional Model to Support the NAMI Alliance

The Field Capacity Building team is moving to a regional model in an effort to support the NAMI Alliance more effectively, efficiently and strategically through technical assistance, training and tools. Learn more about the model, how the team will support the Alliance through this model, and the myriad benefits the model can offer in how we help the Alliance build and strengthen its organizational capacity.

Sheel Pandya, *Director, FCB, NAMI*

Who Should Attend?

NAMI State and NAMI Affiliate organization staff and/or volunteers interested in learning how the new leader-orientation resources will be rolled out and how the Field Capacity Building team will realign their team to better support the field from a regional perspective.

What to Expect: Tools and resources to orient new field leaders into the NAMI Alliance, and a plan and timeline for rolling out the regional model.

Live Q&A will follow the talks.

2:45 – 2:50 p.m.

TRANSITION BREAK

2:50 – 2:55 p.m.

Closing

Daniel H. Gillison, Jr., *CEO, NAMI*

Annette Gantt, *Chief Field Relations Officer, NAMI*

2:55 – 3 p.m.

TRANSITION BREAK

3 – 5 p.m.

Advisory Council Business Meetings (by invitation only)

Separate annual business meetings of the four NAMI Board advisory councils: executive directors' council; peer leadership council; state presidents' council; and service members, veterans and their families council.



David Binet, *Director, Field Governance & Membership, NAMI, Arlington, Va.*

David began at NAMI in May 2021 after working with a nonprofit trade association in the cinema exhibition industry for over 13 years. At NAMI, he provides leadership and strategic direction for the Field Governance & Membership team to develop and deliver all governance compliance efforts with NAMI field organizations, as well as their membership management and implementation plans. A native of Alabama, David resides in Washington, D.C.

- **Alliance Relations, Development and Field Governance (ARDFG) Virtual Town Hall**
- **EXPRESS TALK #1 and Q&A: Emblematic Gestures: NAMI Logo Usage as Defined in the Governing Documents**



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

Dawn Brown leads the NAMI HelpLine team. Together with hundreds of volunteers, the NAMI HelpLine provides essential information, resource referrals and peer support to tens of thousands of people impacted by mental health challenges. Dawn is a longtime member of the NAMI community and celebrates 10 years with the NAMI HelpLine.

- **Building NAMI Synergy with HelpLine Training and Technology**



Leandra Clovis, MS, *Senior Manager, Field Resource Development, NAMI, Tampa, Fla.*

Leandra Clovis is a senior manager for the Field Resource Development team. She's a graduate of California University of Pennsylvania and earned her M.S. in integrated marketing communications from West Virginia University. Having spent the last 10 years in nonprofit fundraising, she's worked on some of the largest peer-to-peer fundraising campaigns in the nation. She works remotely and lives in sunny Tampa, Fla., with her husband, daughter and two dogs.

- **Alliance Relations, Development and Field Governance (ARDFG) Virtual Town Hall**
- **EXPRESS TALK #1 and Q&A: Collaborative Strategy for Field Fundraising**



Madeleine (Maddie) Fowler, *Coordinator, FCB, NAMI, Washington, D.C.*

Madeleine Fowler is a recent graduate of the University of Illinois at Urbana-Champaign, where she received a B.S. in political science and psychology. Prior to joining the NAMI team as Coordinator, Field Capacity Building, Madeleine spent four months as a congressional fellow in the U.S. House of Representatives. Madeleine is excited to be supporting NAMI State Organizations and Affiliates in bringing mental health resources to communities in need.

- **Alliance Relations, Development and Field Governance (ARDFG) Virtual Town Hall**



Annette Gantt, M.S., *Chief Field Relations Officer, NAMI National, Upper Marlboro, Md.*

Annette Gantt has worked in the nonprofit sector for the majority of her professional career. She grew up in the small town of Corning, N.Y., lived and worked in upstate, Rochester, N.Y., for most of her career, and has lived in Prince George's County, Md., since 2008. Annette's career spans more than 20 years, having helped leadership teams, board members and individuals work more effectively, achieve their missions and increase the return on investment for funders and stakeholders. A strategic thinker and problem-solver, Annette is known for her passion for the success of others and her genuine care for people. She is a motivator and team-builder who leads in the spirit of collaboration. She understands what it takes to influence and develop teams in order for organizations to achieve excellence and success. Annette earned her M.S. in management from Roberts Wesleyan College and a B.A. in social work from the Rochester Institute of Technology in Rochester, N.Y. She has one adult daughter.

- **Welcome & Introductions**
- **Governance (ARDFG) Virtual Town Alliance Relations, Development and Field**
- **It's All in the Data!**
- **NAMI State Organization and NAMI Affiliate Awards Presentation**
- **Closing**



Rachel Gearinger, MPH, Sr. Manager, FCB, NAMI, Lookout Mountain, Ga.

Rachel Gearinger, MPH, is a Senior Manager with the Field Capacity Building Team at NAMI.

In this role, she works to provide technical assistance and tools to increase the organizational capacity of NAMI State Organizations and Affiliates. Rachel has eight years of experience working and/or volunteering with NAMI State Organizations and Affiliates. Her mental health background includes leading grassroots suicide-prevention efforts in Tennessee and running the daily operations of an association focused on housing for those with serious mental illnesses. She is based in Lookout Mountain, Ga.

- **Alliance Relations, Development and Field Governance (ARDFG) Virtual Town Hall**
- **EXPRESS TALK #2 and Q&A: An Introduction to NAMI for New Leaders**

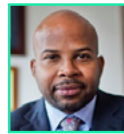


Daniel H. Gillison, Jr.

NAMI CEO Dan Gillison brings expertise in nonprofit 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, Dan 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.

- **Welcome & Introductions**
- **Closing**



Sherman Gillums, Jr., Executive Strategy Advisor, NAMI, Arlington, VA

Sherman Gillums is a retired U.S. Marine officer and former senior executive at Paralyzed Veterans of America and AMVETS, two of the largest congressionally chartered veteran service organizations in the country. For 17 years, he has fought to remove barriers to timely access to quality care and worked to reduce unemployment and suicide among the nation's most vulnerable veterans, as well as military families and caregivers. He has testified on Capitol Hill, engaged the White House on a host of issues and appeared on major networks such as CNN, Fox News, NPR and C-SPAN, and in national print media as an influential voice on policy and government accountability. He was selected by HillVets as among the 100 Most Influential Persons in 2016 and one of the Mighty 25 Military Influencers by "We Are the Mighty" in 2020. Sherman holds a graduate degree from the University of San Diego School of Business Administration and completed his executive education at Harvard Business School.

- **It's All in the Data!**



Sabrina Harris, MS, Senior Manager, Field Governance & Compliance, NAMI, Wickliffe, Ohio

Sabrina joined NAMI as Senior Manager, Field Governance & Compliance in December 2021. In this capacity, she is responsible for evaluating, applying and informing NAMI State Organizations and NAMI Affiliates of compliance risks and areas for opportunity to ensure adherence to NAMI governing documents. Sabrina received a B.A. in psychology from Wittenberg University and an M.S. in family studies with a specialization in child advocacy and family policy from the University of New Hampshire.

- **Alliance Relations, Development and Field Governance (ARDFG) Virtual Town Hall**



Tiara Hoff, *Coordinator, Field Governance & Membership, Waldorf, Md.*

Tiara Hoff is Coordinator, Field Governance & Membership. In her role at NAMI, Tiara assists members and prospective members with membership inquiries and provides technical support for the NAMI User Portal. She also assists with the annual membership submission deadline and is leading the team's work on a member survey.

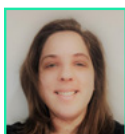
- **Alliance Relations, Development and Field Governance (ARDFG) Virtual Town Hall**



Jackline Kamazima, *Senior Manager, Alliance Relations, Development & Field Governance, NAMI, Silver Spring, Md.*

Jackline is a creative entrepreneur and nonprofit professional with over eight years in nonprofits, who strives to make meaningful change, serve and connect. Jackline is experienced in the core areas of business management, project management, high-level strategic action planning, content creation and community development. She leads with servant leadership, respect, kindness and intentionality, and is passionate about mental health awareness in Black and Brown communities. Jackline embraces the concept of Ubuntu, in which we move forward more powerfully together as humanity, and is fluent in English, Swahili and Haya.

- **Alliance Relations, Development and Field Governance (ARDFG) Virtual Town Hall**



Danica Kimball, *Senior Coordinator, NAMI, Falls Church, Va.*

Danica has been the Senior Coordinator for the Field Resource Development Team at NAMI for two and a half years.

- **Alliance Relations, Development and Field Governance (ARDFG) Virtual Town Hall**



Darcey Mamone, *Interim Director, Field Resource Development, NAMI, Pittsburgh, Pa.*

Darcey Mamone is the Interim Director of Field Resource Development at NAMI, where she oversees the NAMIWalks program. She started her career with NAMI at the local level, working for 8 years at NAMI Southwestern Pennsylvania (now Keystone PA). In 2016, she joined NAMI National to help grow the NAMIWalks program across the country. Previously, Darcey worked in both nonprofit and PR agency settings. She holds a B.A. in communications from Point Park University and a master's certificate from the University of Pittsburgh Katz Graduate School of Business. Darcey lives in Pittsburgh with her husband, children and goldendoodle.

- **Alliance Relations, Development and Field Governance (ARDFG) Virtual Town Hall**



Joy McKenzie, *Grants Manager, NAMI, Arlington, Va.*

Joy McKenzie is the Grants Manager for the Alliance Relations, Development & Field Governance Department and manages the administration of grants to NAMI State and Affiliate Organizations. Joy earned a B.S. in marketing from CUNY at York College and a Strategic Branding and Public Relations Certificate from University of California, Los Angeles (UCLA).

- **Alliance Relations, Development and Field Governance (ARDFG) Virtual Town Hall**



Elizabeth Monrad, *Senior Manager, Governance & Membership, NAMI, Ann Arbor, Mich.*

Elizabeth Monrad is Senior Manager, Governance & Membership. She's a graduate of Duke University and earned a B.A. in history. In her role at NAMI, Elizabeth manages the annual membership submission deadline and assists all State and Affiliate offices with membership processing. She has been with NAMI for 13 years.

- **Alliance Relations, Development and Field Governance (ARDFG) Virtual Town Hall**



Christine Neil, M.Ed., *Director, Knowledge & Learning, NAMI, Gaithersburg, Md.*

Christine is the Director of Knowledge and Learning for ARDFG and works closely with all teams within the department. With over 15 years of experience working with adult learners in nonprofit, academic and corporate environments, and instructional design skills managing the development of courses and various learning resources, Christine works to advance a diverse and inclusive learning culture and facilitate learning experiences to meet the needs of the field.

- **Alliance Relations, Development and Field Governance (ARDFG) Virtual Town Hall**
- **EXPRESS TALK #2 and Q&A: An Introduction to NAMI for New Leaders**



Sheel Pandya, JD, MPH, *Director, Field Capacity Building, NAMI, Arlington, Va.*

Sheel Pandya has over 15 years of experience in the nonprofit sector. She is currently the Director of Field Capacity Building at NAMI, where she leads a team that provides support, technical assistance and training to NAMI State Organizations and NAMI Affiliates across the U.S. with the goal of strengthening their organizational capacity. Prior to NAMI, Sheel served as the Global Network Director at Safe Kids Worldwide, where she oversaw a network of over 400 U.S. coalitions and 30 global partners.

- **Alliance Relations, Development and Field Governance (ARDFG) Virtual Town Hall**
- **NAMI State Organization and NAMI Affiliate Awards Presentation**
- **EXPRESS TALK #2 and Q&A: Moving (Back) to a Regional Model to Support the NAMI Alliance**



Ashley Pollowitz, J.D., *Senior Manager, Field Capacity Building, NAMI, Coral Springs, Fla.*

Ashley Pollowitz is a Senior Manager of Field Capacity Building with NAMI. In her position, Ashley provides technical assistance to NAMI State Organizations and NAMI Affiliates on topics ranging from governance to operations and policy. Prior to working at NAMI, Ashley was a program associate at the Vera Institute of Justice's Center on Victimization and Safety. At Vera, Ashley provided training and technical assistance to victim service providers and disability organizations that were working to improve their services for survivors of domestic violence and sexual assault that have disabilities or mental illness or are Deaf. She previously worked as a Criminal Justice Fellow at The Arc of the United States, where she advocated on behalf of people with intellectual and developmental disabilities interacting with the criminal legal system. Ashley has also advocated on behalf of people with disabilities and serious mental illness in criminal court and mental health court in North Carolina and Washington, D.C. She has a J.D. from Wake Forest University School of Law and a bachelor's degree in political science from Florida Gulf Coast University.

- **Alliance Relations, Development and Field Governance (ARDFG) Virtual Town Hall**



Renata Ponichtera, Sr. Manager, *Affiliate Development, NAMI, Alexandria, Va.*

Renata Ponichtera has over 20 years of work experience in nonprofit management in the following areas: nonprofit development, succession planning, board recruitment, orientation and development, project oversight and management, staff management and mentorship, onboarding new leaders, conflict-resolution, consultations, and implementation of principles for good governance and ethical practices. She has created many processes, guides, resources and trainings focused on strengthening NAs, NSOs and NAMI.

- **Alliance Relations, Development and Field Governance (ARDFG) Virtual Town Hall**



Annie Schmidt, MS, Senior Manager, Field Capacity Building, NAMI, Raleigh, N.C.

Annie Schmidt received her B.A. from DePaul University and M.S. from the University of Florida. She has experience working in statewide organizations, social services in Title 1 schools, and program planning and evaluation in a tribal court. In May 2018, she became the first Executive Director for NAMI Wake County (Raleigh, N.C.), where she served until joining the FCB team in April 2022.

- **Alliance Relations, Development and Field Governance (ARDFG) Virtual Town Hall**



Morgan Sills, Senior Manager, Field Resource Development, NAMI, Dunn, N.C.

Morgan Sills is a Senior Manager for the Field Resource Development Team. She is a graduate of the University of North Carolina at Chapel Hill. Morgan has spent the last 10 years in fundraising positions for major nonprofits and has worked on a variety of successful peer-to-peer events.

- **Alliance Relations, Development and Field Governance (ARDFG) Virtual Town Hall**
- **EXPRESS TALK #1 and Q&A: Collaborative Strategy for Field Fundraising**



Mary Sorensen, Senior Manager, Field Resource Development, NAMI, Romeoville, Ill.

Mary Sorensen joined the NAMI National Staff in January 2022 as a Senior Manager of Field Resource Development. In her role, she provides direct program management, consulting, training, resource development and support to NAMI field organizations across the country to help grow revenue for the NAMIWalks program. Based in Chicago, she has spent 15 years in the peer-to-peer fundraising sector, helping to raise funds and awareness for nonprofit organizations in Illinois and across the country.

- **Alliance Relations, Development and Field Governance (ARDFG) Virtual Town Hall**



Gayle Tang, Health Equity Consultant, Gayle Tang & Associates, San Francisco, Calif.

Gayle Tang is an educator and health equity consultant working with organizations to transform care and service delivery through research, strategies and execution. Her work has been pivotal in setting industry standards and influencing public policy in the areas of cultural and linguistic access, diversity, equity, inclusion and social justice.

- **It's All in the Data**



Jacquelyn (Jacque) Walsh, Senior Manager, Field Governance and Compliance, NAMI, Oklahoma City, Okla.

Jacque Walsh started her professional career in juvenile justice, which led to a research position for the Assistant Attorney for the Court on matters like the Americans with Disabilities Act. She has over a decade of experience in public policy work, which includes stints at the Oklahoma House of Representatives and the Oklahoma Public School Resource Center. Jacque joins NAMI after working as program manager for Oklahoma Treatment Courts. She resides in Oklahoma City with her kids and various rescue pets. Jacque holds a B.A. in political science from the University of Oklahoma and is pursuing an M.S. in organizational leadership.

- **Alliance Relations, Development and Field Governance (ARDFG) Virtual Town Hall**
- **EXPRESS TALK #1 and Q&A: Emblematic Gestures: NAMI Logo Usage as Defined in the Governing Documents**



Lindsey Waldron, MBA, Manager, The Bridgespan Group, Boston, Mass.

Lindsey is a manager in Bridgespan's Boston office. Since joining the organization in 2014, she has worked with a variety of nonprofit and philanthropic clients on strategic planning and execution. Her clients include funders, collaboratives, network operators and affiliates, and direct-service nonprofits focused on issues including education, child welfare and public health. She has also worked on the development and facilitation of Leading for Impact®, Bridgespan's two-year consulting and capacity-building program for nonprofit executive teams.

- **It's All in the Data**

Schedule at a Glance

Wednesday, June 15

	TRACK 1	TRACK 2	TRACK 3	TRACK 4	TRACK 5
Eastern Time (ET)	Advancing Diversity, Equity and Inclusion in Mental Health	Engaging with Youth and Young Adults	Exploring Innovations in Mental Health Research and Treatment	Implementing Best Practices for NAMI State Organizations and Affiliates	Transforming Mental Health Crisis Response Systems
10 – 10:30 a.m.	Welcome and Announcements				
10:30 – 11:30 a.m.	Opening Plenary Keynote: Actress, Author and Mental Health Advocate Mayim Bialik				
11:30 – 11:40 a.m.	Break				
11:40 a.m. – 12:40 p.m.	Overcoming Trauma in Troubled Times	Using Peer-Support Networks to Elevate Adolescent Mental Health and Well-Being	Innovative Approach to Strengthening Families of People with Mental Illness	The NSOs/Affiliates Relationship — Way Easier than Thanksgiving Dinner	Reimagining Crisis: 988 and the Future of Crisis Care in the U.S.
12:40 – 12:55 p.m.	Break				
12:55 – 1:55 p.m.	Fireside Chat with SAMHSA: A Conversation with Dr. Delphin-Rittmon, Assistant Secretary for Mental Health and Substance Use				
1:55 – 2:10 p.m.	Break				
2:10 – 3:10 p.m.	Racial Microaggressions in Mental Health Care	The Power of Peers: Organizing a NAMI on Campus Chapter	What Technology Really Works and How to Make an Informed Decision	Building the Movement for Stronger Crisis Services	When Crises Collide: Responding to Mental Health Crises in the Time of COVID
3:10 – 3:25 p.m.	Break				
3:25 – 4:25 p.m.	Only Those with Underlying Health Conditions: COVID-19 and Disability	Mindfulness Mental Health Tools for Young Adults	Clozapine Can Save Lives — Why Is It Still Underutilized 33 Years after FDA Approval?	Practical Tips to Help Organizations Strengthen Their Grant-Writing Skills	Another Piece of the Puzzle: CIT's Role in 988
4:25 – 4:30 p.m.	Break				
4:30 – 4:55 p.m.	NAMI Candlelight Vigil				
4:55 – 5 p.m.	Break				
5 – 6 p.m.	Special Session: A Spotlight on Mental Health Care in Rural America with NAMI and Well Beings				
6 – 6:05 p.m.	Closing				

Schedule at a Glance

Thursday, June 16

Eastern Time (ET)	TRACK 1	TRACK 2	TRACK 3	TRACK 4	TRACK 5
	Advancing Diversity, Equity and Inclusion in Mental Health	Engaging with Youth and Young Adults	Exploring Innovations in Mental Health Research and Treatment	Implementing Best Practices for NAMI State Organizations and Affiliates	Transforming Mental Health Crisis Response Systems
10 – 10:30 a.m.	Welcome and Announcements				
10:30 – 11:30 a.m.	Plenary: NAMI, Ken Burns and the Well Beings Youth Mental Health Project				
11:30 – 11:40 a.m.	Break				
11:40 a.m. – 12:40 p.m.	Research Plenary: Challenges and Opportunities in Mental Health Research				
12:40 – 12:50 p.m.	Break				
12:50 – 1:50 p.m.	Mental Health and Black Men in the NFL: On the Field and Off	NAMI Ending the Silence: Taking Mental Health Education Virtual	Early Intervention Treatment: Limiting Effects of Mental Illnesses	JEDI-CLAS 101: Advancing NAMI's Cultural Competency Journey	Realizing the Promise of 988 and Crisis System Transformation: Key Issues
1:50 – 2:05 p.m.	Break or Activity				
2:05 – 3:05 p.m.	Providing Culturally Relevant and Affirming Care to the LGBTQ+ Community	What I Wish I Could Tell You About the Internet: Young Adult Perspectives	Whole-Person Health in Populations with Serious Mental Illness: Research and Policy Update	The View from D.C.: NAMI's Federal Legislative and Policy Update	Peer Support: A Vital Part of Crisis Services
3:05 – 3:20 p.m.	Break or Activity				
3:20 – 4:20 p.m.	Deaf Mental Health: The Barriers to Accessing Support in the Deaf Community	Self-Advocacy within the College, Academic and Workforce Environments	Finding the Perfect Fit: Matching Genes and Medications	NAMI Homefront, Peer-to-Peer and Childcare — Wrapping Around the Family: Early Research Findings	What Is the Cost? Funding 988 and a Crisis Continuum of Care
4:20 – 4:30 p.m.	Break				
4:30 – 6 p.m.	Plenary: Dr. Ken Duckworth Previews “You Are Not Alone,” NAMI's Upcoming Book				
6 – 6:05 p.m.	Closing Remarks				

Express Talks at a Glance

These pre-recorded, on-demand presentations are less than 10 minutes in length and offer a quick take on a story, case study, idea or technique.

TRACK 1

Advancing Diversity, Equity and Inclusion in Mental Health

A Diagnosis Doesn't Derail Dreams

Getting Curious about Culture

The Power of the Father Peer Support

Living with Chronic Pain: A Discussion
Toward Health Equity

TRACK 2

Engaging with Youth and Young Adults

Bringing Virtual Suicide-Prevention
Programming Back to in Person

Mental Health and Foster Care:
The Role of Volunteer Mentors

Sharing Your Mental Health Story on Social Media

Teaching Youth Mental Health: Tips, Tricks and Resources

Youth Take the Whole Table

TRACK 3

Exploring Innovations in Mental Health Research and Treatment

Adhere.ly — Enhancing Engagement in
Between Sessions with Therapeutic Exercises

What Is Early Episode Psychosis?
How Do We Address It?

How Nature Can Play a Critical Role in
Mental Health Treatment

Pulling Back the Curtain on Depression's Lies

The Healing Wheels: Group Cycling for
Persons with Dissociative Disorders

TRACK 4

Implementing Best Practices for NAMI State Organizations and Affiliates

New Onset of Mania after Surgical Menopause —
A Case Study

Partnering to Create Short Mental Health
Videos and Editing for Distribution

Virtual Geography of NAMI Affiliates
for Improving Collaboration

TRACK 5

Transforming Mental Health Crisis Response Systems

Improving Acute Behavioral Health Access
and Response Time

Preparing for a Crisis: 988 and Other
Resources for You and Your Family

Sharing Stories to Shape Our Future and
Create 988 in New York

Accessibility, Equity, and Resources for Crisis Response

Plenaries/Special Events

Opening Plenary Keynote: Actress, Author and Mental Health Advocate Mayim Bialik

Wednesday, June 15, 10:30 – 11:30 a.m. ET

Join us for this discussion between NAMI CEO Daniel H. Gillison, Jr., and Mayim Bialik, best known for her lead role as Blossom Russo in the early-1990s television sitcom “Blossom” and her award-winning portrayal of Amy Farrah Fowler on CBS’ “The Big Bang Theory,” to hear her perspective on living #StigmaFree.

Mayim Bialik, *Actress, Author and Mental Health Advocate*

Daniel H. Gillison, Jr., *CEO, NAMI, Arlington, Va.*

Fireside Chat with SAMHSA: A Conversation with Dr. Delphin-Rittmon, Assistant Secretary for Mental Health and Substance Use

Wednesday, June 15, 12:55 – 1:55 p.m. ET

Join NAMI CEO Daniel H. Gillison, Jr., and Dr. Miriam E. Delphin-Rittmon, the HHS Assistant Secretary for Mental Health and Substance Use, for an engaging conversation about federal mental health and substance use policy. Learn the latest happenings at the Substance Abuse and Mental Health Services Administration (SAMHSA), including the work to expand crisis response services leading up to the nationwide implementation of 988.

Miriam Delphin-Rittmon, *Ph.D., Assistant Secretary, Mental Health and Substance Use, SAMHSA*

Daniel H. Gillison, Jr., *CEO, NAMI, Arlington, Va.*

NAMI Candlelight Vigil

Wednesday, June 15, 4:30 – 4:55 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.

Wendy Burch, *Executive Director, NAMI-NYS, Albany, N.Y.*

Nicole Weigand, *MSW, Advocacy Director, NAMI Keystone PA, Martins Ferry, Ohio*

Sponsored by NAMI Service Members, Veterans and Their Families Council

Special Session: A Spotlight on Mental Health Care in Rural America with NAMI and Well Beings

Wednesday, June 15, 5 – 6 p.m. ET

Join us for a preview of excerpts from Well Beings’ “Remote Chance: Rural Health Care in America” and a robust discussion about NAMI’s role in recognizing and addressing the crisis of mental health care in rural America. Panelists will include Elizabeth Arledge, the series’ award-winning filmmaker, and Dr. Joy Baker, a Georgia state obstetrician featured in the film, as well as NAMI board members and executive directors doing work in rural and remote regions. “Remote Chance: Rural Health Care in America” shares portraits of the disparities in rural and frontier regions of the U.S. in care and mental health, ranging from lack of services to isolation and ethnic inequities. The series presents facts and figures in multiple short, digital-first films.

Elizabeth Arledge, *Emmy and Peabody award-winning documentary filmmaker, “Remote Chance”*

Joy Baker, M.D., *appears in “Remote Chance”*

Zenethia Brown, *Executive Director, NAMI Mid-Carolina*

Shirley J. Holloway, Ph.D., *President of the NAMI Board of Directors, Vice President of NAMI Alaska*

Micah Pearson, *Secretary of the NAMI Board of Directors, Executive Director of NAMI of Southern New Mexico*

Sherrie Vaughn, *Executive Director, NAMI Kansas*

Plenary: NAMI, Ken Burns and the Well Beings Youth Mental Health Project

Thursday, June 16, 10:30 – 11:30 a.m. ET

Filmmaker Ken Burns joins us to celebrate NAMI’s collaboration with the Well Beings Youth Mental Health Project, created by WETA, the PBS flagship station in our nation’s capital. NAMI CEO Daniel H. Gillison, Jr., and NAMI Next Gen Youth Advisors will join Burns to see and discuss excerpts from the new two-part, four-hour documentary series Ken Burns Presents “Hiding In Plain Sight: Youth Mental Illness,” a film by Erik Ewers and Christopher Loren Ewers, premiering June 27 and 28 9/8c on PBS stations nationwide and also streaming on PBS free video on demand. Special guests will include Dallas Cowboys quarterback Dak Prescott, Carole King, Colton Ryan, Kristen Bell, LeVar Burton and more.

Plenaries/Special Events

Research Plenary: Challenges and Opportunities in Mental Health Research

Thursday, June 16, 11:40 a.m. – 12:40 p.m. ET

Joshua A. Gordon, M.D., Ph.D., director of the National Institute of Mental Health (NIMH), will provide an overview of the latest challenges and opportunities in mental health research. Dr. Gordon will highlight cutting-edge advancements in science, provide an update on the institute's priorities and present future directions for the mental health research field. In addition, he will describe how NIMH works with public and private partners to advance cross-disciplinary research and better understand the complexities of mental illnesses, ultimately leading to more effective treatments.

Moderator: Ken Duckworth, M.D., *Chief Medical Officer, NAMI, Boston, Mass.*

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

Plenary: Dr. Ken Duckworth Previews “You Are Not Alone,” NAMI’s Upcoming Book

Thursday, June 16, 4:30 – 6 p.m. ET

Dr. Ken Duckworth, NAMI’s Chief Medical Officer, will offer an exclusive preview of NAMI’s upcoming book “You Are Not Alone: The NAMI Guide to Navigating Mental Health,” which will be released this fall. Ken grew up with a loving father who had severe bipolar disorder — the reason Ken is so passionate about the peer and family experience the book is centered around. The book includes real stories from people and families navigating their mental health journeys, as well as experts’ practical answers to commonly asked questions. During this session, Ken will have a discussion with several guests who are featured in the book. All proceeds from sales of the book will benefit NAMI.

Christine Crawford, M.D., *Associate Medical Director, NAMI, Boston, Mass.*

Quynh Do, *Senior Editor, Zando, New York, NY.*

Ken Duckworth, M.D., *Chief Medical Officer, NAMI, Boston, Mass.*

Nicholas Emeigh, aka “NAMI Man,” *Director of Outreach and Development, NAMI Bucks County, Pa.*

Angelina Brown Hudson, *Executive Director, NAMI Greater Houston, Texas*

Will Lippincott, *Senior Agent, Aevitas Creative Management*

Pooja Mehta, MPH, *Legislative Fellow, US House of Representatives, Washington, DC.*

Workshops | Wednesday, June 15

These 60-minute sessions, which include dedicated Q&A time, highlight mental health research, resources, developments and much more.

Track 1: Advancing Diversity, Equity and Inclusion in Mental Health

Overcoming Trauma in Troubled Times

11:40 a.m. – 12:40 p.m. ET

Experts will explore mental health in today's current environment, including the impacts of the COVID-19 pandemic, racial violence, systemic injustice and economic adversity. Speakers will use an intersectional lens — including race, ethnicity, and LGBTQIA and disability status — to unpack the effects of trauma, depression/anxiety/stress and isolation on young people of color.

Moderator:

Sherman Gillums, Jr., *Executive Strategy Advisor, NAMI, Arlington, VA*

Panelists:

Caitlin Address, *Youth Advisory Board Member, The Steve Fund*

Alfred Coles, Jr., *aka Alfred Nomad, Mental Health Advocate/Artist/Activist, Clark Atlanta University Alum*

Tia Dole, *Executive Director, The Steve Fund*

Racial Microaggressions in Mental Health Care

2:10 – 3:10 p.m. ET

Addressing racial microaggressions is critical to helping those in mental health care become more cognizant of their behavior. The goals of this session will be to inform, educate and provide a deeper understanding of the harmful impact microaggressions have on underserved populations. Microaggressions often go unnoticed due to their subtle nature, thus increasing awareness on this topic is also an important goal of this workshop.

Simone Watkins, M.Ed., *Clinical Mental Health Counseling; Ph.D. Student in Counselor Education and Supervision; LPC, Adler University/Insideout Living, Chicago, Ill.*

Only Those with Underlying Health Conditions: COVID-19 and Disability

3:25 – 4:25 p.m. ET

Disability impacts everyone and intersects with all social categorizations. This interconnectedness creates interdependent systems of oppression, prejudice and disadvantage. The pandemic not only compounded these effects but also disproportionately impacted the mental health of people living with disabilities, putting them at an increased risk for suicide and suicide ideation. Gain a comprehensive understanding of the relationship between mental health, ableist words and actions, the devaluing of human lives, isolation and social stigma.

Sarah Kirwan, MSPA, *Founder and CEO, Eye Level Communications, LLC, Santa Maria, Calif.*

Track 2: Engaging with Youth and Young Adults

Using Peer-Support Networks to Elevate Adolescent Mental Health and Well-Being

11:40 a.m. – 12:40 p.m. ET

This workshop will explore research highlighting the negative impact of COVID-19 and broken social networks on adolescent mental health. Strategies to create peer-support networks for teens will be shared, along with several examples of peer-support networks created and strengthened through experiences with national and school-based organizations. Strategies to foster diversity, equity and inclusion within peer-support networks, which serve to elevate mental health, will also be highlighted.

Kaitlyn Tollefson, *Loveland, Colo.*

Michelle Tollefson, M.D., FACOG, *MSU Denver, Loveland, Colo.*

Workshops | Wednesday, June 15

These 60-minute sessions, which include dedicated Q&A time, highlight mental health research, resources, developments and much more.

The Power of Peers: Organizing a NAMI on Campus Chapter

2:10 – 3:10 p.m. ET

Learn how to establish a NAMI on Campus group, how to help students organize successful events and how to deal with organizational challenges. We will discuss the importance of being an official campus group and collaborating with local chapters. We will also address the challenges of supporting others through mental health issues and getting fellow students to attend events.

Maria Felix-Ortiz, Ph.D., Professor of Psychology, University of the Incarnate Word, San Antonio, Texas

Pilar Gonzaba, Student, University of the Incarnate Word, Leander, Texas

Raquel Morales, Student, University of the Incarnate Word, San Antonio, Texas

Mindfulness Mental Health Tools for Young Adults

3:25 – 4:25 p.m. ET

This workshop will focus on ways to teach resilience and build mental health through mindfulness. It will include strategies and research from the University of Southern California's Introduction to Mindfulness course, as well as a student panel that will speak about mindfulness and mental health tools. Learn how mindfulness can support mental health, explore what it means to include a trauma-sensitive curriculum, and identify and apply practices for awareness and compassion.

Linda Yaron Weston, M.Ed., Lecturer, University of Southern California, Los Angeles, Calif.

Track 3: Exploring Innovations in Mental Health Research and Treatment

Innovative Approach to Strengthening Families of People with Mental Illness

11:40 a.m. – 12:40 p.m. ET

This session will address the impact of mental illness on families and will deliver practical strategies that family members and providers can use to help increase sibling resiliency, decrease trauma and empower caregivers. Through review of an evidence-based and trauma-informed program, Sibling Support Program: A Family-Centered Mental Health Initiative, participants will be able to identify common behavioral patterns that exist among siblings and family members, strategies for building resiliency and resources to help strengthen the family unit.

Emily Rubin, MSW, LICSW, Director of Sibling Support and Assistant Professor in Psychiatry, UMass Chan Medical School, Worcester, Mass.

What Technology Really Works and How to Make an Informed Decision

2:10 – 3:10 p.m. ET

This workshop will discuss the evidence for digital mental health technologies with a focus on smartphone apps. Presenters will discuss risks, benefits and real-world use cases while offering hands-on information and frameworks that you can use to better evaluate any mental health innovation, ranging from an app in the iTunes store to an enterprise software suite.

Michael Goldstein, Ph.D., Clinical Director, Division of Digital Psychiatry, Beth Israel Deaconess Medical Center, Boston, Mass.

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

Workshops | Wednesday, June 15

These 60-minute sessions, which include dedicated Q&A time, highlight mental health research, resources, developments and much more.

Clozapine Can Save Lives — Why Is It Still Underutilized 33 Years after FDA Approval?

3:25 – 4:25 p.m. ET

Clozapine is an antipsychotic medication with the potential to dramatically improve the functioning, symptoms and relationships of people living with schizophrenia. The American Psychiatric Association guidelines recommend a trial of clozapine if a person still has symptoms despite two prior trials of other antipsychotic medications. Clozapine is also the only medication approved to reduce the risk of recurrent suicidal behavior for people living with schizophrenia or schizoaffective disorder. Although 20–30% of people living with schizophrenia may benefit from a trial, clozapine is highly underutilized in the U.S. (around 4% currently). This presentation will review the current research on clozapine's utilization and effectiveness, and explore the individual, prescriber and system/administrative barriers to more widespread utilization.

Robert Cotes, M.D., Associate Professor, Emory University School of Medicine, Atlanta, Ga.

Track 4: Implementing Best Practices for NAMI State Organizations and Affiliates

The NAMI State Organizations/Affiliates Relationship — Way Easier than Thanksgiving Dinner

11:40 a.m. – 12:40 p.m. ET

So many people fear conversation around the Thanksgiving table. Fortunately, with planning, dialogue and shared objectives, the conversation around the affiliate roundtable is far less daunting. In fact, through common ground and collective goals, the relationship between the National State Organization (NSO) and its affiliates can not only be strong, it can also go from good to great! Find out through case studies how one NSO found ways to leverage the strengths of its affiliates into collective good.

Anna Kim, Executive Director, NAMI Boulder County, Boulder, Colo.

Ray Merenstein, MAMC, Executive Director, NAMI Colorado, Denver, Colo.

Building the Movement for Stronger Crisis Services

2:10 – 3:10 p.m. ET

This workshop will focus on how to build broad support to strengthen and expand behavioral health crisis services through effective grassroots and legislative advocacy. The presenters lead the Fund Maryland 988 Campaign, a statewide advocacy effort to secure dedicated funding to support the continuum of behavioral health crisis services in Maryland. They will share strategies for coalition-building, how to secure resources to support advocacy and strategies for positioning for positive advocacy outcomes.

Adrienne Breidenstine, MSW, Vice President, Policy & Communications, Behavioral Health System Baltimore, Baltimore, Md.

Glenn E. Schneider, MPH, Chief Program Officer, Horizon Foundation of Howard County, Inc., Columbia, Md.

Practical Tips to Help Organizations Strengthen Their Grant-Writing Skills

3:25 – 4:25 p.m. ET

Strengthening an organization's grant-writing skills is a critical component of drawing resources to the organization and building overall organizational capacity. Learn tips on effective grant-writing and how to set your organization up for success when it comes to NAMI grant opportunities and beyond. Obtain practical tools, takeaways and templates to use and adapt to your own needs.

Sheel Pandya, J.D., MPH, Director, Field Capacity Building, NAMI, Arlington, Va.

Susan Schaefer, M.S., Nonprofit Management, Principal, Resource Partners, Bethesda, Md.

Workshops | Wednesday, June 15

These 60-minute sessions, which include dedicated Q&A time, highlight mental health research, resources, developments and much more.

Track 5: Transforming Mental Health Crisis Response Systems

Reimagining Crisis: 988 and the Future of Crisis Care in the U.S.

11:40 a.m. – 12:40 p.m. ET

SAMSHA's National Guidelines for Behavioral Health Crisis Care outline a low-barrier, yet sustainable, model for crisis care. The Guidelines focus on crisis call centers, crisis mobile teams and facility-based services. Leaders from national exemplar agencies in all three elements and the lead writer for the Guidelines break down what the model is, what the fidelity standards are, and how to create or optimize your current system to meet the model's standards.

Paul Galdys, Deputy CEO, RI International, Phoenix, Ariz.

Jamie Sellar, M.A., Chief Strategy Officer, RI International, Phoenix, Ariz.

Hannah Wesolowski, MPA, Chief Advocacy Officer, NAMI, Arlington, Va

When Crises Collide: Responding to Mental Health Crises in the Time of COVID

2:10 – 3:10 p.m. ET

Unprecedented challenges have faced mental health services during the pandemic. Chatham County, Ga., and Athens-Clarke County, Ga., will share lessons learned while responding to increased requests for services while under COVID protocols and staff shortages. The session will be moderated by a representative of the Bureau of Justice Assistance, who will share Justice and Mental Health Collaboration Program (JMHCP) resources to provide support and, when appropriate, divert people from the criminal justice system.

Maria Fryer, M.S., Criminal Justice North Carolina Central University; Policy Advisor, Department of Justice Bureau of Justice Assistance, Washington, D.C.

Tara Jennings, Strategic Planning Administrator, Chatham County (Government) Board of Commissioners, Savannah, Ga.

Laurie Wilburn Bailey, M.Ed., Director of Acute Services, Advantage Behavioral Health Systems, Athens, Ga.

Another Piece of the Puzzle: CIT's Role in 988

3:25 – 4:25 p.m. ET

Crisis Intervention Team (CIT) programs have long played a role in changing the way communities respond to mental health crises. With the deployment of 988, there is an even greater opportunity to leverage CIT in communities to support the build-out of comprehensive crisis-response systems. Learn how CIT complements the efforts to implement 988, benefits and challenges of crisis-response models involving law enforcement, and how to utilize 988 to enhance justice diversion efforts.

Ron Bruno, Executive Director, CIT International, Salt Lake City, Ohio

Christina Roup, Director of Programs, CIT International, Fresno, Calif.

Shannon Scully, MPP, Senior Advisor, Justice and Crisis Response Policy, NAMI, Arlington, Va.

Workshops | Thursday, June 16

These 60-minute sessions, which include dedicated Q&A time, highlight mental health research, resources, developments and much more.

Track 1: Advancing Diversity, Equity and Inclusion in Mental Health

Mental Health and Black Men in the NFL: On the Field and Off

12:50 – 1:50 p.m. ET

Join us for an in-depth discussion about mental health within the Black community with current and former NFL athletes. The panelists will describe how they managed their mental health while playing and off the field, and how they are helping break the mental health stigma that men, especially Black men, face all too often.

Moderator:

Mark Van Steenberg, LCSW, Founder of Sage Elite Healing

Panelists:

Brandon Bolden – NFL, Las Vegas Raiders

Soul Cole – NFL, New Orleans Saints (Retired)

Dominique Easley – NFL, New England Patriots (Retired)

Chris Hubbard – NFL, Cleveland Browns

Zach Moore – NFL, Arizona Cardinals (Retired)

Vincent Valentine – NFL, New England Patriots (Retired)

Providing Culturally Relevant and Affirming Care to the LGBTQ+ Community

2:05 – 3:05 p.m. ET

LGBTQ+ affirming care training is necessary for staff working in behavioral health settings, hospitals and social service organizations. LGBTQ+ individuals experience higher rates of mental health challenges and experience troubling encounters with providers who do not fully understand the concerns that stem from being a part of a marginalized community. This workshop will address instances of inadequate care and provide information to fill the gaps in affirming care training.

Steven Haden, MSW, MBA, CEO, Envision:You, Denver, Colo.

Deaf Mental Health: The Barriers to Accessing Support in the Deaf Community

3:20 – 4:20 p.m. ET

This workshop will promote the provision of quality, equitable mental health services accessible to Deaf and hard-of-hearing people. Presenters will underscore how the Deaf culture of storytelling encapsulates best practices in specialized care for Deaf people. This session will also address how clinical care can operate synchronously with cultural affirmation in support settings. Participants will be shown how to break down systemic and attitudinal barriers through appropriate recognition of this population as a cultural, linguistic minority group.

Emma Hunt, Executive Director/Founder, Signed By Stories, Washington, D.C.

Makoto Ikegami, DSW, LCSW, Team Leader, Signed By Stories, Atlanta, Ga.

Noel King, Mental Health Clinician and Art Therapist, The Learning Center for the Deaf: Walden School, Watertown, Mass.

Melissa Yingist, LMSW, Host/Advocate, MELMIRA, Riverside, Calif.

Track 2: Engaging with Youth and Young Adults

NAMI Ending the Silence: Taking Mental Health Education Virtual

12:50 – 1:50 p.m. ET

Learn about NAMI's Ending the Silence (ETS) virtual program and preview snippets of the finished product. Hear about how to access this virtual program and how to increase its use in middle and high schools in your communities. Young adults who participated in the creation of ETS virtual will share their experiences on set and in the making of the resource videos.

Nikki Rashes, Senior Manager, Programs & Digital Training Delivery, NAMI, Arlington, Va.

Barb Solish, Director, Youth and Young Adult Initiatives, NAMI, Arlington, Va.

Britt Turpack, Mental Health Advocate, Speaker and Movement Teacher, NAMI Westside LA, Los Angeles, Calif.

What I Wish I Could Tell You About the Internet: Young Adult Perspectives

2:05 – 3:05 p.m. ET

The internet and social media have increasingly been cited as contributing factors to the worsening state of youth mental health, yet academic research tends to be years behind the issues young people are currently facing. The presenter will share concerns regarding social media's impact on mental health that were derived from interviews with teens, alongside commentary informed by her work as a peer counselor, media design student and young adult herself.

Pooja Nair, MPH, Interaction Designer, Houston, Texas

Self-Advocacy within the College, Academic and Workforce Environments

3:20 – 4:20 p.m. ET

In this session, participants will learn to explain what supports they need with instructors and disability support services, know when and how much to disclose about a disability, and understand their rights as well as the limits of protection under the Americans with Disabilities Act. Participants will also learn about the Equal Employment Opportunity Commission and be advised of when it is best to reach out to them.

Jordan Smelley, Mental Health Peer Specialist, Association of Persons Affected by Addiction, Dallas, Texas

Track 3: Exploring Innovations in Mental Health Research and Treatment

Early Intervention Treatment: Limiting Effects of Mental Illnesses

12:50 – 1:50 p.m. ET

This presentation will provide information on the benefits of early-intervention treatments of schizophrenia, bipolar disorder and depression. Participants will benefit from increased general knowledge of the importance of early treatment of mental illness, as well as an introduction to the range of treatment modalities. Goals of the session will include covering timelines of symptom development; methods of interdisciplinary treatments; information about neurocognitive, economic and social benefits of early medication treatment; and early treatment resources.

Tanya Fabian, PharmD, Ph.D., BCPP, Director of Pharmacy; Associate Professor, UPMC Western Psychiatric Hospital; University of Pittsburgh, Pittsburgh, Pa.

Andreea Temelie, PharmD, Clinical Pharmacist – Psychiatry, UPMC Western Psychiatric Hospital, Pittsburgh, Pa.

Melanie Yabs, PharmD, M.S., Applied Cognition and Neuroscience, Clinical Pharmacist – Psychiatry, UPMC Western Psychiatric Hospital, Pittsburgh, Pa.

Whole-Person Health in Populations with Serious Mental Illness: Research and Policy Update

2:05 – 3:05 p.m. ET

This session will review the current evidence and emerging trends regarding the epidemiology, treatment interventions and emerging policies addressing physical health and well-being in populations with serious mental illness.

Benjamin Druss, M.D., MPH, Professor, Emory University, Atlanta, Ga.

Finding the Perfect Fit: Matching Genes and Medications

3:20 – 4:20 p.m. ET

A person's genes may alter how well a medication works or if side effects will occur. Pharmacogenomics involves the use of an individual's genetic information to guide treatment selection. The Clinical Pharmacogenetics Implementation Consortium has developed prescriber guidelines involving more than a dozen mental health medications, most recently updated in October 2019. By having a better understanding of pharmacogenomics, attendees will have a more informed stance on the utilization of commercially available pharmacogenetic tests.

Jeffrey Bishop, PharmD, M.S., BCPP, FCCP, Associate Professor, University of Minnesota College of Pharmacy, Minneapolis, Minn.

Track 4: Implementing Best Practices for NAMI State Organizations and Affiliates

JEDI-CLAS 101: Advancing NAMI's Cultural Competency Journey

12:50 – 1:50 p.m. ET

This session will introduce the principles of Justice, Equity, Diversity and Inclusion (JEDI), and show how committing to these principles and implementing the National Culturally & Linguistically Appropriate Services (CLAS) Standards can help achieve the vision and mission of NAMI in serving all.

Gayle Tang, MSN, Health Equity Consultant, Gayle Tang & Associates, San Francisco, Calif.

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

2:05 – 3:05 p.m. ET

This session will provide an overview of NAMI's federal legislative agenda and the status of policy issues before Congress and the Biden Administration that impact people 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.

Michael Linskey, Director of Congressional Affairs, NAMI, Arlington, Va.

Jennifer Snow, MPA, National Director, NAMI, Arlington, Va.

Hannah Wesolowski, MPA, Chief Advocacy Officer, NAMI, Arlington, Va.

NAMI Homefront, Peer-to-Peer and Childcare — Wrapping Around the Family: Early Research Findings

3:20 – 4:20 p.m. ET

This session will highlight the NAMI Homefront model, inform its implementation and share how research is supporting this method as a new best practice within the field of veteran and family care. The goal is to enhance veteran and family care through the use of NAMI tools, along with community veteran-service organization support, and linking them together to provide the very best care, education and support.

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

Track 5: Transforming Mental Health Crisis Response Systems

Realizing the Promise of 988 and Crisis System Transformation: Key Issues

12:50 – 1:50 p.m. ET

The goal of this session will be to present research and facilitate discussion about key issues that have emerged in our work on 988 and crisis response: (1) the regional variations in what crisis-response services are acceptable and feasible; (2) the workforce expansion required to develop skilled responders prepared to work in diverse communities; and (3) the need to define and operationalize concerns about “safety” so that calls can be triaged to the appropriate response.

Leah Pope, Ph.D., Assistant Professor, Columbia University, Department of Psychiatry, New York, N.Y.

Amy Watson, A.M., Ph.D., Professor, Social Work Department, University of Wisconsin-Milwaukee, Milwaukee, Wis.

Peer Support: A Vital Part of Crisis Services

2:05 – 3:05 p.m. ET

Peer support, an evidence-based practice, is an integral part of RI International's crisis service continuum. Since 2002, RI International has included peer supporters as service providers in crisis stabilization, living room services and crisis respite services. We call this model of combining the best of clinical services with peer-support expertise “Fusion.” Fusion is part of the RI Way, which includes four key principles: Peer Powered, Performance, Engagement and Safety. Peer support drives recovery focus.

Charles Browning, M.D., Chief Medical Officer/Medical Director, RI International/Behavioral Health Link, Raleigh, N.C.

Lisa St. George, MSW, Vice President of Peer Support and Empowerment, RI International, Phoenix, Ariz.

What Is the Cost? Funding 988 and a Crisis Continuum of Care

3:20 – 4:20 p.m. ET

The implementation of 988 brings new opportunities for state and federal investments in mental health crisis care in communities. Learn about new funding sources for 988 and crisis services and how to advocate for these resources in your community. The session will also include information about resources to estimate the cost of your crisis system to help articulate what is needed to policymakers.

Paul Galdys, Deputy CEO, RI International, Phoenix, Ariz.

Hannah Wesolowski, MPA, Chief Advocacy Officer, NAMI, Arlington, Va.

Track 1: Advancing Diversity, Equity and Inclusion in Mental Health

A Diagnosis Doesn't Derail Dreams

The information provided in this talk will empower those living with mental health conditions to pursue treatment, despite the stigma often associated with mental illness. The goals of this session will be to assist individuals in getting treatment, to address the stigma and shame associated with mental health diagnoses, and to explore how family support plays a role in recovery.

Venez Blackmon, *Milwaukee, Wis.*

Joshua Buckhaultner, *Milwaukee, Wis.*

Getting Curious about Culture

The goal of the session is to bring awareness to the importance and benefits of promoting cultural competence. The presentation will include attributes such as curiosity, self-awareness, equity and inclusion, and demonstrate how each plays a part and their importance in promoting cultural competence. The neglect of cultural competency may be an issue in itself, but practicing self-awareness and curiosity and understanding differences can be a leap forward.

Anita Pollard, *CEO, TranZform, San Pedro, Calif.*

Living with Chronic Pain: A Discussion Toward Health Equity

Learn about the unique challenges faced by chronic pain sufferers and how these challenges impact mental health. This session will focus on the lived experiences of chronic pain sufferers and clinical implications for practitioners working with chronic pain sufferers within the therapeutic setting. Most importantly, this session will demonstrate how chronic pain is more than just a health issue: It is a social issue and a public health crisis.

Melanie Mason, *M.Ed., Ed.S., Mental Health Counselor and Doctoral Candidate, Adler University, Chicago, Ill.*

The Power of the Father Peer Support

Dads MOVE will discuss the details of how to build programs, trainings, and outreach to engage and support fathers who have children with behavioral health needs. Fathers have historically been absent or not fully engaged with their children. The goal is to highlight the need and show participants how they can reach more fathers in their communities.

Nelson Rascon, *MPA, Executive Director, Dads MOVE, Tacoma, Wash.*

Track 2: Engaging with Youth and Young Adults

Bringing Virtual Suicide-Prevention Programming Back to in Person

In 2020, Active Minds transformed its signature suicide-prevention education and advocacy event, "Send Silence Packing," to an immersive, online experience titled, "Behind the Backpacks." As communities transition to in-person events, "Behind the Backpacks" provides a seamless transition from virtual to in-person programming for suicide-prevention education. Participants will leave with strategies for young adult suicide-prevention education in both virtual and real-world settings.

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

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

Mental Health and Foster Care: The Role of Volunteer Mentors

This talk will explore the ways in which long-term, volunteer adult mentors can support youth in foster care as young people navigate healing from trauma, mental health management and independent living skills. The session will address how mentoring programs can foster cultural humility to build more inclusive and equitable programs.

Christina Haines, *M.A., Senior Director of Strategy and National Impact, Silver Lining Mentoring, Boston, Mass.*

Sharing Your Mental Health Story on Social Media

Are you considering sharing your mental health story on social media? This workshop will walk participants through important questions to ask themselves before sharing their mental health stories online. Additionally, participants will be provided with helpful language, tools and resources to guide them through the self-disclosure process. They will leave this session with helpful language, tools and resources to guide them in their mental health storytelling journey.

Kyle Elliott, MPA, Career Coach, *CaffeinatedKyle.com*, Santa Barbara, Calif.

Teaching Youth Mental Health: Tips, Tricks and Resources

With the U.S. Surgeon General's new advisory on the decline of youth mental health in this unprecedented pandemic, it is more important than ever to understand how we can teach our young people key information about mental health. In this presentation, Letters to Strangers, the largest global youth-for-youth mental health nonprofit, brings a panel of lifelong educators (spanning kindergarten to post-doc students) to share our newest (and free!) "Teachers' Handbook: Mental Health Curriculum Guide."

Clayton Becker, Chief Learning Officer, *Letters to Strangers*, Los Angeles, Calif.

Carla Biggs-Bridgman, M.A., *Letters to Strangers*, Highland, N.Y.

Vatesha Boulter, M.Ed. *Letters to Strangers*, Laurel, Md.

Diana Chao, Executive Director, *Letters to Strangers*, Claremont, Calif.

Carlyn LaGrone, Senior Community and Content Manager, *Letters to Strangers*, Denver, Colo.

Amy K. Levin, Ph.D., M.A., Independent Scholar, DeKalb, Ill.

Youth Take the Whole Table

In this talk, presenters will share information about a youth-led policy platform. Learn about the process and tenets that youth in Pennsylvania are undertaking, and be inspired to begin youth-led work in your own communities and states. This presentation was recorded by youth participating in the PA Youth Advocacy Network's Advocacy Series this past winter.

Connor Dalgaard, Youth Advocate, PA Youth Advocacy Network, Pittsburgh, Pa.

Luna Plaza, Youth Advocate, PA Youth Advocacy Network, Pittsburgh, Pa.

Track 3: Exploring Innovations in Mental Health Research and Treatment

Adhere.ly — Enhancing Engagement in Between Sessions with Therapeutic Exercises

Practicing therapeutic exercises in between sessions with a practitioner can promote generalization of skills learned during therapy, facilitate progress monitoring and strengthen clients' learning. Adhere.ly is an innovative, free, HIPAA-compliant, web-based solution to improve engagement in therapeutic exercises during and between therapy sessions. This session will discuss therapist and client goals, address barriers related to high-quality mental health care, describe Adhere.ly's features and discuss how therapists can leverage it to improve the quality of care they deliver.

Brian Bunnell, Ph.D., M.S., Assistant Professor, University of South Florida, Tampa, Fla.

What Is Early Episode Psychosis? How Do We Address It?

There is a substantial gap between when individuals first experience psychosis and when they are provided effective treatment, in part due to low provider comfort in providing care to this population. The goal of this session will be to educate mental health care providers about guiding principles of effective treatment for persons experiencing early episode psychosis. This session is designed for individuals living with a mental health condition, their family members and mental health care providers.

Sarah Fischer, Ph.D., Psychology Fellow, Veterans Affairs, Durham, N.C.

Hannah Kanthak, MAOT, Psychosocial Rehabilitation Fellow, Durham VA Health Care System, Durham, N.C.

Jonathan Pena, MSW, Psychosocial Rehabilitation and Recovery Social Work Fellow, Durham VA Medical Center, Raleigh, N.C.

How Nature Can Play a Critical Role in Mental Health Treatment

Nature is a safe, effective tool to minimize the effects of anxiety and to boost mood. Learn research-backed explanations for the link between nature and improved mental health. This talk will outline ways to incorporate nature into both therapy and individuals' daily routines to ease mental health concerns, using tactics like walk-and-talk therapy, nature prescriptions, mindfulness and creative arts. Individuals and practitioners can apply these tools as a preventive measure or to enhance current treatment plans.

Sandi Schwartz, M.A., Author/Journalist, Ecohappiness Project, Boca Raton, Fla.

Pulling Back the Curtain on Depression's Lies

Participants will hear from people living with the daily realities of depression who will convey that the dark thoughts that can feel so damning are actually lies that depression tells people living with the illness. Knowing that what you are feeling are "symptoms" and not "truths" can help challenge those thoughts and feelings versus just accepting them.

Terry McGuire, CPS, Giving Voice to Mental Illness, Inc./AB Korkor Foundation for Mental Health, Mukwonago, Wis.

The Healing Wheels: Group Cycling for Persons with Dissociative Disorders

This session will discuss how practicing the sport of cycling in groups encourages communication between neural pathways and healthy social engagement. The talk will also detail how mental health professionals can encourage group riding as a complement to outpatient therapy for persons with dissociative disorders. The presenter will provide real-life examples of cyclists overcoming common struggles in social environments and share scientific data showing how cycling can be used by clinicians in conjunction with intensive outpatient programs.

Hannah Bedwell, Richmond, Va.

Track 4: Implementing Best Practices for NAMI State Organizations and Affiliates

New Onset of Mania after Surgical Menopause — A Case Study

Little is understood about the relationship between surgically induced menopause and bipolar disorder. The goals of this presentation will be to highlight the current gap in research done on this topic and to showcase how one could potentially treat someone with new onset mania after surgical hysterectomy. The information in this talk will provide a practical patient care example and educate participants on an understudied aspect of psychiatric and gynecological care.

Eric Han, Medical Student, UC Irvine School of Medicine, Orange, Calif.

Lily Hui, Medical Student, UC Irvine School of Medicine, Orange, Calif.

Partnering to Create Short Mental Health Videos and Editing for Distribution

Brief videos on mental illness/mental health can be easily produced and edited at low cost. View a five-minute video that has been produced, edited and distributed to community Facebook/other networks for free viewing. Learn about inexpensive tools necessary for production and how to partner with a mental health provider to get various mental health scripts written by qualified personnel. Finally, learn how to produce videos for distribution.

Ron Stone, *Esteemed Loyal Knight, Cahaba Valley Elks Lodge 1738, Pelham, Ala.*

Virtual Geography of NAMI Affiliates for Improving Collaboration

During the early stages of the COVID-19 pandemic, our affiliate worked with NAMI Orange County in California to adapt our in-person courses and train our course facilitators to a virtual-enabled setting. Affiliate meetings can now be attended without the limits of geographic boundaries and the costs of lodging and airfare. The presentation will illustrate the possibilities of working together as a more allied collection of state and national affiliates.

Aaron Drake, *MBA, Board Member, NAMI Louisville, Louisville, Ky.*

Ann Heard, *M.S., Teacher, NAMI Louisville, Buda, Texas*

Chasity Murry, *Teacher, NAMI Louisville, Elizabethtown, Ky.*

Dante Murry, *Teacher, NAMI Louisville, Elizabethtown, Ky.*

Track 5: Transforming Mental Health Crisis Response Systems

Improving Acute Behavioral Health Access and Response Time

This session will demonstrate how technology can be used to improve mental health care in emergency departments by greatly reducing wait times for psychiatric consults from more than 24 hours to just 40 minutes. Cleveland Clinic Indian River Hospital will discuss how its telepsychiatry program has not only achieved this reduced time to care but also decreased inappropriate discharges and admissions and reduced turnover among staff psychiatrists.

Cecelia Stalnaker-Cauwenberghs, *LMHC, Administrator of Behavioral Health Center, Cleveland Clinic Indian River Hospital, Vero Beach, Fla.*

Preparing for a Crisis: 988 and Other Resources for You and Your Family

When a crisis hits, what resources are available to help? The implementation of 988 could create new opportunities for where to turn in a crisis. Learn about 988, the new nationwide number for suicide and other mental health crises. Also, find out if the new number will change crisis response in your community and how you could be directed to resources that can help you plan ahead, including incorporating the 988 system into an existing crisis plan.

Teri Brister, *Ph.D., LPC, Chief Program Officer, NAMI, Arlington, Va.*

Sharing Stories to Shape Our Future and Create 988 in New York

NAMI-NYS believes our members' stories are our most effective advocacy tool. This session will explain how NAMI-NYS interweaves our education and advocacy efforts with an emphasis on the importance of members' stories and incorporating their stories in our advocacy, including our efforts to implement and fund 988 in New York State. The goal of the session will be to provide information on how to use the stories of NAMI members to strengthen advocacy efforts.

Matthew Shapiro, *Director, Public Affairs, NAMI-NYS, Albany, N.Y.*

Accessibility, Equity, and Resources for Crisis Response

accesSOS is a nonprofit organization that provides emergency response services to those who cannot call 911. Currently, accesSOS is designed for three types of emergency services: medical, police, and fire. Our research aims to add a fourth option: crisis intervention. We conducted research to learn about the perspectives of emergency services professionals and marginalized communities in order to include the most relevant information for de-escalating and asking help from the most relevant response services available.

Sarah (V) De la Vega, *M.S., Head of Product, accesSOS, Berkeley, Cali.*

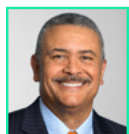
Keynote Speaker: Actress, Author and Mental Health Advocate Mayim Bialik

Wednesday, June 15



Mayim Bialik

Mayim Hoya Bialik is best known for her lead role as Blossom Russo in the early-1990s television sitcom “Blossom,” her award-winning portrayal of Amy Farrah Fowler on CBS’s “The Big Bang Theory,” and as a current “Jeopardy!” co-host. Earlier this year, she made her debut as a feature writer and director with “As They Made Us.” Mayim is also a champion for mental health awareness and advocacy. She took a break from acting to earn a B.S. and Ph.D. in neuroscience from UCLA, where she studied obsessive-compulsive disorder (OCD). She’s authored multiple books, two of which reached #1 on the New York Times Best Sellers list (“Girling Up: How to Be Strong, Smart and Spectacular” and “Boying Up: How to Be Brave, Bold and Brilliant”).



Daniel H. Gillison, Jr.

NAMI CEO Dan Gillison brings expertise in nonprofit 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, Dan 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.

Fireside Chat with SAMHSA: A Conversation with Dr. Delphin-Rittmon, Assistant Secretary for Mental Health and Substance Use

Wednesday, June 15



Miriam Delphin-Rittmon

Dr. Miriam E. Delphin-Rittmon is assistant secretary for Mental Health and Substance Use in the U.S. Department of Health and Human Services and the administrator of the Substance Abuse and Mental Health Services Administration (SAMHSA). Throughout her 20-year career in the behavioral health field, she has had extensive experience in the design, evaluation and administration of mental health, substance use and prevention services and systems and has received several awards for advancing policy in these areas. She received her B.A. in social science from Hofstra University in 1989 and her M.S. and Ph.D. in clinical psychology from Purdue University in 1992 and 2001, respectively, and she completed a postdoctoral fellowship in clinical community psychology at Yale University in 2002.

Daniel H. Gillison, Jr., CEO, NAMI (see bio, left)

Research Plenary: Challenges and Opportunities in Mental Health Research

Thursday, June 16



Joshua A. 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.

NAMI Candlelight Vigil

Wednesday, June 15



Wendy Burch

Wendy Burch is the Executive Director of NAMI-New York State and currently serves as the 2nd Vice Chair of NAMI's Service Members, Veterans and Family Caregivers Council, which serves in an advisory capacity to the NAMI Board of Directors on veteran and veteran caregiver issues.



Nicole Weigand

Nikki Weigand is the Advocacy Director at NAMI Keystone PA. She joined NAMI in 2017 as an intern while completing her master's degree in social work at the University of Pittsburgh. Prior to her involvement with NAMI, Nikki worked in veteran homelessness and homelessness-prevention services as a case manager and outreach coordinator. Nikki served in the U.S. Army for eight years as a cryptologic linguist and signals intelligence analyst. In 2009, she deployed in support of Operation Iraqi Freedom with the 1st Brigade Combat Team, 1st Cavalry Division out of Ft. Hood, Texas.

Special Session: A Spotlight on Mental Health Care in Rural America with NAMI and Well Beings

Wednesday, June 15



Elizabeth (Betsey) Arledge

Elizabeth (Betsey) Arledge, producer/director at WETA/PBS in Philadelphia, is an Emmy and Peabody award-winning documentary filmmaker who specializes in character-driven films that explore and illuminate crucial contemporary issues, combining vivid storytelling with the highest standards of journalism. Her films have appeared on national public, network and cable television, as well as streaming platforms. Among the many programs she has produced, directed and written are "The Forgetting: A Portrait of Alzheimer's," for PBS, which won the national Prime Time Emmy for Outstanding Nonfiction Special; "Out of Control: AIDS in Black America," for ABC News, which won the George Foster Peabody Award; and "Surviving AIDS" (NOVA), which was awarded the American Association for the Advancement of Science Excellence in Television Award. "Cracking the Code of Life," a two-hour special for NOVA that she produced, wrote and directed, received the National Association of Science Writers Award, the American Association for the Advancement of Science Excellence in Television Award, and the National Tay Sachs and Allied Diseases Generations Award for Public Education.



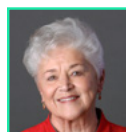
L. Joy Baker

Dr. L. Joy Baker, Obstetrician and Gynecologist, serves urban and rural communities in and around LaGrange, Georgia. A graduate of the Morehouse School of Medicine, Dr. Baker's clinical focus is currently on Health Equity for Black and Brown women. She is committed to respectful, patient-centered maternity care — and has furthered this ideal most in the setting of group prenatal care.



Zenethia Brown

Zenethia Brown, MPH, has been the Executive Director of NAMI Mid-Carolina for a little over six years. She has a master's degree in public administration with a concentration in nonprofit management. Zenethia is the mother of two boys and enjoys including them in her work with NAMI, especially the annual NAMIWalks.



Shirley Holloway

Shirley J. Holloway, Ph.D., is President of the NAMI Board of Directors for a second term and is currently Vice President of NAMI Alaska and a member of NAMI Anchorage. She first found NAMI after the loss of her daughter to mental illness. With an extensive career in different capacities, Shirley is also known as "Quvian," the Inupiat name given to her by the people of Utqiagvik, which means "person of joy."



Micah Pearson

Micah Pearson is Secretary of the NAMI Board of Directors and Executive Director of NAMI Southern New Mexico. He first learned about NAMI through taking a peer-to-peer class. This ended up saving his life years after he experienced the criminal justice system and multiple hospitalizations. As an advocate, Micah is also an author and artist, and serves as a direct advisor to the New Mexico Governor's behavioral health council.



Sherrie Vaughn

Dr. Sherrie Vaughn, Ed.D., is the Executive Director of NAMI Kansas. She is also a mom of a now-24-year-old daughter who lives with mental illness. Dr. Vaughn has an educational doctorate in leadership education, a master's degree in justice administration, and a master's degree in organizational management. She has served in multiple positions of leadership in nonprofit social service agencies. She has invested many years serving within the juvenile justice, higher education, nonprofit and ministry industries. Throughout her life's work, she has been dedicated to those who are challenged by poverty, mental illness, homelessness, criminalization, trauma and stigmatization.

Plenary: Dr. Ken Duckworth Previews “You Are Not Alone,” NAMI’s Upcoming Book Thursday, June 16



Christine Crawford

Dr. Christine Crawford is an adult and child psychiatrist based in Boston and is an assistant professor of psychiatry at Boston University School of Medicine. Dr. Crawford has worked in various outpatient community settings, where she has provided psychiatric care to a number of individuals from diverse backgrounds. Dr. Crawford has a strong passion for using education as a tool for community outreach and engagement. She has authored multiple book chapters on mental health disparities and sociocultural issues within psychiatry, as well as made appearances on a number of media outlets, where she has discussed various topics within mental health.



Quynh Do

Quynh Do is a senior editor publishing a wide range of nonfiction at Zando, an independent publisher dedicated to publishing books that spark meaningful cultural conversations and connect inspiring authors to the audiences they deserve. She has worked in independent publishing for over a decade. The daughter of immigrants, she was raised in the Midwest and now lives in Brooklyn, N.Y.



Ken Duckworth

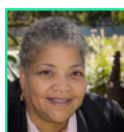
NAMI Chief Medical Officer Ken Duckworth’s journey into psychiatry started when he was a boy growing up with a dad who experienced severe bipolar disorder. He became a psychiatrist in part to help his father. Dr. Duckworth is double-board certified in adult and child/adolescent psychiatry and has completed a forensic psychiatry fellowship. He authored NAMI’s first book, “You Are Not Alone: The NAMI Guide to Navigating Mental Health,” which will be released this fall. He interviewed more than 100 people for the book about what has helped them in their mental health journeys in an effort to help other people living with mental illness.



Nicholas Emeigh

Nicholas Emeigh is a mental health advocate and public speaker with six years of continuous recovery from mental illness and substance use.

He proudly serves the community as Director of Outreach and Development for NAMI Bucks County PA, providing help, hope, awareness and opportunities to Bucks County’s 640,000 residents. Nicholas speaks often at conferences and schools about the power of peer support, his own journey through an intense battle with mental illness, and how to shatter the stigma so that no one feels alone on their journey to recovery. He also serves on several boards and committees, including the Bucks County Behavioral Health Advisory Board, Bucks County Suicide Prevention Taskforce and Transition Age Youth and Young Adult Workgroup.



Angelina Brown Hudson

Angelina Brown Hudson, MPA, is Executive Director of NAMI Greater Houston. An organization executive leader since 2011, she has been a mental health advocate, spokesperson and trainer on the local, state and national levels for more than two decades. Angela has targeted much of her focus on earlier identification of those facing a mental health condition; removing barriers to mental health services and supports; de-criminalizing those living with mental health conditions by encouraging appropriate treatment options; and connecting adults disabled by their mental health diagnosis to supported-employment opportunities, cross-training and entrepreneurial development.



Will Lippincott

Will Lippincott is a senior agent at Aevitas Creative Management, based in Los Angeles, where he represents Nobel and Pulitzer Prize-winning authors and focuses on journalistic narratives, politics, history, mental health, technology and memoirs.



Pooja Mehta

Pooja Mehta is an outspoken South Asian mental health advocate who has told her story to audiences across the U.S. for the last seven years. Originally from Raleigh, N.C., Pooja holds a master’s degree in Public Health from Columbia University and currently serves in a fellowship at the U.S. House of Representatives. She is eager to further the conversation around the role that public health and patient perspective play in mental health care, and she looks forward to changing the way we think and talk about mental health.

Track 1: Advancing Diversity, Equity and Inclusion in Mental Health

Overcoming Trauma in Troubled Times



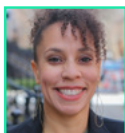
Caitlin Andress

Caitlin Andress is a graduate of St. Edward's University with a B.A. in psychology and a graduate student in biomedical science at Duke University School of Medicine. She has a passion for mental health and how the mind, body and spirit are interconnected to one's wellness. She aspires to become a holistic psychiatrist. She is also passionate about social justice. Her work at her university earned her the St. Edward's Presidential Award.



Alfred Coles, Jr., aka Alfred Nomad

Alfred Nomad is a professional music artist, curator and activist who uses music as a vehicle to drive change and impact marginalized communities of color. Since fall 2020, Alfred has been growing his "Everything Will Be Alright" art project and initiative incorporating two music albums, live and virtual events, and film to focus on the importance of mental health and wellness, raise funds for free therapy and provide mental health resources for Black creatives.



Tia Dole

Tia Dole, Ph.D., is the executive director of The Steve Fund. Dr. Dole is a licensed clinical psychologist and a longtime advocate for the rights of youth of color. Prior to helping The Steve Fund, Dr. Dole was the chief clinical operations officer at The Trevor Project, the world's largest suicide-prevention and crisis-intervention organization for LGBTQ youth. Dr. Dole received her master's degree in developmental psychopathology from Columbia University (Teacher's College), then completed her Ph.D. in clinical psychology at Fordham University. Dr. Dole is a published author and sits on several committees, including the board of the National Association of Crisis Center Directors. One of her passions is normalizing mental health conditions within communities of color and LGBTQ communities, and helping people get access to services. She is based in New York/New Jersey.



Sherman Gillums, Jr.

Sherman Gillums is a retired U.S. Marine officer and former senior executive at Paralyzed Veterans of America and AMVETS, two of the largest congressionally chartered veteran service organizations in the country. For 17 years, he has fought to remove barriers to timely access to quality care and worked to reduce unemployment and suicide among the nation's most vulnerable veterans, as well as military families and caregivers. He has testified on Capitol Hill, engaged the White House on a host of issues, appeared on major networks such as CNN, Fox News, NPR and C-SPAN, and has been published in national print media as an influential voice on policy and government accountability. He was selected by HillVets as one of the 100 Most Influential Persons in 2016 and one of the Mighty 25 Military Influencers by "We Are the Mighty" in 2020. Sherman holds a graduate degree from the University of San Diego School of Business Administration and completed his executive education at Harvard Business School.

Racial Microaggressions in Mental Health Care



Simone Watkins

Simone Watkins is an LPC in Chicago and a doctoral student at Adler University studying counselor education and supervision. She is a mental health advocate and is driven to ensure that marginalized and underrepresented groups have a voice in mental health care. She is dedicated to expanding her work in the counseling field through research and advocacy by addressing the disparities among oppressed communities to advance equitable and inclusive mental health care.

Only Those with Underlying Health Conditions: COVID-19 and Disability



Sarah Kirwan

Sarah Kirwan is the founder and CEO of Eye Level Communications, LLC, and host of the Include This! podcast. She is a strategist, consultant and trainer with an M.S. in public administration and 25 years of experience in the public and nonprofit sectors. Sarah has been diagnosed with MS, SSCD, MDD, GAD and PTSD. She is an instinctive activist whose combination of personal and professional experiences make her a tireless advocate and trusted subject-matter expert.

Track 2: Engaging with Youth and Young Adults

Using Peer-Support Networks to Elevate Adolescent Mental Health and Well-Being



Kaitlyn Tollefson

Kaitlyn Tollefson is a teen mental health leader and has presented before the Colorado State legislature on a mental health access bill.

She co-authored the “Teen Lifestyle Medicine” book and designed its accompanying slides. She also co-presented live and online presentations for the National Alliance of Youth Sports conference. Kaitlyn has served on mental health boards and was interviewed for Dr. Ken Duckworth’s upcoming mental health book, and she has appeared in a podcast, local papers and various news stations on mental health topics.



Michelle Tollefson

Dr. Michelle Tollefson is the secretary of the American College of Lifestyle Medicine and serves on its Executive Board. She is an obstetrician-gynecologist in Denver, Colo., and a professor in the Health Professions Department at Metropolitan State University of Denver, where she created and oversees the Lifestyle Medicine Program and the Wellness Coaching and Lifestyle Medicine Pathway. She is an author, researcher, international speaker, women’s health consultant, breast cancer survivor and thriver.

The Power of Peers: Organizing a NAMI on Campus Chapter



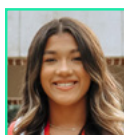
Maria Felix-Ortiz

Maria Felix-Ortiz is a professor of psychology at the University of the Incarnate Word (UIW) in San Antonio, Texas. She is the founding faculty advisor for NAMI on Campus at UIW, which celebrates its fourth anniversary this fall. She is also a longtime mental health advocate. Maria was trained as a community clinical psychologist and has worked as a therapist serving people with AIDS, substance-use disorders and other mental health issues, as well as gang-affiliated youth. Her area of research is in assisted mutual support groups and drug use epidemiology, prevention and treatment.



Pilar Gonzaba

Pilar Gonzaba is the president of UIW NAMI on Campus, and graduated from UIW in May 2022. Pilar found NAMI when she was going through hard times, and it changed her life. She now has plans to go to graduate school to pursue a degree in counseling.



Raquel Morales

Raquel Morales is a recent graduate of the University of the Incarnate Word in San Antonio, Texas, where she majored in community health and minored in psychology. She helps uninsured and underinsured individuals seek the care they need. She hopes to use her experience with NAMI on Campus to help her community, family and friends utilize available mental health care resources.

Mindfulness Mental Health Tools for Young Adults



Linda Yaron Weston

Linda Yaron Weston is the author of “Mindfulness for Young Adults: Tools to Thrive in School and Life.” She teaches at the University of Southern California, where she developed its undergraduate mindfulness course. A national board-certified teacher with 20 years of experience teaching academic and well-being courses at the high school and college levels, she holds dual M.Ed.s from UCLA and credentials to teach English, physical education and health, as well as certifications in mindfulness and yoga.

Track 3: Exploring Innovations in Mental Health Research and Treatment

Innovative Approach to Strengthening Families of People with Mental Illness



Emily Rubin

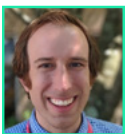
Emily Rubin is director of Sibling Support at the Eunice Kennedy Shriver Center and Assistant Professor in Psychiatry at UMass Chan Medical School. Her research examines the impact of a child’s mental illness on typically developing siblings and explores strategies to build resiliency and decrease trauma within families. Emily is Founder Emeritus of the Massachusetts Sibling Support Network, and she has published and presented her work nationally. She also has a part-time therapy practice as a clinical social worker.

What Technology Really Works and How to Make an Informed Decision



Michael Goldstein

Dr. Michael Goldstein is a clinical psychologist specializing in behavioral medicine, insomnia, mindfulness and digital tools to enhance clinical care at Beth Israel Deaconess Medical Center in Boston, Mass. He has been an active researcher in the areas of sleep, depression, EEG, heart rate variability and mind/body interventions with funding from the National Science Foundation, Mind & Life Institute and Osher Center for Integrative Medicine. He recently completed an NIH-funded research fellowship in sleep medicine at Harvard Medical School.



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. He has a background in electrical engineering and computer sciences, and he received an undergraduate degree in the field from UC Berkeley before attending medical school at UC San Diego. He completed his psychiatry residency, fellowship in clinical informatics and master's degree in biomedical informatics at Harvard. He is active in investigating the potential of mobile mental health technologies for psychiatry and has published more than 250 peer-reviewed articles and five book chapters on the topic.

Clozapine Can Save Lives — Why Is It Still Underutilized 33 Years after FDA Approval?



Robert Cotes

Robert O. Cotes, M.D., is an associate professor at Emory University School of Medicine in the Department of Psychiatry and Behavioral Sciences. He attended West Virginia University School of Medicine, then completed his psychiatry residency at Dartmouth. He also is director of the Clinical & Research Program for Psychosis at Grady Health System. Robert is a clinician and the principal investigator for multiple research studies focused on treatment options for people experiencing psychosis. He serves as Psychiatrist Expert for the American Psychiatric Association's SMI Adviser initiative.

Track 4: Implementing Best Practices for NAMI State Organizations and Affiliates

The NAMI State Organizations/Affiliates Relationship — Way Easier than Thanksgiving Dinner



Anna Kim

Anna Kim is Executive Director at NAMI Boulder County in Boulder, Colo., and has been involved with NAMI since 2017, when she joined as a volunteer. She has a professional background in marketing and community-building, and she has enjoyed bringing these skills to her work with NAMI. One of the things that she loves about NAMI is that it is a grassroots organization, which means that the people who provide services and the people who benefit from NAMI's services are one and the same.



Ray Merenstein

Ray Merenstein is Executive Director at NAMI Colorado in Denver, Colo., and has a passion for advocacy, public relations, community-building and fundraising. His expertise incorporates more than two decades of nonprofit service, including The Children's Hospital Foundation during its \$250 million campaign. He founded RDM Communications to focus on capital campaigns and strategic planning. Ray received his master's in mass communication from the University of Florida and his bachelor's from Tulane University. He lives in Denver, where he and his wife have raised three children.

Building the Movement for Stronger Crisis Services



Adrienne Breidenstine

Adrienne Breidenstine is vice president of Policy and Communications for Behavioral Health System Baltimore (BHSB). She directs the development of communications and policy and advocacy activities, coordinates BHSB's policy priorities with nonprofit and governmental partners, implements media, public education and advocacy campaigns to create positive behavior and policy change, and oversees the implementation of the Greater Baltimore Regional Integrated Crisis System Partnership. Adrienne received a master's degree in social work from the University of Maryland, Baltimore.



Glenn E. Schneider

Glenn Schneider is a passionate, strategic and skilled public health leader with extensive experience managing successful campaigns that improve lives. He is chief program officer at Horizon Foundation of Howard County, Inc., in Columbia, Md. He and his team oversee campaigns that reduce chronic disease, improve mental health, enhance healthy aging and eliminate racism. Throughout his career, Glenn has served as a consultant, executive director, community organizer and policy director in government and nonprofit sectors. His work has resulted in more than 35 new state and local laws and regulations across the nation.

Practical Tips to Help Organizations Strengthen Their Grant-Writing Skills



Sheel Pandya

Sheel Pandya has more than 15 years of experience in the nonprofit sector. She is currently the Director of Field Capacity Building at NAMI, where she leads a team that provides support, technical assistance and training to NAMI State Organizations and Affiliates across the U.S. with the goal of strengthening their organizational capacity. Prior to NAMI, Sheel served as the Global Network Director at Safe Kids Worldwide, where she oversaw a network of more than 400 U.S. coalitions and 30 global partners.

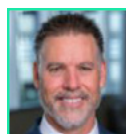


Susan Schaefer

Susan Schaefer is a consultant, speaker and author who founded Resource Partners to help nonprofits secure major corporate and foundation grants. She was previously part of the small team at the United Negro College Fund that designed and secured the Gates Millennium Scholars, a \$1.6 billion program funded by the Gates Foundation. Her work has been featured by The Chronicle of Philanthropy, BoardSource and Candid. She writes a regular series of articles called "Major Grants."

Track 5: Transforming Mental Health Crisis Response Systems

Reimagining Crisis: 988 and the Future of Crisis Care in the U.S.



Paul Galdys

Paul Galdys, CPRP, is the deputy CEO of RI International. Prior to joining RI, he served several critical roles in the Arizona health care community, including assistant director at AHCCCS (Arizona's Medicaid agency), assistant director of Behavioral Health Services for the Arizona Department of Health Services and a multitude of roles with Maricopa County's Regional Behavioral Health Authority. Paul strongly believes in "the importance of peers in service delivery, data to drive decisions and the use of technology to improve health care." Paul earned his M.B.A. from the University of Phoenix and holds a Certified Psychiatric Rehabilitation Practitioner credential (CPRP) from the Psychiatric Rehabilitation Association.



Jamie Sellar

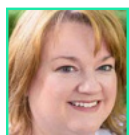
Jamie Sellar, M.A., LPC, is a behavioral health executive with 25 years of successful experience in running crisis programs in multiple states. He has held senior or executive leadership positions with oversight of programs that have included inpatient, sub-acute, residential, mobile crisis outreach teams, hospital rapid response and mental health urgent care centers. His work overseeing the Mobile Crisis Outreach Teams (MCOT) in Maricopa County, Ariz. (Phoenix), for TERROS Inc., coupled with his work in Facility-Based Crisis for RI International in Arizona, California and Washington State, make him one of the few people to have executive leadership over two exemplars and service systems identified in the National Action Alliance for Suicide Prevention's white paper, Crisis Now: Transforming Services Is Within our Reach (2016).



Hannah Wesolowski

Hannah Wesolowski is Chief Advocacy Officer for NAMI's Government Relations, Policy & Advocacy team, which works to advance federal priorities, mobilize grassroots advocates and support policy efforts across the NAMI Alliance. She is a frequent NAMI spokesperson to the media on mental health policy. Prior to joining NAMI, Hannah worked at numerous associations to advance government-relations efforts. She earned a B.A. and M.P.A. from New York University.

When Crises Collide: Responding to Mental Health Crises in the Time of COVID



Laurie Wilburn Bailey

Laurie Wilburn Bailey is an LPC with more than 25 years of experience in community behavioral health treatment and management.

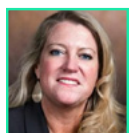
She currently serves as the director of Acute Services for Advantage Behavioral Health System, managing their Behavioral Health Crisis Center.



Maria Fryer

Maria Fryer is a policy advisor for the U.S. Department of Justice, Bureau of Justice Assistance, where she oversees the justice

and behavioral health portfolio. She also collaborates with the Council of State Governments to assist states, local government and behavioral health organizations to better understand the relationship between the criminal justice system and mental health populations, and to help create policy and programming that meets the needs of municipalities and the citizens they serve.

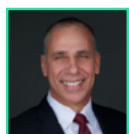


Tara Jennings

Tara Jennings is the strategic planning administrator for Chatham County in Georgia.

She is responsible for developing, executing and sustaining strategic initiatives aligned to the stated goals and priorities of the Board. Tara is an advocate for vulnerable populations and works to increase awareness of mental illness while reducing stigma.

Another Piece of the Puzzle: CIT's Role in 988



Ron Bruno

Ron Bruno serves as the executive director of CIT International. He is a founding board member of the corporation and previously

served as the corporation's second vice president. Ron has been involved in CIT programming for over 20 years, serving the majority of his 25-year law enforcement career as a CIT officer, CIT investigator, CIT agency coordinator and CIT regional coordinator, and as the State of Utah's CIT program director. He has spoken nationally and internationally on crisis response system reform, and partners across mental health, law enforcement and policy leadership to change the way communities respond to people in crisis.



Christina Roup

Chris Roup is the director of programs with CIT International and manages the day-to-day operations of the corporation's programming.

As a Certified CIT Coordinator, she has been involved with CIT programs in her local community for the past seven years. She is a dedicated mental health advocate, and prior to joining CIT International, she was the Executive Director of NAMI Fresno.



Shannon Scully

Shannon Scully is the senior advisor for Justice and Crisis Response Policy at NAMI, where she serves as a subject-matter expert, providing

strategic guidance across the organization regarding NAMI's criminal justice, diversion and crisis-response policy. She works closely with key federal agencies and Congress to advance NAMI's priorities and supports leaders across the NAMI Alliance to increase their impact on local and state policies. Prior to NAMI, Shannon worked for several other national nonprofit organizations on various justice-related issues.

Track 1: Advancing Diversity, Equity and Inclusion in Mental Health

Mental Health and Black Men in the NFL: On the Field and Off

Panelists:



Brandon Bolden, NFL
Las Vegas Raiders

Brandon Bolden is an NFL running back for the Las Vegas Raiders. He was signed by the New England Patriots in 2012. He was part of two Super Bowl winning seasons with the New England Patriots. In 2021, Bolden revealed that he has battled cancer in 2019, with a diagnosis of epidermoid sarcoma, a form of skin cancer.



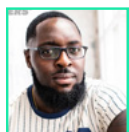
Soul Cole, NFL
New Orleans Saints (Retired)

Brandon "Soul Cole" Coleman is a former NFL wide receiver. He played college football at Rutgers and signed with the New Orleans Saints as an undrafted free agent in the 2014 NFL Draft. He caught his first career touchdown on a 12-yard pass from Drew Brees in the second quarter. He retired on September 2, 2019.



Dominique Easley, NFL
New England Patriots (Retired)

Dominique Easley is a former NFL defensive tackle. He played college football at Florida and was drafted by the New England Patriots in the first round of the 2014 NFL Draft.



Chris Hubbard, NFL
Cleveland Browns

Chris Hubbard is a football guard and offensive tackle for the Cleveland Browns. He played college football at UAB and signed with the Pittsburgh Steelers in 2013.



Zach Moore, NFL
Arizona Cardinals (Retired)

Zach Moore is a former NFL defensive end. He was drafted by the New England Patriots in the 2014 NFL Draft. He played college football at Concordia University.



Vincent Valentine, NFL
New England Patriots (Retired)

Vincent Valentine was drafted by the New England Patriots in the third round of the NFL Draft in 2016. He played college football at Nebraska and was part of the New England Patriots winning team in 2017. He later played for the Arizona Cardinals in 2018 where he later retired from.

Moderator:



Mark Van Steenberg, LCSW
Founder of Sage Elite Healing

Is a Licensed Clinical Social Worker based in Boulder, Colorado with extensive experience in many areas within the Mental Health field. Has provided clinical services in many settings within the healing environment and have extensive experience with home-based, school-based, addictions, trauma processing, crisis response, residential treatment, PHP/IOP/OPT environments. Through his Wellness Clinic, Sage Elite Healing, he and his team focus on Bridging the four components of Peak Performance (Tactical, Technical, Mental, Physical) and Quality of Life (Mental, Emotional, Physical, Spiritual) provides those seeking healing the opportunity to increase overall functioning, implement healthy change, and grow through life's challenges. His programming is geared towards a strengths-based and solutions-focused approach with transition coaching.

Providing Culturally Relevant and Affirming Care to the LGBTQ+ Community



Steven Haden

Steven Haden is the CEO and co-founder of Envision:You, a Colorado-based nonprofit behavioral health initiative that addresses the disproportionate burden, disparity in care and poor outcomes that LGBTQ+ individuals encounter every day. Queer folks must confront stigma and prejudice based on their sexual orientation or gender identity while also dealing with the societal bias against mental health conditions.

Deaf Mental Health: The Barriers to Accessing Support in the Deaf Community



Emma Hunt

Emma Hunt is a fierce Deaf mental health advocate. She created Signed By Stories to spark important conversations, educate and spread awareness about this need. By building out and expanding the platform, she hopes to motivate the public to invest in providing quality mental health support for Deaf people. Emma devotes the majority of her time, both personally and professionally, to developing Deaf mental health project initiatives, and she enjoys the people she meets along the way!



Makoto Ikegami

Makoto Ikegami is an LCSW. He received his MSW from Gallaudet University in 2009 and his DSW from Walden University in 2019.

Dr. Ikegami serves as the president-elect for the American Deafness and Rehabilitation Association.



Noel King

Noel King is a mental health clinician and art therapist at The Learning Center for the Deaf: Walden School. She specializes in providing

expressive therapies to diverse clientele and is currently a doctoral candidate in Expressive Therapies. Noel seeks to expand the Deaf community's access to mental health services.



Melissa Yingst

Melissa Yingst, LMSW, is host of and an advocate for MELMIRA in Riverside, Calif.



Britt Turpack

Britt Turpack is a Los Angeles-based mental health advocate, speaker and movement teacher. She is on a mission to make the world a better place by helping people prioritize their mental and spiritual health as much as they do their physical health. Health is everything to Britt — brain health, body health, soul health — and her goal is to help others bring their mind, body and soul into alignment to live their best lives.

What I Wish I Could Tell You About the Internet: Young Adult Perspectives



Pooja Nair

As an interaction designer, Pooja Nair works with researchers at organizations such as NASA, MIT and Caltech to create software that furthers scientific understanding. Outside of her formal career, she spends her time researching how online content affects mental health — informed by her perspectives as a peer mental health counselor in high school and then later as a media designer in the same industry that develops many of the applications affecting today's youth.

Self-Advocacy within the College, Academic and Workforce Environments



Jordan Smelley

Jordan Smelley is a certified Mental Health Peer Specialist in Texas. He uses his lived experience with intellectual and developmental disabilities with co-occurring mental health diagnosis(es) due to Chung-Jansen Syndrome to help support and provide resources to others so they can obtain the support needed to become contributing members of their communities. Jordan is also involved with projects for expanding peer-support services to individuals with intellectual and developmental disabilities in Texas.

Track 2: Engaging with Youth and Young Adults

NAMI Ending the Silence: Taking Mental Health Education Virtual



Nikki Rashes

Nikki Rashes is the Senior Manager of Programs and Digital Training Delivery for NAMI. She comes from a social work background, which

she has used to become a mental health advocate. Nikki has dedicated herself, both as a volunteer and a NAMI employee, to raising awareness and helping individuals, families and communities affected by mental health conditions. She is also a Certified Recovery Support Specialist trained to help individuals living with a mental health condition build the skills necessary to overcome the challenges that often accompany mental health conditions.



Barb Solish

Barb Solish is Director of Youth and Young Adult Initiatives at NAMI, the nation's largest grassroots mental health organization

dedicated to building better lives for people with mental health conditions and their loved ones.

Track 3: Exploring Innovations in Mental Health Research and Treatment

Early Intervention Treatment: Limiting Effects of Mental Illnesses



Tanya Fabian

Tanya Fabian received her PharmD and Ph.D. from the University of Pittsburgh and completed an NIH postdoctoral research fellowship in clinical geriatric psychiatry.



Andreea Temelie

Dr. Andreea Temelie received her PharmD from the University of Minnesota with an integrative interprofessional mental health focus and leadership emphasis. She completed psychiatric pharmacy residency training at UPMC Western Psychiatric Hospital. She is currently expanding clinical pharmacy services within ambulatory child/adolescent psychiatry practices at UPMC. As a board-certified psychiatric pharmacist, Andreea provides clinical pharmacy services and education for patients and providers on evidence-based treatment for developmental and behavioral health conditions.



Melanie Yabs

Dr. Melanie Yabs received her M.S. and PharmD from the University of Texas. She is a board-certified psychiatric pharmacist at UPMC Western Psychiatric Hospital, where her innovative clinical practice includes comprehensive medication management with a focus on facilitating care transitions. Melanie optimizes medication-related patient outcomes in several ambulatory clinics, including early psychosis, severe mental illness, long-term structured residence and specialty clinics for clozapine, and long-acting injectable antipsychotics.

Whole-Person Health in Populations with Serious Mental Illness: Research and Policy Update



Benjamin Druss

Benjamin Druss is a professor and the Rosalynn Carter Chair in Mental Health in the Department of Health Policy and Management at Rollins School of Public Health, Emory University. As one of only a handful of psychiatrists in the country based in a school of public health, he is working to integrate mental health, physical health and public health. Benjamin serves on the editorial boards of JAMA Psychiatry and the American Journal of Psychiatry and was a member of the NIMH National Advisory Mental Health Council from 2014–19. In 2018, he was awarded the American Public Health Association's Carl Taube Award for Lifetime Contribution to the Field of Mental Health.

Finding the Perfect Fit: Matching Genes and Medications



Jeffrey Bishop

Jeffrey R. Bishop, PharmD, M.S., BCPP, FCCP, is an associate professor in the Department of Experimental and Clinical Pharmacology at the University of Minnesota College of Pharmacy, and an adjunct associate professor in the Department of Psychiatry at the University of Minnesota Medical School. He received his biology degree at Luther College in Decorah, Iowa. He then earned his PharmD and master's in clinical investigation from the University of Iowa Colleges of Pharmacy and Medicine, along with a postdoctoral fellowship in clinical psychopharmacology and pharmacogenetics at the University of Iowa College of Pharmacy. He provides clinical and didactic education to pharmacy and medical trainees, and maintains an active translational research program in psychopharmacology and pharmacogenomics.

Track 4: Implementing Best Practices for NAMI State Organizations and Affiliates

JEDI-CLAS 101: Advancing NAMI's Cultural Competency Journey



Gayle Tang

Gayle Tang is an educator and health equity consultant working with organizations to transform care and service delivery through research, strategies and execution. Her work has been pivotal in setting industry standards and influencing public policy in the areas of cultural and linguistic access, diversity, equity, inclusion and social justice.

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



Michael Linskey

Michael Linskey is NAMI's Director of Congressional Affairs. He has over 20 years of experience working in government affairs on Capitol Hill and on political campaigns. This is Michael's second stint working on mental health issues, as he was previously the deputy director of government affairs for the American Academy of Child and Adolescent Psychiatry.



Jennifer Snow

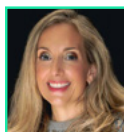
Jennifer Snow is National Director of Government Relations and Policy for NAMI, where she is responsible for developing and implementing NAMI's overall federal agenda to advance public policies that support people with mental health conditions. She works with the team to ensure an integrated federal strategy, overseeing the analysis of and strategic response to congressional and administrative activities. Jennifer joined NAMI in 2018 after 16 years at the U.S. Department of Health and Human Services.



Hannah Wesolowski

Hannah Wesolowski is Chief Advocacy Officer for NAMI's Government Relations, Policy & Advocacy team, which works to advance federal priorities, mobilize grassroots advocates and support policy efforts across the NAMI Alliance. She is a frequent NAMI spokesperson to the media on mental health policy. Prior to joining NAMI, Hannah worked at numerous associations to advance government-relations efforts. She earned a B.A. and M.P.A. from New York University.

NAMI Homefront, Peer-to-Peer and Childcare — Wrapping Around the Family: Early Research Findings



Ann Canastra

Ann Canastra is a licensed mental health counselor and the local recovery coordinator and director of LPMHC Training at the Syracuse VA Medical Center. She has served on the Board of NAMI Syracuse for more than 13 years and as a Board Member for NAMI at the New York State level for three years, and she is a national consultant and trainer for NAMI. Ann specializes in serving military and veteran families during her clinical time at the VA, and she enjoys teaching family support and psychoeducational groups, including NAMI Homefront and evidence-based NAMI Family-to-Family, as well as Behavioral Family Therapy.

Track 5: Transforming Mental Health Crisis Response Systems

Realizing the Promise of 988 and Crisis System Transformation: Key Issues



Leah Pope

Leah G. Pope, Ph.D., is an anthropologist and assistant professor of Clinical Behavioral Medicine in the Division of Behavioral Health Services and Policy Research at the Columbia University Department of Psychiatry. She has extensive experience conducting mixed-methods research in the fields of public mental health and criminal justice.



Amy Watson

Amy C. Watson, Ph.D., is a professor at the Helen Bader School of Social Welfare, University of Wisconsin–Milwaukee. She previously served as president of the CIT International Board of Directors. Trained as a mental health services researcher, Amy brings decades of both practice and research experience relevant to behavioral health crisis response.

Peer Support: A Vital Part of Crisis Services



Charles Browning

Dr. Charles “Chuck” Browning is the chief medical officer of RI International and medical director of Behavioral Health Link. He has devoted his career to improving the systems and care experience for patients’ mental health needs. He has held leadership positions in public and private systems of care, including crisis system care, an assertive community treatment team, a rural community behavioral health care company, and opioid treatment programs. Dr. Browning graduated from North Carolina State University and the University of North Carolina Chapel Hill Medical School, and completed his internship and residency at University of North Carolina. He also has practiced in the North Carolina prison psychiatric system and his own private practice. Dr. Browning has special interests in promoting several thought-leadership initiatives in collaboration with RI International, including SAMSHA’s National Tool Kit for Behavioral Crisis Care, Crisis Now, Zero Suicide, Peer 2.0 and The Fusion Model (the fusion of best practices of medical care with peer support and recovery-oriented care).



Lisa St. George

Lisa St. George, MSW, CPRP, CPRSS, is the vice president of Peer Support and Empowerment at RI International, where she provides executive leadership to RI’s peer-support workforce and co-authored RI’s Peer Employment Training. She is the recipient of Nat Con’s Peer Support of the Year, Mental Health Director’s Program of the Year and California Health Hero. Lisa has been published in journals and resources, including “The Emerging Field of Peer Support within Mental Health Services,” “Self-Advocacy and Empowerment” and the “USPRA Workbook for Certification.” She is an Advisory Board member of Open Minds.

What Is the Cost? Funding 988 and a Crisis Continuum of Care



Paul Galdys

Paul Galdys, CPRP, is the deputy CEO of RI International. Prior to joining RI, he served several critical roles in the Arizona health care community, including assistant director at AHCCCS (Arizona’s Medicaid agency), assistant director of Behavioral Health Services for the Arizona Department of Health Services and a multitude of roles with Maricopa County’s Regional Behavioral Health Authority. Paul strongly believes in “the importance of peers in service delivery, data to drive decisions and the use of technology to improve health care.” Paul earned his M.B.A. from the University of Phoenix and holds a Certified Psychiatric Rehabilitation Practitioner credential (CPRP) from the Psychiatric Rehabilitation Association.



Hannah Wesolowski

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Track 1: Advancing Diversity, Equity and Inclusion in Mental Health

A Diagnosis Doesn't Derail Dreams



Venez Blackmon

Venez Blackmon is the proud mother of a brilliant young man living with schizophrenia. She is a member of NAMI and has attended numerous trainings and workshops. Together, she and her son share their story of hope and acceptance. Venez also has experience with assisting individuals living with brain disorders. She loves encouraging those who may be feeling alone and hopes to continue sharing her messages of hope and love.



Joshua Buckhaultner

Joshua Buckhaultner is presently living with a diagnosis of schizophrenia. He is 25 years old, and has been working part-time for almost two years. He is a stand-up comic and loves his current situation. Sharing his story allows him to connect with individuals who may feel alone, scared or confused. He and his mother hope they can make an impact and address the stigma associated with mental illness.

Getting Curious about Culture



Anita Pollard

Anita Pollard is a mother, grandmother and sister who recently lost her son in a tragic accident in Feb 2021. She comes from a diverse family with a history of mental health illnesses and addictions. Anita has been a compliance practice leader for Kaiser Permanente for 18 years and is a mental health advocate and certified in mental health first aid for adults and youth. She also is a life coach and a adult educator of diversity, equity and inclusion.

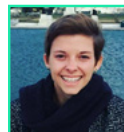
The Power of the Father Peer Support



Nelson Rascon

Nelson Rascon is Executive Director and one of the founders of Dads MOVE. He became a peer counselor in 2010 because he was raising 2 children with behavioral health needs. After becoming a peer counselor, Nelson went back to school and earned a M.A.

Living with Chronic Pain: A Discussion Toward Health Equity

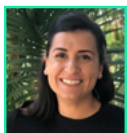


Melanie Mason

Melanie Mason (she/they) is a doctoral candidate within the Ph.D. in Counselor Education & Supervision program at Adler University in Chicago, Ill. They earned an M.Ed. and Ed.S. from the University of Florida. They have more than five years of therapeutic experience working with diverse clientele, particularly in the crisis-counseling setting. Their queer and disabled identities provide a unique perspective on mental health. They have lived with chronic pain for over 10 years and have become a strong advocate for accessibility and the disability rights movement as a result. Melanie's research interests include invisible identities, the mind/body connection, embodiment and the impact of trauma on the body.

Track 2: Engaging with Youth and Young Adults

Bringing Virtual Suicide Prevention Programming Back to in Person



Amy Gatto

Amy Gatto 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 as a senior manager at Active Minds. Amy is a doctoral candidate at the University of South Florida in the College of Public Health, and she holds an M.P.H. from the University of North Carolina at Chapel Hill and a B.A. in human services from Elon University.



Hayley Harnicher

Hayley Harnicher is a Send Silence Packing® tour manager, an Active Minds' traveling exhibit that inspires action for suicide prevention and connects visitors with resources. Under Hayley's leadership, the program has nearly doubled its impact and reach. When the COVID-19 pandemic began, Hayley swiftly transitioned to create an accessible experience called 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.

Mental Health and Foster Care: The Role of Volunteer Mentors



Christina Haines

Christina Haines is senior director of Strategy and National Impact at Silver Lining Mentoring, an organization dedicated to enabling all youth in foster care to have access to a high-quality, volunteer, mentoring relationship. Christina is a former foster parent, mentor, current volunteer Court Appointed Special Advocate (CASA) to youth in foster care, and child welfare philanthropist.

Sharing Your Mental Health Story on Social Media



Kyle Elliott

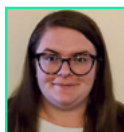
Kyle Elliott, MPA, CHES, is the founder and career coach behind CaffeinatedKyle.com. His goal is simple: to help people find jobs they love (or at least tolerate). He is proud to use his voice and platform to help others share their stories, get help and find recovery. Kyle is currently an Ed.D. candidate at the University of North Dakota, where he is researching mental health stigma and college student mental health.

Teaching Youth Mental Health: Tips, Tricks and Resources



Clayton Becker

Clayton Becker is the chief learning officer and a founding chapter member of Letters to Strangers, the world's largest youth-for-youth mental health nonprofit.



Carla Biggs-Bridgman

Carla Biggs-Bridgman is a middle school reading interventionist and a doctoral student from New York. Previously, Carla was an English teacher in New York City public schools. In 2015, she was one of the recipients of the Brooklyn All Star Educator's Award. She began collaborating with Letters to Strangers in 2021 as a member of its teacher's handbook curriculum-development team, and she is honored to be able to continue that collaboration today.



Vatesha Boulter

Vatesha Boulter was born in Chester, S.C., and currently resides in Laurel, Md. She received her bachelor's degree in early childhood education from the University of South Carolina Aiken and holds an M.Ed. in divergent learning from Columbia College in Columbia, S.C. She is a member of Alpha Kappa Alpha Sorority, Inc., and a member of Top Ladies of Distinction, Inc. Vatesha is an educator of 22 years. She currently teaches kindergarten in Maryland.



Diana Chao

Diana Chao is a first-generation Chinese-American immigrant who graduated from Princeton University in 2021 and founded

Letters to Strangers (L2S) when she was a sophomore in high school after bipolar disorder nearly ended her life. Today, L2S is the largest global youth-for-youth mental health nonprofit, impacting more than 35,000 people every year on six continents with the world's first youth-for-youth mental health guidebook and the first pan-African mental health hotline.



Carlyn LaGrone

Carlyn LaGrone (she/her) has worked in roles dedicated to women's health, queer health and mental health, as well the existing health

disparities for Black folks. Growing up in primarily white communities, Carlyn struggled for a long time with self-love and appreciation for her Blackness, which impacted her mental health and well-being for years. She studied health care and the system with a true passion for improving the health and well-being of marginalized communities. Her realization that health is more than physical — it's mental, emotional, sexual and spiritual — fueled her interest in finding ways to make health care more approachable and accessible for those who have historically struggled in clinical settings.

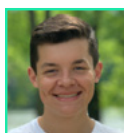


Amy K. Levin

Amy K. Levin is a former high school teacher and retired professor of English, gender studies and museum studies. Remaining active as

an independent researcher, she has published books on museums, gender, immigration and social activism. Joining the Letters to Strangers team allowed her to think about mental health in new ways and to apply her extensive experience in curricular design, advising and informal counseling.

Youth Take the Whole Table



Connor Dalgaard

Connor Dalgaard is a high school senior from Pittsburgh, Pa. A mental health advocate, he co-wrote a proclamation for a city and state Teen

Mental Health Awareness Day, has presented at legislative panels, and is a youth facilitator of the PA Youth Advocacy Network's fellowship. Connor began mental health advocacy with his school's Stand Together club.



Luna Plaza

Luna Plaza (she/her) is an Asian Latina-identifying woman who organizes and uplifts disenfranchised communities. She is affiliated

with a number of organizations, including Alliance for Police Accountability, Casa San José, Pitt's Human Rights Student Action Network and Urban Impact Foundation. Luna is a senior in a Pittsburgh arts high school dance program. She advocates for mental health with her school's Stand Together club, PA Youth Advocacy Network and UpStreet.

Track 3: Exploring Innovations in Mental Health Research and Treatment

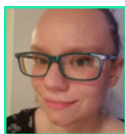
Adhere.ly – Enhancing Engagement in Between Sessions with Therapeutic Exercises



Brian Bunnell

Dr. Brian Bunnell is a licensed clinical psychologist and assistant professor at the University of South Florida. He also is the director of research at doxy.me, Inc., and co-founder and CEO of Adhere.ly, LLC. His research broadly focuses on improving access and quality of care in mental health services. His current NIMH-funded research aims to develop a web-based tool to assist providers in assigning between-session exercises and increase patient engagement.

What Is Early Episode Psychosis? How Do We Address It?



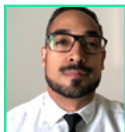
Sarah Fischer

Dr. Sarah Fischer is a psychology fellow in the Psychosocial Rehabilitation and Recovery (PSR) Fellowship at the Durham (N.C.) VA. Her specific clinical and research interests include dissemination/implementation strategies for increasing the utilization of evidence-based practices for the SMI population, developing and utilizing protocols well-suited for early psychosis, and program development on both an individual program level and an agency/organizational/state level.



Hannah Kanthak

Hannah Kanthak, M.A., OTR/L is a 2021–22 Psychosocial Rehabilitation and Recovery (PSR) fellow at the Durham VA in Durham, N.C. She has been a practicing occupational therapist since 2019 and has clinical interests in health maintenance and promotion interventions (such as movement, sleep and health literacy), using a neuroscience approach to address trauma and chronic pain, and incorporating creative activities to cultivate empowerment and promote recovery.



Jonathan Pena

Jonathan Pena is a social work fellow (MSW/LCSWA) in the Durham (N.C.) VA Psychosocial Rehabilitation and Recovery (PSR) program. Since obtaining his master's degree from the North Carolina State University School of Social Work, Jonathan has expanded his experience in various clinical settings within mental health to include dual-diagnosis crisis-stabilization, intensive outpatient, substance use disorders and severe mental illness. Jonathan has interests in PTSD, psychosis and improved access to care for the LGBTQ+ community.

How Nature Can Play a Critical Role in Mental Health Treatment



Sandi Schwartz

Sandi Schwartz is the director of the Ecohappiness Project, author of “Finding Ecohappiness: Fun Nature Activities to Help Your Kids Feel Happier and Calmer,” co-author of the children's book “Sky's Search for Ecohappiness,” and a journalist specializing in parenting, environmental and wellness topics. Her mission is to inspire and educate families to build a nature habit to feel happier and calmer. Her work has been featured in The Washington Post, National Geographic, Good Housekeeping and more.

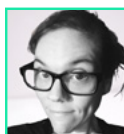
Pulling Back the Curtain on Depression's Lies



Terry McGuire

After Terry McGuire's worst-ever depression and the loss of family members to suicide, she began the Giving Voice to Depression podcast to share information and hope with others in depression's darkness. Terry also runs an online peer-support community where 10,000+ people find information and comfort daily. Terry is on the Board of Directors of NAMI WI and on the steering committee for Prevent Suicide Greater Milwaukee, and she is a mental health advocate for the AB Korkor Foundation for Mental Health.

The Healing Wheels: Group Cycling for Persons with Dissociative Disorders



Hannah Bedwell

Hannah Bedwell is a cyclist and scientist with a passion for bone cells, social justice and faith. After graduating from Virginia Commonwealth University with a degree in anthropology and completing a thesis on skeletal histories of psychosocial stress, Hannah has advocated loudly for equal access to mental health care and the destigmatization of mental health disorders.

Track 4: Implementing Best Practices for NAMI State Organizations and Affiliates

New Onset of Mania after Surgical Menopause — A Case Study



Eric Han

Eric Han is a medical student at the UC Irvine School of Medicine who is strongly interested in the field of psychiatry. He has held leadership roles in mental health care-related research and volunteering. He is dedicated to providing mental health care for the underserved, as well as advancing the knowledge base and treatment of psychiatric conditions through research. Eric is also passionate about mental wellness and has coordinated wellness events for his fellow medical students.



Lily Hui

As a third-year medical student at UC Irvine School of Medicine, Lily Hui is committed to caring for the Asian and Pacific Islander community. As president of the Asian Pacific American Medical Student Association, Lily coordinated multiple lectures on Asian American health disparities and organized health fairs to promote healthy lifestyles among API communities. She is passionate about promoting mental wellness and has been a mentor for both undergraduates and fellow medical students.

Partnering to Create Short Mental Health Videos and Editing for Distribution



Ron Stone

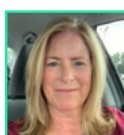
Ron Stone chairs the NAMI Alabama Strategic Planning Committee. He is an author and consults with clients globally on leadership, performance improvement and measuring business impact. Ron is a NAMI Shelby family support facilitator and an officer with the Cahaba Valley Elks. He has authored two books on measuring performance and published five articles. He is a 10-year veteran of the Marine Corps. Ron enjoys trips to foreign countries with his granddaughters and family.

Virtual Geography of NAMI Affiliates for Improving Collaboration



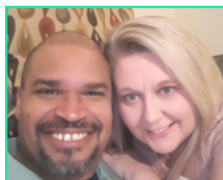
Aaron Drake

Aaron Drake is a highly collaborative technology leader leveraging 18 years of diverse IT experience to identify and design solutions. He is an engaging and personable team leader known for aligning individual talents to organizational goals, resulting in successful project completion.



Ann Heard

Ann Heard has been a retired public speech-language pathologist and teacher of the Deaf for 30 years. She is a NAMI member, Family to Family Kentucky State trainer and teacher, teacher of NAMI Basics, Family Support Group co-facilitator, NAMI Steps Forward team leader and fundraiser, and a parent of 2 adult children with mental illness.



Chasity Murry

Greatest opportunity to be involved with NAMIcon. Collaboration with my peers at NAMI Louisville has been very rewarding and inspiring. Thanks very much.

Dante Murry

We are blessed to have this opportunity to share our impact on using a relatively new communication platform named Zoom. We could not have taught classes or facilitated support groups. My wife Chastity and I are thankful for this opportunity to share our story and worth with the NAMI Louisville community.

Track 5: Transforming Mental Health Crisis Response Systems

Improving Acute Behavioral Health Access and Response Time



Cecelia Stalnaker-Cauwenberghs

Cecelia Stalnaker-Cauwenberghs is a native of Florida and graduated from St. Leo University with her master's in counseling psychology. She has held various positions in the area of forensic mental health, works as an LMHC and is the current administrator for the Cleveland Clinic Behavioral Health Center in Vero Beach, Fla. Cecelia has designed and developed numerous clinical programs, including outpatient psychiatric programs, residential programs for children, transitional-living programs for the LGBTQ community and community-based therapy programs. She has been recognized by The Florida Network of Children and Families for Outstanding Program Leadership for her extraordinary commitment to children and families, and by the Florida Department of Corrections for her participation in Reentry Program Development.

Preparing for a Crisis: 988 and Other Resources for You and Your Family



Teri Brister

Teri Brister, Ph.D., serves as the Chief Program Officer at NAMI. She 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, Teri has served as the SMI Patient and Family Engagement Expert for the APA SMI Adviser project. Prior to NAMI, she worked for 20 years in the community mental health system in Mississippi, working in both clinical and administrative roles. Teri received her Ph.D. in public policy and administration from Jackson State University, and her B.S. and M.S. in counseling psychology from the University of Southern Mississippi. She is an LPC in Mississippi.

Sharing Stories to Shape Our Future and Create 988 in New York



Matthew Shapiro

Matthew Shapiro is the Director of Public Affairs at NAMI-NYS, where he oversees advocacy and communication efforts. He is co-author of the recent NAMI-NYS report on 988, and he has led the advocacy efforts around 988 in New York. Matthew is the recipient of the 2019 NAMI Richard T. Greer Advocacy Award, the 2020 STARR Coalition STARR of Excellence Award for Advocacy and the 2017 NYS Association for Psychiatric Rehabilitative Services Family Partner Award.

Accessibility Equity and Resources for Crisis Response



Sarah (V) De la Vega

Sarah (who goes by V) is a UX designer and researcher. Her focus is on understanding different perspectives in order to build inclusive technologies, communities and products. She has a background in accessibility, research and management. While conducting research in UC Berkeley's Cognitive Development department, she focused on how people learn; in the Haas School of Business, she focused on ingroup/outgroup bias; and before that, she designed organizational systems for UC Berkeley's Disabled Students Program.

NAMI 2021–2022 Board of Directors



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Anchorage, Alaska



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Dallas, Texas



JEFF FLADEN, MSW, 2024
Nashville, Tennessee



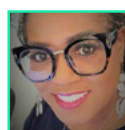
CARLOS A. LARRAURI, MSN, APRN, PMNHP-BC, FNP-BC, 2023
Miami, Florida



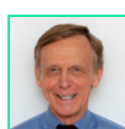
RAY CHARLES LAY, 2024
Indianapolis, Indiana



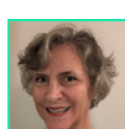
CONNIE MOM-CHHING, MPA, D.M., 2023
Vancouver, Washington



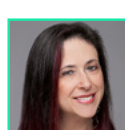
VANESSA PRICE, 2023
Yukon, Oklahoma



JIM REISER, MBA, 2022
Gainesville, Florida



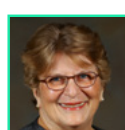
CATHERINE "CARRIE" LEE ROACH, M.S., 2022
Minneapolis, Minnesota



LAUREN B. SIMONDS, MSW, 2024
Seattle, Washington



GLENDA WRENN GORDON, M.D., MSHP, 2024
Decatur, Georgia



ADRIENNE KENNEDY, M.A.
Ex Officio (as of 2020)
West Lake Hills, Texas

List as of June 2022

NAMI 2022–2023 Board of Directors Candidates



MICHAEL TEITELBAUM, BA

Nominated by NAMI Metropolitan Baltimore



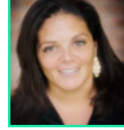
SHELDON JACOBS, PSYD, LMFT

Nominated by NAMI Southern Nevada



BRENDA SCOTT

Nominated by NAMI California



AMY BRINKLEY

Nominated by NAMI Indiana



JIM REISER, MBA, MA, BA

Nominated by NAMI Gainesville (Incumbent)



POOJA MEHTA, MPH

Nominated by NAMI North Carolina



ELLEN DRESDALE RITZ, RN

Nominated by NAMI New York State



JOSEPH GATTO, MBA

Nominated by NAMI Connecticut



CATHRYN NACARIO, MHA, RN, PHN

Nominated by NAMI San Diego

List as of June 2022

2022 NAMI Awards

Cross Cultural Innovation and Engagement Award

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

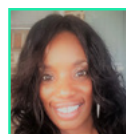
RECIPIENT

NAMI-NYC



Gloria Huntley Award

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



CO-RECIPIENT

Diane Banks, *Peer Leadership Council Representative, NAMI Texas*

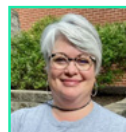


CO-RECIPIENT

Kimberly Comer, *Peer Mentor Program Manager, NAMI Palm Beach County, FL*

Joyce Burland Inspiration Award

This award honors 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

Amye Trefethen, *Program Director, NAMI Missouri*

Ken Steele Award

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



RECIPIENT

Jeremiah Rainville, *Recovery Service Coordinator, NAMI Rhode Island*

2022 NAMI Awards

Lionel Aldridge Champions Award

This award honors 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.



RECIPIENT

Glenn Roil, *Founder of the Roil Group, St John's, Newfoundland and Labrador, Canada*

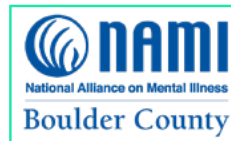
Outstanding NAMI Affiliate Award

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

For 2022, we invite nominations that recognize NAMI Affiliates that have substantially contributed to one of our three strategic goals: People Get Help Early; People Get the Best Possible Care; or People Get Diverted from Justice System Involvement.

RECIPIENT

NAMI Boulder County



Outstanding NAMI State Organization

This award recognizes the exemplary efforts of a NAMI State Organization to carry out the NAMI mission. For 2022, we invite nominations that recognize NAMI State Organizations that have substantially contributed to one of our three strategic goals: People Get Help Early; People Get the Best Possible Care; or People Get Diverted from Justice System Involvement.

RECIPIENT

NAMI Delaware



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. For 2022, we invite nominations that recognize individuals who have substantially advanced policy or advocacy related to our strategic goal of "People Get Diverted from Justice System Involvement" — whether 988 specifically or crisis response more generally.



RECIPIENT

Kim Jones, *Executive Director, NAMI Georgia*

2022 NAMI Awards

Rona and Ken Purdy Award for Distinguished Service

This award honors an individual or organization that has raised public awareness, reduced stigma and advanced our mission to build better lives for people with mental illness and their families.

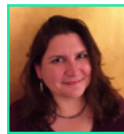


RECIPIENT

Hugh Brady, *Director,
NAMI Illinois*

Sam Cochran Criminal Justice Award

This award honors an exemplary individual whose work in the criminal justice system has improved the fair and humane treatment of people with mental illness. For 2022, we invite nominations that recognize individuals who have substantially contributed to our strategic goal of “People Get Diverted from Justice System Involvement.”



RECIPIENT

Dr. Margie Balfour, *Chief
of Quality and Clinical
Innovation, Connections
Health Solutions,
Tucson, Ariz.*

Young Leader Award

This award honors a youth or young adult (age 25 and under) who exemplifies 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

Amber Leyba-Castle,
*Young and Well
Coordinator, NAMI Idaho*

Exemplary Psychiatrist Award

This award honors psychiatrists who have made exceptional contributions to improve the lives of people living with mental health conditions.

Robert Accordino, *M.D., M.Sc.,
New York, NY*

Cheryl Corcoran, *M.D., New York, NY*

Robert Cotes, *M.D., Atlanta, GA*

Benjamin Druss, *M.D., MPH, Atlanta, GA*

James Ellison, *M.D., Wilmington, DE*

Raquel Gur, *M.D., Ph.D., Philadelphia, PA*

Ijeoma Ijeaku, *M.D., MPH, F.A.P.A.,
Beaumont, CA*

Steve Koh, *M.D., MPH, MBA, D.F.A.P.A.,
San Diego, CA*

Christine Moutier, *M.D., New York, NY*

Andrew Nierenberg, *M.D., Boston, MA*

Mohini Ranganathan, *M.D., M.B.B.S., West Haven, CT*

Anthony Sossong, *M.D., M.S., Boston, MA*

KyleeAnn Stevens, *M.D., St. Paul, MN*

John Torous, *M.D., MBI, Boston, MA*

Sophia Vinogradov, *M.D., Minneapolis, MN*

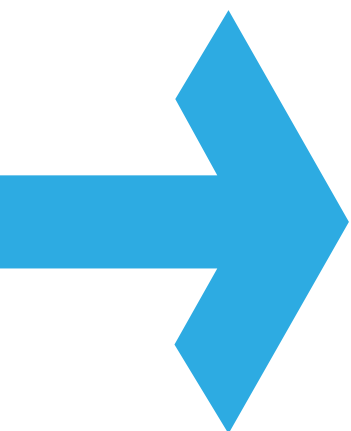
Michael Zarzar, *M.D., Raleigh, NC*



WHEN A DISEASE IS RARE, LISTENING SHOULDN'T BE.

Listening to, collaborating with, and working for people with rare diseases drives everything we do as a company. Your struggles and successes fuel our passion, help us grow, and inspire us to do more.

That's why we are committed to letting your voice shape how we develop resources and programs needed to face the challenges of living with a rare disease.



As part of these continued efforts, Chiesi Global Rare Diseases is proud to support the NAMI National Convention.

Neurocrine Biosciences is Proud to Support **NAMCon**

in their commitment, passion, and efforts towards increasing awareness around mental health and tardive dyskinesia (TD) in the community.

Learn more about TD, living with TD and how to treat it at
TalkAboutTD.com

TALK ABOUT TD®





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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).



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janssen  Neuroscience

PHARMACEUTICAL COMPANIES OF 



Everyone has the right to be well.

The lululemon Centre for Social Impact is setting out to break barriers that prevent access to wellbeing. We leverage our expertise, resources, and communities to invest in and advocate for the wellbeing of those most impacted by systemic inequity around the world, guided by our goal of positively impacting at least 10 million people by 2025.

In 2021, we established a multi-year partnership with the National Alliance on Mental Illness (NAMI) to support their work to designate 9-8-8 as a US nationwide 3-digit number for mental health crisis and suicide prevention services.

“People would ask me if I was on drugs because my body was always moving.”

- Raven C Living with TD

Could your UNINTENTIONAL, UNCONTROLLABLE MOVEMENTS be tardive dyskinesia (TD)?

Find out at TARDIVEIMPACT.COM ➔

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TD-41017 April 2022

Congratulations to the 2022 Exemplary Psychiatrists!

To be considered for the 2022 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

Learn more about exemplary psychiatrists at nami.org/epa

Robert Accordino, M.D., M.Sc., New York, NY
Cheryl Corcoran, M.D., New York, NY
Robert Cotes, M.D., Atlanta, GA
Benjamin Druss, M.D., MPH, Atlanta, GA
James Ellison, M.D., Wilmington, DE
Raquel Gur, M.D., Ph.D., Philadelphia, PA
Ijeoma Ijeaku, M.D., MPH, F.A.P.A., Beaumont, CA
Steve Koh, M.D., MPH, MBA, D.F.A.P.A., San Diego, CA
Christine Moutier, M.D., New York, NY
Andrew Nierenberg, M.D., Boston, MA
Mohini Ranganathan, M.D., M.B.B.S., West Haven, CT
Anthony Sossong, M.D., M.S., Boston, MA
KyleeAnn Stevens, M.D., St. Paul, MN
John Torous, M.D., MBI, Boston, MA
Sophia Vinogradov, M.D., Minneapolis, MN
Michael Zarzar, M.D., Raleigh, NC

 **nami**
National Alliance on Mental Illness



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

Visit **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.

Here to There **GettingHereToThere.com**
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UNB148562 07/21

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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.

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US-UNB-2100072 06/2021

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*Drew Robinson,
Former MLB Player*



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Advanced Therapy for Mental Health

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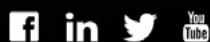



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NAMI Code of Conduct

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 us at convention@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 NAMICon 2022.
We'll see you in person next year Aug. 15 – 18
in Washington, D.C., for NAMICon 2023.**



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