

2016 Annual NAMI Texas Conference Program
October 27, 2016 - October 29, 2016
Austin, Texas



nami

National Alliance on Mental Illness

Texas

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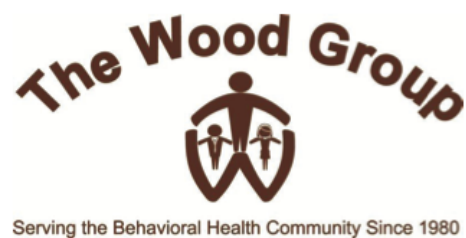
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Red Carpet Awards Sponsor



Bronze



Schedule at a Glance

Thursday, October 27th

6:30 - 9:00 p.m. Red Carpet Awards Celebration

Lone Star Ballroom

Featured Presenter: Billy Dorsey, Singer, Songwriter, Producer

Friday, October 28th

- 7:00 a.m.** Registration Opens
- 7:30 p.m.** Continental Breakfast
- 7:30 - 5:30 p.m.** Exhibit Area Open
- 8:00 - 9:15 a.m.** Welcome & Keynote Address (p. 4)
- 9:15 - 9:30 a.m.** Break
- 9:30 - 10:45 a.m.** 1st Breakout Session
"Building a Better Partnership" (p. 4)
"Recovery: Resiliency - A Mental Health and/or Dual Diagnosis Perspective" (p. 5)
"Holy Ground - Recognizing the Sacred in the Healing Process" (p. 5)
"Dialectical Behavioral Therapy (DBT) in an Intensive Outpatient Program (IOP) Setting" (p. 5)
"NAMI's Tried-and-true 'How-To': Affiliate Building Through Signature Programs" (p. 5)
- 10:45 - 11:00 a.m.** Break
- 11:00 - 12:15 p.m.** 2nd Breakout Session
"PTSD and Moral Injury in Service Members and Veterans" (p. 6)
"Adaptations of DBT When Working with Children" (p. 6)
"Faith and My Coping Strategies" (p. 7)
"NAMI Texas Public Policy Platform in 2017 Session" (p. 7)
"Homefront: Education and Support for the Families of Service Members and Veterans" (p. 8)
- 12:15 - 12:30 p.m.** Break
- 12:30 - 1:45 p.m.** Lunch & Keynote Address (p. 8)
- 1:45 - 2:00 p.m.** Break
- 2:00 - 3:15 p.m.** 3rd Breakout Session
"Call to Duty: The Role of the Military Caregiver" (p. 8)
"Living a Resilient Life" (p. 9)
"Sharing Hope" (p. 9)
"Enhanced Program for Early Psychosis: A New Treatment Approach" (p. 10)
"Working Together for Safer Outcomes" (p. 10)
- 3:15 - 3:30 p.m.** Break
- 3:45 - 5:00 p.m.** 4th Breakout Session
"Veteran Peers Supporting Mental Health Recovery" (p. 11)
"Family Centered ECT Care" (p. 11)
"Recovery Through the NAMI Gulf Coast Volunteer Work Program" (p. 11)
"The Untapped Power of Texas' Assisted Outpatient Treatment (AOT) Law" (p. 12)
"Providing Services to LGBT Youth" (p. 12)
- 6:30-8:30 p.m. Fun Bingo Night**
Lone Star Salon C
Goody bags for the first 30 players! Chance to win prizes!

Saturday, October 29th

- 7:00 a.m.** Registration Opens
- 7:30 - 12:30 p.m.** Exhibit Area Open
- 8:00 a.m.** Annual Meeting
- 9:30 - 10:45 p.m.** 5th Breakout Session
"Overcoming Trauma in Less Than an Hour: Transformational Chairwork" (p. 12)
"Improving Mental Health with Improv" (p. 13)
"Standards of Excellence for NAMI Affiliates" (p. 13)
"From Self-Care to Joy: A Guide for Caregivers" (p. 13)
"Roundtable Discussion of NAMI Youth Programs" (p. 14)
- 10:45 - 11:00 a.m.** Break
- 11:00 - 12:15 p.m.** 6th Breakout Session
"Houston Police Department's Mental Health Division" (p. 14)
"Our Family's Journey Through Mental Illness" (p. 14)
"Social Security Disability Overview" (p. 14)
"NAMI Smarts for Advocacy-Medication: Protecting Choice" (p. 15)
- 12:15 p.m.** End of Conference
- 1:00 - 3:00 p.m.** NAMI Texas Board Meeting

Schedule of Events

Thursday, October 27th

6:30 - 9:00 p.m. Red Carpet Awards Celebration



Lone Star Ballroom

Featured Presenter:

Billy Dorsey

Singer, Songwriter, Producer

Friday, October 28th

7:00 a.m. Registration Opens
Limestone PDR

7:30 p.m. Continental Breakfast

7:30 - 5:30 p.m. Exhibit Area Open

8:00 - 9:15 a.m. WELCOME



Lone Star Ballroom

KEYNOTE ADDRESS:

Sonja Gaines, M.B.A.

Associate Commissioner for Mental
Health Services

Texas Health and Human Services
Commission

Sonja Gaines serves as Associate Commissioner for Mental Health Services with the Texas Health and Human Services Commission, a position created by the 2014-15 General Appropriations Act, S.B. 1, 83rd Legislature, Regular Session, 2013 (Article II, Health and Human Services Commission, Rider 82) to improve coordination and create a strategic approach across the state agencies.

In this role, Sonja is responsible for coordinating the policy and delivery of mental health services across Texas state agencies that receive \$6.7 billion dollars in state funding for behavioral health. Sonja consults and coordinates with state agencies, local governments, legislative leadership, statewide stakeholders, and other entities to ensure a coordinated strategic, statewide approach to mental health. Her vision is to create a unified approach to behavioral health services that allows Texas to gain access to mental health care at the right time and place.

Most recently, Sonja spearheaded the development of the Texas statewide behavioral health strategic plan across 18 state agencies directed by the 2016-17 General Appropriations

Act, H.B. 1, 84th Legislature, Regular Session, 2015 (Article IX, Section 10.04). Additionally, Sonja oversees the implementation of S.B. 55, 84th Legislature, Regular Session, 2015, which will provide more than \$20 million in state funds for the development of services to veterans and their families as well as the implementation of the Substance Abuse and Mental Health Services Association (SAMHSA)-funded initiative for the development of Certified Community Behavioral Health Clinics.

Previously, Sonja served as Chief of Mental Health Services with MHMR Tarrant, the second largest Community Mental Health Center in Texas where she developed and led several award winning mental health outpatient services. For more than two decades of her career, Sonja also has led successful collaboratives across systems while shaping the structure and system of care in community mental health in Texas. She holds a Master's degree in Business Administration from Texas Women's University, a Bachelor of Science degree in Psychology from The University of Maryland and a Bachelor of Arts degree in Sociology from William Paterson University. Sonja has proven to be passionate and committed to the cause of promoting efficient and effective behavioral health services across Texas.

9:15 - 9:30 a.m. Break

9:30 - 10:45 a.m. 1st Breakout Session

Pecan A

"Building a Better Partnership"

Alyse Ferguson

Collin County Mental Health Managed Counsel Program

CEUs Available

Alyse is the Attorney Director of Collin County Mental Health Managed Counsel Program, a Graduate of Angelo State University, holds a BA in Psychology and Criminal Justice, a Masters in Counseling Psychology, and a J.D. from Texas

Schedule of Events (cont.)

Wesleyan School of Law. Alyse is also a recipient of 2015 National Legal Aid and Defender Association Social Engineer and Trail Blazer Award.

Implementations of partnerships benefit everyone. Building a cooperative team of people and agencies to address the needs of persons with mental illness and to provide information on programs and policies, which can be utilized to address the needs. Persons with mental illness make up between 17-25% of our jail population. A high percentage of these persons are indigent and struggle with stable housing, transportation, medication and mental health services. It is necessary to seek systemic solutions to keep those with mental illness out of the criminal justice system and in treatment.

Limestone II

"Recovery: Resiliency - A Mental Health and/or Dual Diagnosis Perspective"

May Howard, CPS, CWF; Cheryl Friedman, CPS, CWF, PRSS; Dena Miller, CPS, CWF

Austin Clubhouse, Communities for Recovery, Peers of Faith

May Howard is a WRAP (wellness recovery action plan) Facilitator at the Austin Clubhouse. She is a peer specialist who is someone with a mental illness who helps peers with recovery. May volunteers with Austin State Hospitals monthly peer community and connection meetings.

Cheryl Friedman is a trauma, domestic violence, addiction and mental health survivor. Cheryl started at the Hill Country Mental Health Clinic in Kerrville, Texas as a Peer Support Facilitator. She is now a Peer Recovery Coach at Communities for Recovery. She is a strong supporter for peers in dual diagnosis recovery and Dual Recovery Anonymous meetings.

Dena Miller is a Certified Peer Specialist (CPS) and WRAP Facilitator. She has worked at Austin State Hospital and at a local health authority. She has shared her own living experiences with mental illnesses. She is now the Executive Director of her own non-profit "Peers of Faith" which is an interfaith partnership for mental illness.

Recovery is possible. Our panel will show how individuals with a mental health and/or dual diagnosis have been helped in their recovery by the Austin Clubhouse & Communities for recovery (Cforr). Ms. Howard will furnish a Mental Health Channel documentary about her and her family. She will also provide a short segment about Arcos Films and how they are changing minds about mental health. Ms. Friedman will provide information on peer recovery coaching, the Cforr movie and dual diagnosis meetings. She will articulate how addiction recovery and dual diagnosis are remedied at Communities for recovery (Cforr). The panel will also share about the Austin Clubhouse and peer work with a mental health authority. The

growth of a nonprofit organization called, "Peers of Faith" will be emphasized. In conclusion, individuals and families are finding that peer support and peer coaching are successful and important recovery tools. Austin is a leader in providing recovery based services to its population.

Pecan B

"Holy Ground - Recognizing the Sacred in the Healing Process"

Reverend Salvador R. Del Mundo, Jr., MDiv, MBA

The Menninger Clinic

CEUs Available

Rev. Del Mundo is currently the Director Chaplaincy Services at The Menninger Clinic. He's been with TMC since 2005. Rev. Del Mundo completed his Clinical Pastoral Education (CPE) Residency in 2002 at St. Luke's Episcopal Hospital (now CHI St. Luke's) and continued to work as staff until 2005. Prior to chaplaincy, he was Executive Pastor for a big congregation in Manila. Rev. Del Mundo has been in ordained ministry for twenty one years. He holds a Master of Divinity (MDiv) and Master in Business Administration (MBA) degrees.

The work of pastoral counseling in the hospital setting, as in other settings, primarily involves listening to stories, appreciating narratives as they are presented, and helping the storytellers interpret and make sense of their lived experiences. Past hurts and present fears often make it difficult for people to begin imagining future stories without pain and dread. For counselors, the hoping process begins with being mindful in listening to these stories so they hear and recognize the patients' yearning for the sacred. Drawing from Andrew Lester (1995) and Ken Pargament (2007), this presentation will focus on a patient vignette that identifies a yearning for the sacred heard from patients receiving mental health care, the despair and anxiety that lingers when patients' future stories seem hopeless or cut-off, and the transformative capacity of experiencing the sacred in their healing process, thus allowing them to construct hopeful future stories.

Bluebonnet

"Dialectical Behavioral Therapy (DBT) in an Intensive Outpatient Program (IOP) Setting"

Penny Kruger, LCSW, and Beverly Lucas, LCSW

Seton Behavioral

CEUs Available

Penny Kruger, LCSW, started the Dialectical Behavior Therapy Intensive Outpatient Program at Seton Behavioral Health in 2006. She is intensively trained in DBT and she has been practicing DBT for the past 10 of the 20 years of her practice. She is committed to training and supervising clinicians and agencies

in Austin area to provide adherent DBT treatment for those in need.

Bev Lucas, LCSW, is currently an intensive outpatient group therapist for Seton Behavioral Healthcare as well as her private practice. She did her supervision under Penny and is part of the DBT Team at Seton. Bev has been a practicing DBT clinician for 3+ of her 13 years in practice.

IOP is an effective level of care to help increase daily structure and provide more feedback for behavioral shaping while clients remain in their daily lives. It also helps clients to focus on skills for reentry into daily life, which is often a vulnerable link in treatment after clients step down from more restrictive settings (inpatient or residential treatment). IOP can be an effective level of care for individuals to shape behaviors in order to not become hospitalized.

Longhorn

"NAMI's Tried-and-true 'How-To': Affiliate Building Through Signature Programs"

Adrienne Kennedy and Cindy Swain
NAMI Austin and NAMI Texas

Adrienne Kennedy is currently a state trainer for Family-to-Family, Family Support Group and Parents and Teachers as Allies, as well as a state and national trainer for NAMI Basics. In 2013, NAMI honored Adrienne with the Educator of the Year Award for her work and NAMI Austin's success in launching Parents and Teachers as Allies in many school districts across the Greater Austin area. Adrienne has served as advocacy chair, community outreach, and education chair and affiliate president (2011-2013). She currently serves on the NAMI Austin board and national board.

Cindy Swain, Secretary and Education Committee Chair for NAMI Texas, has been a board member since 2014. She is a special education consultant for Region 10 Education Service Center and a member of the NAMI Austin affiliate. She is a Family Support Group facilitator, a BASICS teacher, and a Family to Family state trainer.

NAMI offers us the winning combination of education, support and advocacy--all designed to create what we need, as individuals and as communities, for a better, brighter tomorrow. From the grassroots up, NAMI shines brightest in its signature programs, which now include five keystone courses, a support group model that serves individuals with mental health issues or family members (same model, different groups) and five signature presentations for specific audiences. As the bedrock of what NAMI does, these programs contribute mightily to our resilience and personal wellness, community visibility, while providing solid ways to grow your affiliate. Come explore how to

build your affiliate with signature programs. Presenters will focus on 1) assessing community needs, 2) identifying opportunities, 3) recruiting and training volunteers, 4) strategizing outreach, budget, sustainability and quality.

10:45 - 11:00 a.m. Break

11:00 - 12:15 p.m. 2nd Breakout Session

Pecan A

"PTSD and Moral Injury in Service Members and Veterans"
Chaplain Kerry Haynes, DMin, BCC/MH, VA Mental Health Chaplain

South Texas Veterans Healthcare System

CEUs Available

Chaplain Kerry Haynes is the Mental Health Chaplain for the South Texas Veterans Health Care System in San Antonio. He holds a Doctorate in Ministry from the Golden Gate Baptist Theological Seminary, with his doctoral project entitled "Helping Veterans Heal from Moral Injury Through Faith Based Self-forgiveness Groups." Chaplain Haynes carries a Board of Certification in Mental Health Chaplaincy from the National Association of Veterans Affairs Chaplains and an endorsement from the Baptist General Convention of Texas.

This presentation will discuss the traditional understanding of PTSD as a fear-based disorder within the DSM-5 and contrast it with the more recently coined term, "moral injury" or "inner conflict," as a trust-injury to the conscience. The term will be explained as first used by Dr. Jonathan Shay (retired VA psychiatrist), and then built upon to include self-inflicted wounds to the conscience, as described by Dr. Brett Litz (VA psychologist), Dr. William Nash (retired Navy psychiatrist), and others. It will conclude with an overview of treatment options presented thus far and an emphasis on the importance of community in rebuilding trust and bringing healing from guilt and shame.

Bluebonnet

"Adaptations of DBT When Working with Children"

Rebecca Ciatto, LCSW and Patricia Gunnells, LMSW
DBT Center of Houston

CEUs Available

Rebecca Ciatto, LCSW received her Master's in Clinical Social Work from the University of Georgia. Rebecca is the team lead of the Children's Program at the DBT Center of Houston. She provides individual DBT sessions, family therapy, multifamily skills group and adult skills group to clients (ages 7 and up) suffering from self-harm, suicide, anxiety disorders, and mood

Schedule of Events (cont.)

disorders. She received Core Clinical Training in DBT through Treatment Implementation Collaborative and Intensive RO-DBT Training.

Patricia Gunnels, LMSW received her Master's in Social Work in 2013 from University of Houston. She is currently a Psychotherapist at the DBT Center of Houston where she works with adults, families, and teens suffering from a range of mental health symptoms and issues including: personality disorders, PTSD, depression, anxiety, substance abuse, domestic violence and OCD. Her clinical training includes intensive DBT training through BehaviorTech, intensive RO-DBT training and formal TF-CBT Training.

This workshop will explain different adaptations of Dialectical Behavioral Therapy (DBT) when working with children, provide a clear understanding of children that would benefit from treatment, and teach skills that would introduce DBT. We have adapted traditional DBT for children 8-12 and are working to adapt Radically Open DBT (RO-DBT) as an intervention for children who struggle with anger, self harm, anxiety, suicide, depression, eating disorders and interpersonal issues. While traditional DBT focuses on the under control of emotions, RO-DBT focuses on issues of over controlled coping, which results in difficult to treat disorders such as OCD, anorexia, chronic anxiety and chronic depression. Early intervention is provided through individual DBT sessions, multi-family skills group, and parent group for both the families and children we serve, which prevents further difficulty with behaviors and emotion regulation.

Pecan B

"Faith and My Coping Strategies"

Benny Malone

Author, NAMI Volunteer

Benny has over 30 years' professional experience in the mental health field. She has worked as a social worker in children's services, school counseling, private practice counseling, director of large school counseling program, and consultant to state agencies. She has presented at many local, state, and national conferences during her career. She is a mental health advocate and public speaker and has written a book telling about her struggle with her son's mental illness called "Psychotic Rage!" Benny is also a NAMI volunteer in her community.

Ms. Malone wears two hats as a presenter—a professional counselor in the mental health field and the mother of a son living with a severe mental illness for over 20 years. His illness impacted her family in tragic ways, culminating in a violent psychotic attack in which he killed his father. They fought this

illness for years, but it beat them when uncontrolled psychosis came to battle and refused to respond to treatment. Following her husband's death, she has learned much more about her son's illness and better understands the dynamics within her family that drove them to continue to fight for him, despite often feeling helpless and alone. In this presentation, she will share coping strategies and how she moved to a strong place of forgiveness and reconciliation with her son. This is a story of hope and encouragement.

Limestone II

"NAMI Texas Public Policy Platform in 2017 Session"

Greg Hansch and Sherry Cusumano

NAMI Texas and NAMI Dallas

Greg Hansch serves as Public Policy Director for NAMI Texas. In this role he implements and oversees NAMI Texas' public policy and advocacy activities statewide, coordinating with the affiliates and members as well as representing the organization at the Legislature and the state agencies. He is a Licensed Masters Level Social Worker in the state of Texas and holds a Master's degree in Social Work with a concentration in Nonprofit and Public Management from Rutgers University. Greg is a family member of an individual with serious mental illness.

Sherry Cusumano has coordinated legislative advocacy on behalf of Green Oaks Hospital in Dallas for over ten years. In addition, she has worked with and for consumers as an advocate and educator as Chair of the NAMI Texas Public Policy Committee and President of NAMI Dallas and as a Family to Family Instructor and trainer locally and statewide. She has also educated and advocated for people living with mental illnesses in her role as the Executive Director of Community Education and Clinical Development at Green Oaks hospital.

In this session, NAMI Texas Public Policy Director (Greg Hansch) and Public Policy Committee Chair (Sherry Cusumano) will present the organization's public policy platform for the 2017 legislative session of the Texas Legislature. The presentation will cover the process that NAMI Texas uses to develop its platform, the key issues identified by members and affiliates as needing attention, and the priority mental health policy areas that NAMI Texas will work on. The advocacy strategies and tactics to be deployed will also be discussed. As a grassroots organization that deeply values and depends upon the voice of its members and affiliates, a portion of the presentation will be dedicated to receiving feedback and requests from the audience. The participants will leave feeling empowered to advocate for mental health reform in the 2017 legislative session and invigorated to closely coordinate with the individuals who represent NAMI Texas at the Capitol.

Longhorn

"Homefront: Education and Support for the Families of Service Members and Veterans"

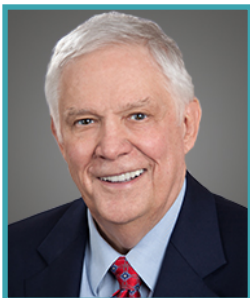
Suzanne Robinson
NAMI

Suzanne Robinson has worked for NAMI (National Alliance on Mental Illness) since August of 2013 as the Senior Manager of National Education Programs responsible for oversight, growth, development and enhancement of the NAMI Family-to-Family Education Program and NAMI Homefront Program across the United States. Prior to coming to NAMI, Suzanne served as Director of Programs for NAMI Ohio for fourteen years. She worked previously as a Senior Program Director for student volunteer programs at the University of Minnesota YMCA in Minneapolis and as Program Coordinator for AmeriCorps National Service in St. Louis, Missouri. Suzanne received her Bachelor's Degree in history from Washington University in St. Louis and her Master's Degree in Social Work Administration from The Ohio State University.

NAMI Homefront is a 6-session course exclusively for the families of Service Members and Veterans who have symptoms of a mental health condition (diagnosed or undiagnosed). NAMI adapted the Evidence-Based Family-to-Family Education course to fit military culture and the very specialized needs of these families. Topics covered in the class include caring for the caregiver, communication strategies, trauma, combat stress, mental health conditions (PTSD, anxiety, depressive disorders, TBI, etc.) and substance use disorders. Learn strategies and outreach techniques for implementing NAMI Homefront in your community and give back to families that have sacrificed so much for our country.

12:15 - 12:30 p.m. Break

12:30 - 1:45 p.m. Lunch



Lone Star Ballroom KEYNOTE ADDRESS:

Tom Luce
Board Member, Founding CEO of
Meadows Mental Health Policy Institute

Tom Luce, Founding CEO of Meadows Mental Health Policy Institute, was a founding partner of Hughes & Luce, LLP, a prominent Texas law firm. In addition to his legal service, Tom has engaged in public service for more than 30 years. He has been appointed to major posts by Texas governors five times, including Chief Justice pro tempore of the Texas Supreme Court.

He served as U.S. Assistant Secretary of Education for Planning, Evaluation and Policy Development during the George W. Bush administration and was appointed by the U.S. House of Representatives Majority Leader as a member of the Library of Congress board. He has also been appointed by the Speaker of the Texas House of Representatives to the board of a major state agency. From 2007 to 2011, he was founding CEO of the National Math and Science Initiative, Inc. Additionally, Tom served on Dell, Inc.'s Board of Directors from 1991 until 2012. He has co-founded and led various non-profit entities such as: the Texas Business and Education Coalition, Just for Kids, and the National Center for Education Accountability. He presently serves as the Chairman of the Board for the National Math and Science Initiative.

1:45 - 2:00 p.m. Break

2:00 - 3:15 p.m. 3rd Breakout Session

Pecan A

"Call to Duty: The Role of the Military Caregiver"

Roxanna Delgado, PhD, Kimberly McConnell, EdD, and Mary Jo Pugh, PhD, RN
UTHSCSA

CEUs Available

Roxana E. Delgado, PhD is a Post-doctoral Fellow at the Military Health Institute and the Department of Epidemiology and Biostatistics at the University of Texas Health Science Center at San Antonio (UTHSCSA). Under the mentorship of Dr. Pugh, Dr. Delgado is developing a military caregiver portfolio as part of her post-doctoral work. The emphasis of Dr. Delgado's research is in health-related factors, determinants and disparities among military caregivers. She holds a post-graduate certificate in Qualitative research and analysis from the University of North Carolina at Chapel Hill and has conducted numerous qualitative studies in military population to include military families. Dr. Delgado is an Elizabeth Dole Foundation Fellow representing the State of Texas and forms part of the military caregiver community.

Mary Jo V. Pugh PhD, RN is a Professor of Epidemiology and Biostatistics at the University of Texas Health Science Center San Antonio (UTHSCSA) and a VA health services researcher at the South Texas Veterans Healthcare System (STVHCS). Dr. Pugh has 15 years of experience in acquiring and utilizing VA databases, identifying comorbidities, conducting large scale studies with these VA databases, conducting medical chart abstraction using VA electronic medical records, merging VA data with the DoD Trauma Registry, and interview studies of VA clinicians and Veterans. Much of this experience has focused on epidemiology of epilepsy including the relationship between TBI and epilepsy, patient outcomes and quality of epilepsy care in the VA.

Schedule of Events (cont.)

Kimberly McConnell, EdD is a Senior Research Scientist with the Department of Epidemiology and Biostatistics at the University of Texas Health Science Center at San Antonio (UTHSCSA). She has extensive experience in the areas of caregiver fatigue (by training) and has volunteered with a number of organizations serving the military caregiver community. She has been involved with research concerning Soldiers at San Antonio Military Medical Center for over 6 years. She was intimately involved as the Program Manager with a project focusing on compassion fatigue in the Institute of Surgical Research (US Military Burn Center) and a community reintegration project for wounded service members with the Center for the Intrepid.

The military is unlike any other career and the demands of military life create a unique set of pressures on service members and their families. Understanding military culture is important when addressing mental health concerns with veterans and their families. Currently, there are 5.5 million military caregivers across the United States, with nearly 20 percent caring for someone who served since the terrorist attacks of Sept. 11, 2001. Military caregivers experience more health problems, face greater strains in family relationships, and have more workplace issues than non-caregivers (RAND, 2014). The objectives of this presentation are to describe military culture and implication for caregiving, explain the magnitude and roles of military caregiving, and discuss the unique issues of military caregivers.

Pecan B

"Living a Resilient Life"

Cynthia Cunningham and Samantha Williams

NAMI Waco

Cynthia's first exposure to NAMI was when she volunteered to take a training to become a facilitator for Family to Family in Waco. She learned that this course was not offered in her community and figured she could do her part to help others. She then became trained for other NAMI signature programs, serving on the Board of Directors and then the position of Executive Director.

Samantha Williams is an individual living with a mental health diagnosis. She has been successfully living in recovery for 4 years. She is a Certified Peer Support Specialist, Ending the Silence Presenter, and a Peer to Peer Facilitator. She has made it a personal goal that others with a mental health condition are taught to become aware of their own strengths and the possibility of their own recovery.

This workshop will emphasize to both those living with a mental health condition and caregivers alike that a life in resiliency is possible. Engaging participants in an exercise of creating an action plan, we aim to instill hope and a much needed

confidence. This presentation will combine both a parent and child's perspective to highlight the necessity of teamwork, self-care, coping skills, crisis planning, and whole health.

Limestone II

"Sharing Hope"

Dr. Patricia Pickles, LeDetrick Leonard, Stephanie Hill, Charnell Nunley, and Karen Ranus

NAMI Austin

Patricia L. Pickles, Ph. D., is a lifelong PreK-12 educator who has served as a teacher, principal and superintendent of schools. She is the author of, Are You In A Pickle? Lessons Learned Along the Way: Students Performance and Achievement Gaps, and Chronic Mental Illness: A Living Nightmare. She sits on the NAMI Austin Board, is a trained Family-to-Family teacher, a member of Alpha Kappa Alpha Sorority and volunteers at IACT via AmeriCorps.

Le'Detrick L. Leonard is a certified life coach/motivational speaker who enjoys helping people reach a transformational moment in their lives. He is a trained Family-to-Family teacher and actively supports NAMI Austin programs through Sharing Hope presentations in the Austin area.

Stephanie Hill-Townsend has been an active member of NAMI Austin Texas since 2011 and understands the profound impact of NAMI's outreach and delivery. She currently serves as a NAMI Family Support Group Facilitator and Sharing Hope presenter. She has worked at The University of Texas at Austin for over 25 years as a Graduate Program Coordinator and spent 8 years of those 25 years in the College of Education Department of Special Education academically advising masters and doctoral students in the program.

Charnell Nunley is a student at Virginia College and is trained as a NAMI Peer to Peer Mentor, In Our Own Voice Presenter and is an active advocate for persons living with mental illness. She currently serves as a volunteer for NAMI Austin.

Karen Ranus is the Executive Director of the Austin affiliate of the National Alliance on Mental Illness (NAMI). She is she sits on the Children and Youth Mental Health Planning Partnership, the Children's Mental Health Leadership Team, the Board of the Mayor's Health and Fitness Council, the Healthy Minds Coalition as well the Executive Committee of the Austin-Travis County Suicide Prevention Coalition. Her passion for providing mental health education in the Austin community derives from her own lived experience as the mother two children living with mental health conditions.

Storytelling is one of the most powerful and effective ways to end the silence that keeps faith communities talking about mental illness! NAMI's Sharing Hope is a simple and effective presentation rooted in storytelling which creates opportunities

to address this important health issue in safe and comfortable settings that exist in faith communities.

Black churches today are poised to be the leaders in educating their congregants about the devastating challenges families and individuals face in addressing serious and persistent mental health conditions. NAMI's Sharing Hope presentation provides a tool for creating opportunities to build empathy, compassion and understanding in faith communities.

This team of Sharing Hope presenters will share their personal stories of living with mental illness and model the effectiveness of the presentation as a tool for educating families and engaging them in other NAMI programming such as classes and support groups.

Bluebonnet

"Enhanced Program for Early Psychosis: A New Treatment Approach"

Carol North, MD, MPE, and Katy McDonald, LPC
UTHSCSA

CEUs Available

Carol S. North, MD, MPE serves as Medical Director of the Altshuler Center for Education & Research at Metrocare Services in Dallas, Texas and is the research director for Metrocare Service's Enhanced Program for Early Psychosis (ePEP). Dr. North holds The Nancy and Ray L. Hunt Chair in Crisis Psychiatry and is a tenured Professor in the Department of Psychiatry at UT Southwestern Medical Center. She served 18 years on the faculty of Washington University, advancing to Professor of Psychiatry before moving to Dallas in 2005 to join the full-time faculty of UT Southwestern Medical Center.

Katy McDonald, LPC is a Licensed Professional Counselor (LPC) in Oklahoma and Texas, having more than 7 years' experience in the mental health field. Ms. McDonald holds degrees in business and accounting from Northeastern State University and a Master's degree in Human Relations from the University of Oklahoma, specializing in group counseling and individual therapy for both children and adults. She currently functions as the University of Texas Medical Center's research study coordinator for the ePEP project as part of the Division of Trauma and Disaster in the Department of Psychiatry.

Recent research has demonstrated that early intervention for new-onset psychosis can reduce illness and restore adaptive functioning far more effectively than usual treatment. On January 17, 2014, President Obama signed legislation funding SAMHSA to develop first episode psychosis treatment programs across the US, and the State of Texas has funded early psychosis pilot programming. Metrocare Services in Dallas has designed and initiated a program called ePEP (Enhanced Program for Early

Psychosis), based on the New York Recovery After an Initial Schizophrenia Episode (RAISE) program, for 60 patients ages 15-30 within two years of psychosis onset. Research is being conducted to demonstrate effectiveness and cost effectiveness of ePEP.

Longhorn

"Working Together for Safer Outcomes"

Senior Corporal Herb Cotner and Sherry Cusumano
Dallas PD and NAMI Dallas

Sr. Corporal Cotner has served on the Dallas Police Department for over 29 years and has a Bachelor of Arts in Criminal Justice from the University of Texas at San Antonio. In 1993, Sr. Corporal Cotner became a certified instructor by the Texas Commission on Law Enforcement (TCOLE) and completed the Crisis Intervention Training course in 2004. In 2006, he served on a Law Enforcement-Mental Health Steering Committee that recommended that DPD adopt a policy of requiring 40 hours of mental health crisis intervention training (CIT) for all officers. Since then, over 2000 DPD officers have been trained. Sr. Corporal Cotner was the recipient of the 2007 Prism Award from Mental Health America of Greater Dallas, the 2013 Sam Cochran Criminal Justice Award from National Alliance on Mental Illness. He is the current Vice President of NAMI Dallas.

Sherry Cusumano has coordinated legislative advocacy on behalf of Green Oaks Hospital in Dallas for over ten years. In addition, she has worked with and for consumers as an advocate and educator as Chair of the NAMI Texas Public Policy Committee and President of NAMI Dallas and as a Family to Family Instructor and trainer locally and statewide. She has also educated and advocated for people living with mental illnesses in her role as the Executive Director of Community Education and Clinical Development at Green Oaks hospital.

Working Together for Safer Outcomes is the product of the partnership between Law Enforcement and The National Alliance on Mental Illness (NAMI). During this process both of us have learned from each other how we can better do our part in providing a safer outcome when a person is in crisis. Officer Cotner will present what he has learned from NAMI that can benefit law enforcement officers on the street when dealing with a person in crisis. Sherry Cusumano will talk with the family members what she has learned with working with Police Officers that will benefit the families of individuals with mental illness. And together all of these practices can be used by both law enforcement and family members to work together for a safer outcome.

3:15 - 3:45 p.m. Break

3:45 - 5:00 p.m. 4th Breakout Session

Schedule of Events (cont.)

Pecan A

"Veteran Peers Supporting Mental Health Recovery"

Elisa V. Borah, MSW, PhD, and Tim Keesling

UT and Texans Veterans Commission

CEUs Available

Elisa V. Borah, MSW, PhD is a research associate at The University of Texas School of Social Work at Austin within the Texas Institute for Excellence in Mental Health. She is currently building the Veteran Spouse Network, a project funded by the Patient Centered Outcome Research Institute that facilitates veteran spouses' involvement in research related to veteran families' mental health and social support needs. In 2015, Elisa served as the lead evaluator of statewide veterans' mental health services, specifically examining the Texas Military Veteran Peer Network. Elisa co-chairs the annual Military Social Work conference at The University of Texas at Austin.

Tim Keesling is the Manager of the Veterans Mental Health program at the Texas Veterans Commission. This program is focused on providing training and technical assistance to peer support providers and coordinators at the local mental health authorities across the state, clinical mental health providers, and partner organizations who deliver direct peer services to the Service Members, Veterans, and their Families (SMVF) who have been impacted by military-related traumas. Tim serves as a consultant to Veteran Treatment Courts, Veteran One-Stop Resource Centers, and non-profits focused on providing supportive services to SMVF. During his 20-year career in the US Army, he served in multiple locations throughout the world, both in peacetime and in combat. His military honors include the Legion of Merit, two Bronze Star Medals, the Combat Action Badge, and numerous other medals, badges, and decorations.

A veteran peer is a former military service member who can offer camaraderie and support to another veteran based on a shared military identity. Veteran peer support can address multiple types of concerns: suicide prevention, social support needs, and mental health recovery-related issues. For example, a veteran with PTSD who has learned to manage his or her symptoms effectively can support another veteran also suffering from PTSD. Their shared experience of PTSD can lead to the development of a supportive bond based on a shared, lived experience. Other shared experiences that can lend support may be based on having engaged in combat and/or experiencing similar challenges reintegrating into civilian life. This presentation will describe several examples of veteran peer support programs with an in-depth description of the Texas Military Veteran Peer Network, a Texas funded program in coordination with the Texas Department of State Health Services and the Texas Veterans Commission.

Bluebonnet

"Family Centered ECT Care"

Dr. Justin Coffey

The Menninger Clinic

CEUs Available

Dr. Justin Coffey currently serves as Vice President and Chief Information Officer of the Menninger Clinic, where he is also Medical Director of Brain Stimulation. Dr. Coffey holds the rank of Associate Professor of Psychiatry and Behavioral Sciences (Division of Neuropsychiatry) at Baylor College of Medicine in Houston, TX. He is a scientific expert as well as an innovative leader in the fields of neuropsychiatry, brain stimulation therapies, and information management in mental health care delivery. He is by training a neuropsychiatrist, by rearing a family man, and by nature someone who enjoys teamwork.

In 2001, with the publication of its groundbreaking report *Crossing the Quality Chasm*, the Institute of Medicine (IOM) issued a clarion call for health care to be centered on the patient. Over the last 15 years, we have been using its "10 Simple Rules" as a roadmap for transforming the care of the ECT Service at a major teaching hospital. A key strategy in this transformation was to partner with patients and their families in the design and assessment of the ECT care. This strategy included routinely providing our patients the option to be accompanied by family members and significant others into the ECT treatment suite to observe and participate in the procedure (from pre-op to treatment to recovery). In this session, we describe this transformative experience, and we share testimonials from family members and loved ones about how Family-centered ECT Care relieved anxiety and provided comfort, enhanced family members' overall engagement in the patient's mental health care, and empowered family members to actually improve the experiences of care for their loved one.

Pecan B

"Recovery Through the NAMI Gulf Coast Volunteer Work Program"

Alicia Karbowski and Allyn Nault

Second Chance and NAMI Gulf Coast

Alicia Karbowski is NAMI Gulf Coast's – Second Chance Thrift Shop Manager. Alicia became involved with NAMI GC nine years ago and has been an active volunteer until September of 2015 when she became Thrift Shop Manager. She has been extremely influential in streamlining the Volunteer ↔ Work Program and is passionate about spreading the good work this program has done.

Schedule of Events (cont.)

Allyn Nault is the Executive Director of NAMI Gulf Coast. She has been involved with NAMI GC since she was 15 years old; volunteer, intern and finally a full time staff member! Allyn is enthusiastic about spreading the word of NAMI GC and the Volunteer ↔ Work Program. She is thrilled to represent an affiliate involved in such a wonderful initiative.

Attendees will be able to fully understand how to implement a volunteer ↔ work program, maintain the program and overcome challenges that accompany this initiative. The Volunteer ↔ Work Program began in 2009 as an effort to allow individuals with mental illness the opportunity to gain job skills, social skills and have a support system to work on their recovery. Since its inception, the program has grown from one participant to eight. Currently, six individuals are employed by NAMI Gulf Coast and the Second Chance Thrift Shop through the Volunteer ↔ Work Program. It is our wish to spread the word about this project. Erasing the stigma and supporting individual's recovery is one of NAMI Gulf Coast's main goals, and the Volunteer ↔ Work Program is a perfect stepping stone to accomplish this goal.

Longhorn

"The Untapped Power of Texas' Assisted Outpatient Treatment (AOT) Law"

Brian Stettin

Treatment Advocacy Center

Brian Stettin is the Policy Director of the Treatment Advocacy Center, a national advocacy organization based in Arlington, Virginia that works to remove legal barriers to the treatment of severe mental illness. In 1999, as an Assistant New York State Attorney General, Brian was instrumental in conceiving and drafting "Kendra's Law," landmark legislation establishing Assisted Outpatient Treatment (AOT) in New York. After leaving the Attorney General's Office in 2007, Brian served as Special Counsel to the New York State Commissioner of Criminal Justice Services and Counsel to the Health Committee of the New York Assembly. Since joining the Treatment Advocacy

Center in 2009, Brian has worked with state legislators and policymakers across the U.S. to improve mental health commitment laws and establish AOT programs.

Assisted outpatient treatment" ("AOT") is a form of civil commitment, by which an individual with severe mental illness and a history of difficulty adhering to outpatient treatment is court-ordered to participate in comprehensive outpatient services with intensive case management. In this presentation, Brian Stettin, Policy Director of the Treatment Advocacy Center, will speak to the origins and aims of AOT, the successes that many jurisdictions across the U.S. (including San Antonio) have achieved by implementing AOT, and how the Treatment Advocacy Center can help you establish an AOT program in your community.

Limestone II

"Providing Services to Lesbian Gay Bisexual and Transgender Youth"

Michael Migura

Cenpatico

CEUs Available

Michael Migura is a Senior Trainer for Cenpatico. Michael has 25 years of experience as a trainer, leads the curriculum committee, has trained extensively on trauma informed care and serves as a consultant to service providers regarding the Lesbian, Gay, Bisexual and Transgender community.

This highly interactive workshop provides an understanding of terminology in discussing sexual orientation, gender identity, and the coming out process for LGBT individuals. Practical applications for creating an LGBT inclusive organization will be discussed, including CWLA Best Practices and a Learning Lab on addressing specific circumstances.

6:30-8:30 p.m. Fun Bingo Night

Lone Star Salon C

Goody bags for the first 30 players! Chance to win prizes!

Saturday, October 29th

7:00 a.m. Registration Opens
Limestone PDR

7:30 - 12:30 p.m. Exhibit Area Open

8:00 a.m. Business Meeting

Lone Star Ballroom

NAMI Texas Annual Meeting

9:30 - 10:45 p.m. 5th Breakout Session

Bluebonnet

"Overcoming Trauma in Less Than an Hour: Transformational Chairwork"

Robert Gordon, PhD, and Sandi L. Gordon, B.Sc, CEC

CEUs Available

Dr. Robert H. Gordon is an accomplished clinical and forensic psychologist with 40 years' experience in transformational chair work. His practice has included inpatient and outpatient group and individual counseling for a

diverse patient population, from young to old, women and men, civilian and military. His patients have diagnoses from mild anxiety to PTSD. His mission in life is to provide peace and joy through the power of faith to the psychologically-down-trodden who society has otherwise written off.

Sandi L. Gordon is a strategic interventionist, leadership consultant, and executive coach who has worked with thousands of people and organization to get unstuck and change our world for the better. Her corporate work includes building cohesive leadership teams and overcoming politics, dysfunction, confusion, and bureaucracy. A best-selling author and social justice advocate, Gordon led a national collaborative on Chronic Pain, was on the Board of Directors for the Boys and Girls Club and received a Governor's Award as a CASA for abused and neglected children.

This workshop is designed to introduce people to the art and science of Chairwork. Chairwork is an exciting and creative approach to change and healing, with the power to transform and liberate patients in deep and profound ways. Chairwork is a psychotherapeutic technique that typically involves the use of two chairs that face one another. The patient sits in one chair and has a dialogue with an imagined family member or other person sitting in the opposite chair; alternatively, the patient moves back and forth between the two chairs and speaks from different aspects of him- or herself. This deceptively simple, yet extremely powerful, intervention has sparked the imagination of therapists and theorists from a wide range of perspectives.

Pecan B

"Improving Mental Health with Improv"
Sundaram Ader and Norman Tran

Sundaram is a filmmaker and play writer. He is also the President of DBSA Heart of Texas. He has used improvisation on multiple occasions in his support group with much success.

Norman is an experienced improviser in the Austin area and has successfully completed the training in two local improvisation schools. He is empathetic to bringing mental health awareness and wants to use his high level of compassion and training to help those with mental illnesses.

This workshop will show how using simple improvisation games can help build social confidence and help people not ruminate as much. Many people have turned to improv for help in getting over phobias. We will show people that you can have fun, face your fears and address mental health issues all at the same time. Improvisation is a very successful way to get out of their head and back into life. Rumination can be a big hindrance to mental health, and with improv we can pull people back to the present all while having fun.

Longhorn

"Standards of Excellence for NAMI Affiliates"
Stacy Hollingsworth, PMP, CSM
NAMI Texas

Stacy received her Bachelor's degree in Psychology from Rutgers University and is currently pursuing a Masters in Educational Technology at Texas A&M University. She also holds a Nonprofit Management Certificate from the Center for Nonprofit Management in Dallas, Project Management Professional (PMP) certification from the Project Management Institute, Certified Scrum Master (CSM) certification from the Scrum Alliance, and several healthcare certifications. At present, she serves as a consultant for NAMI Texas, primarily working on Standards of Excellence and communications projects.

Is your Affiliate ready to get started with Standards of Excellence (SOE)? Is your Affiliate currently working on completing the SOE requirements? Join us for this refresher workshop to find out the latest project updates, review documentation requirements, and devise a plan to successfully complete Standards of Excellence for your Affiliate. This workshop is intended for leaders of Affiliates that are currently working toward state-level SOE endorsement; however, all are welcome to attend.

Limestone II

"From Self-Care to Joy: A Guide for Caregivers"
Margie Netherton
NAMI Texas Panhandle

*Margie Netherton is an English professor at Amarillo College and, for the past four years, has been President of NAMI Texas Panhandle. She is also a NAMI-certified Family-to-Family state trainer, a Family-to-Family teacher, and a Family Support Group facilitator. Margie leads a NAMI support group twice a month and offers phone and online support to family members weekly. She is also the primary caregiver for her adult son who has treatment-resistant schizoaffective disorder, as well as OCD and panic disorder. She has recently written a book called *Moving Towards Joy: A Self-Care Workbook for Caregivers of Loved Ones with Serious Mental Illness*.*

In your role as a caregiver, there are quite a few factors that you cannot control. However, there is one area in which you have some real control, in which you can bring about some meaningful change: how you take care of yourself. This session will provide information, specific guidance and exercises, as well as some inspiration to commit to self-care. Topics will include accepting the principle of self-care, establishing healthy boundaries, letting go of guilt, asking for help and support, mindfulness, gratitude, and identifying activities that bring you joy.

Schedule of Events (cont.)

Pecan A

"Roundtable Discussion of NAMI Youth Programs"

Patti Haynes & John Dornheim

NAMI Texas

10:45 - 11:00 a.m. Break

11:00 - 12:15 p.m. 6th Breakout Session

Pecan A

"Houston Police Department's Mental Health Division"

Captain Eddy Baimbridge and Frank Webb

Houston PD

CEUs Available

Captain Wendy Baimbridge is a 25-year veteran of the Houston Police Department. She was selected by the Chief of Police to serve as the division commander of the department's first-ever Mental Health Division in 2013. Under her command, the Mental Health Division has increased the number of Crisis Intervention Response Team units, implemented the city's first-ever boarding homes detail, expanded the Chronic Consumer Stabilization Unit, expanded the Homeless Outreach Team, and implemented the nation's only Crisis Call Diversion Program. Captain Baimbridge has a Master's Degree in Criminology from the University of Houston Clear Lake.

Frank Webb, M. Ed., is a 35-year veteran of the Houston Police Department. Frank is a senior police officer assigned to the department's Mental Health Division where he serves as senior trainer. Webb helped develop and implement the department's Crisis Intervention Team (CIT) program in 1999 and served as CIT Coordinator from 1999 to 2005.

The Houston Police Department is the only police department in the nation, to our knowledge, to have a division dedicated to providing a professional, humane, and safe response to individuals with behavioral health problems and to the homeless. Houston's Mental Health Division is comprised of 35 law enforcement personnel and 39 behavioral health professionals.

Houston is the leading law enforcement agency in the state regarding this issue and one of the national leaders. Houston was one of six police departments nationally selected by the United States Council of State Governments as a Leading Site for specialized programs for responding to the mentally ill. Partnering with Harris County for Mental Health and IDD, the Houston Police Department has developed six programs to deal with this important issue. A description of each of Houston's six specialized response strategies will be provided.

Limestone II

"Our Family's Journey Through Mental Illness"

Teresa and Kathryn Price

NAMI Maine

Teresa Price is a native Austinite who received her Bachelor's and Master's Degrees in Engineering from the University of Texas at Austin in the mid-80s. She and her husband, whom she met in graduate school, moved to Maine in 1986. Along with having three children in the 1990's, they started their firm, Price Structural Engineers, in 1999. Teresa is on the Board of Directors of the Structural Engineers Association of Maine and acts as Treasurer of her church. She is also a member of NAMI Maine's Speakers Bureau and enjoys talking to different groups around the state. Each of her three children has been diagnosed with a mental illness.

Katy Price is a college freshman attending Susquehanna University in Pennsylvania. She is majoring in photography and studying jazz piano. She was 12 when one brother was diagnosed with schizoaffective disorder and 13 when her other brother was diagnosed with severe bipolar disorder. She is the youngest presenter in NAMI Maine's Speakers Bureau and also a member of NAMI Maine's new Youth and Young Adult Council. She intends on advocating for mental illness and fighting stigma, and is preparing a photographic series to express her experience with anxiety and depression.

Logan Price was a gifted student and athlete when he was diagnosed with schizoaffective disorder as a freshman biomedical engineering major at UT-Austin in 2010. His family back in Maine felt as if they'd fallen into an abyss when they heard the news. His sister and brother were so triggered by this situation, they developed mental illnesses of their own—an anxiety disorder and bipolar disorder, respectively. Logan's mother, Theresa, describes the family's six-year journey negotiating through their own emotions, Logan's needs, the mental health system, and efforts to educate the public about mental illness. Logan's sister, Katy, describes her experiences as a sibling living with a mentally ill brother, the stigma attached to her anxiety, her efforts to hide it, and the perspective of mental illness from the platform of high school student.

Bluebonnet

"Social Security Disability Overview"

Maryann D'Aniello

Ms. D'Aniello is a graduate of the Southern Methodist University Dedman School of Law. She joined Legal Aid of NorthWest Texas (LANWT) in 2005 as the Hurricane Legal Relief Liaison and worked with Hurricane Katrina evacuees in a joint

Schedule of Events (cont.)

effort with LANWT and the Dallas Volunteer Attorney Program (DVAP). She coordinated the efforts of LANWT and private attorneys working to serve hurricane evacuees in the wake of the New Orleans disaster. In 2007 Ms. D'Aniello joined the Housing, Consumer and Economic Benefits Division of LANWT and began working with the Housing Crisis Center (HCC). She represents low income individuals with housing issues in an effort to prevent homelessness. In addition, her practice consists of representing individuals on issues involving economic benefits such as disability (SSI/SSDI), Medicaid programs, unemployment compensation, as well as various elder care, probate and guardianship issues. She continues to work closely with pro bono attorneys who volunteer their time at the HCC at advice only clinics geared toward assisting individuals with housing issues. She also serves as the DVAP mentor attorney for pro bono attorneys that take on housing related cases.

The presentation will provide the basics of social security disability claims: applications, requirements and tips. It will explain the difference between Social Security Disability (SSDI) and Social Security Income (SSI) and eligibility requirements. Next we will review the five step sequential process for establishing a disability. Finally, we will discuss the unique challenges in proving up a disability based on mental illness.

Pecan B

"NAMI Smarts for Advocacy-Medication: Protecting Choice"

Greg Hansch
NAMI Texas

Greg Hansch serves as Public Policy Director for NAMI Texas. In this role he implements and oversees NAMI Texas' public policy and advocacy activities statewide, coordinating with the affiliates and members as well as representing the organization at the Legislature and the state agencies. He is a Licensed Masters Level Social Worker in the state of Texas and holds a Master's degree in Social Work with a concentration in Nonprofit and Public Management from Rutgers University. Greg is a family member of an individual with serious mental illness.

The NAMI SMARTS for Advocacy workshop *Medication: Protecting Choice* is the newest part of NAMI's grassroots advocacy series. During the workshop, we'll talk about mental health medications as an important part of many people's recovery. We'll also discuss the power of your story to impact a person's ability to get the medication they need. As part of this workshop, we'll guide you through writing your story in seven short steps. Medications may not have worked well for you or you may not choose to take them. If that's the case,

you can still use your lived experience—your story—to support other people having choices, including new options that may work better or have fewer side effects. When you complete this workshop, our goal is that you take with you a version of your story that you can use to raise awareness, inspire others and influence decision makers.

12:15 p.m.

End of Conference

1:00 - 3:00 p.m.

NAMI Texas Board Meeting

NAMI Texas Board Candidates

Meet the Candidates *NAMI Texas Board of Directors Election 2016*

Hal Meyer – Nominee Region 6



Over the years, I have served as Exalted Ruler for the Elks in Minnesota, deacon in my church in California, president of my Gideon Camp (3 years) in California and 5 years for VIP (Volunteers in Policing) in California.

Currently, I serve on the Vestry (deacon) and on several other groups for my church. I am a greeter and speaker for Hospice of East Texas, past president South Tyler Gideon Camp (3 years), CEF (Child Evangelism Fellowship) board and co-chairman, and NAMI Tyler board and treasurer in Tyler, Texas.

Bill Matthews - Nominee Region 7



I have been a member of NAMI Kerrville for over 15 years, President for over 10 years, previously serve on the Board of NAMI Texas, and have been Treasurer since November 2013. I am a retired financial consultant and currently serve as President of Hill Country Council for the Mentally Ill, Board of Directors of the Kerrville State Hospital, Board member of Raphael Community Free Clinic, Secretary and Treasurer of Raphael Community Free Clinic Endowment Fund, Inc., and past President of the Peterson Regional Medical Center for 15 years. I have served and been an officer on numerous not-for-profit organizations.

David Stine - Nominee At Large



My name is David Stine, I was born in the mid-west (Ohio) and moved to East Texas in the mid. 60's to complete college in Longview at LeTourneau University. Later served as a military Chaplain with 30 years of service in the USAF, Retiring as a Chaplain, Colonel, in 2004 from the Wilford Hall Medical Center, Lackland AFB, Texas. Currently I am the Director of Pastoral Care and Counseling department at Terrell State Hospital, Terrell, Texas. For the past 8-9 years I have served as Vice President of the NAMI Kaufman County Affiliate. I believe my clinical training in psychotherapy and theological education, with experience in Pastoral Counseling, will benefit the NAMI Texas State board.



Visit the Election Table for more information. If you are a member of NAMI Texas and have not yet had an opportunity to vote, be sure to turn in your ballot at the table.

Award Recipients

Charley Shannon Advocate for Justice Award

Rep. Four Price

Betty Fulenwider Media Award

Edgar Walters

Mental Health Professional of the Year Award

Phyllis Finley

Volunteer of the Year Award

David Chastang

Youth Volunteer of the Year Award

Abigail Madsen

Mark Korenek Consumer Quality of Life Award

Emmett Biffle

Jackie Shannon Enduring Volunteer Award

Pat Alderfer

Affiliate Recognition Awards

NAMI Greater Corpus Christi

NAMI Tarrant County

NAMI Texas Ambassador Award

Elise Banks

Exhibitors

Amerigroup

Army One Source

BioBehavioral Research of Austin

Cohen Military Family Clinic

Cross Creek Hospital

Give an Hour

Glen Oaks Hospital

Green Oaks

Individual Care of Texas

Lundbeck

Menninger

NEA BPD

Optum

Region 10 Education Service Center

Rose Hill Center

Seton Behavioral Health

Takeda

Texas Clubhouse Coalition

Texas NeuroRehab Center

The Wood Group

Value Options

Conference Audio Recordings

Audio recordings of the keynote speakers and workshops will be available for purchase at the NAMI Texas annual conference. Please visit the VW Tapes table to order your recordings.

Special Poster Presentation

The NAMI/AKA Partnership
The early stages of Sharing Hope

Head out to the parking lot to visit the NAMI Greater Houston Mobile Resource Van

The NAMI Greater Houston Mobile Resource Van is a joint partnership between NAMI Greater Houston, The Harris Center for Mental Health & IDD, and Cypress Creek Psychiatric Hospital. Beginning in 2015, the Mobile Resource Van travels weekly to a number of Houston area psychiatric hospitals, adult mental health clinics, and consumer clubhouses as part of our NAMI in the Lobby program. Staffed by Calvin Wilson, a trained Peer Specialist, the resource van provides on-site peer support and counseling, referrals to NAMI Greater Houston programs and services, and community referrals to a wide range of Houston area social service and mental health providers. Calvin also allows individuals and families to check out books related to mental health and wellness as well as NAMI-related literature.

The Mobile Resource Van is housed in our Support, Education & Advocacy (SEA) Center. Staffed by trained volunteers and managed by Mr. Wilson, the SEA Center provides over 1,000 referrals for needed mental health, social service and other community resources to individuals and families affected by mental illness. We are proud to report that both the SEA Center and the Mobile Resource Van is the first of its kind in our nation!

Hotel Map

Austin Marriott South
4415 South IH-35
Austin, Texas 78744
Phone: 1-512-441-7900
<http://www.marriott.com/ausap>



Floor Plans

