

2017 Annual NAMI Texas Conference Program  
November 2, 2017 - November 4, 2017  
Austin, Texas



# Sponsors

## Gold



## Silver



## Bronze



# Schedule at a Glance

## Thursday, November 2nd

**10:00 a.m. - 4:00 p.m. ASK Train the Trainer**  
Texas Suicide Prevention Council/NAMI Texas

**6:30 - 9:00 p.m. NAMI Texas Annual Awards**  
Mistress of Ceremonies – Elise Banks, M.S., LPC

## Friday, November 3rd

**7:00 a.m.** Registration Opens

**7:30 a.m.** Exhibit Tables Open & Continental Breakfast

**7:55 a.m. - 9:15 a.m.** Welcome & Opening Keynotes

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

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

“What is WRAP”

“A Different “Dual-Diagnosis”: Co-occurring mental health conditions and IDD”

“Cognitive Enhancement Therapy”

“Military-Informed Care”

“NAMI Family and Friends Seminar”

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

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

“Let’s Move on Mental Health: How to be in the Movement for Mental Health Reform”

“Bridges to Hope”

“Radical Self Care”

“Developing Resilience to Suicide through Skillfulness and Connection”

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

**12:30 - 1:45 p.m.** Lunch & Keynote

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

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

“Peer History Support – Why it Matters”

“Modern Approach to Crisis”

“Person Centered Treatment Programs for Those Affected by Early-Onset Psychosis”

“Madhouse Blues”

“Telepsychiatry 101”

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

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

“Challenge of Seeking Accommodations for Invisible Disabilities”

“Crisis Intervention Model (Communicating to De-escalate)”

“Make Your Play, Make Your Life”

“NAMI AKA Partnership”

“How Social Media Affects Mental Health: The Positive and Negative Effects of Social Networking”

**5:15 p.m.** Exhibit Tables Close

**5:30 p.m.** NAMI Texas Peer Leadership Council Dinner  
(by invitation)

**7:00 p.m.** Bingo

## Saturday, November 4th

**7:00 a.m.** Registration Opens

**7:30 a.m.** Exhibit Tables Open & Continental Breakfast

**8:00 a.m.** Annual Meeting

**8:30 a.m.** Ask the Doctor

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

“A Multiple’s Perspective on Accepting the Diagnosis and Embracing the Journey”

“Texas Mental Health Policy Impact in Focus: The 85<sup>th</sup> Legislative Session and Beyond”

“Surviving Secondary Trauma: Resiliency and Self-care for Providers Serving Post 9/11 Military Populations and Their Families”

“Humor, Play and Family Therapy”

“Self-Care Reflections – Filling Up Our Wells”

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

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

“Family Therapy Interventions with the IDD Population”

“Turning Challenges into Positives: Recovery from a Mom with Schizophrenia”

“Communications Tools for NAMI Affiliate Leaders”

“Medications for What Ails You: Things You Should Discuss with Your Prescriber”

**12:30 p.m.** Exhibit Tables Close

# Schedule of Events

## Thursday, November 2nd

**10:00 a.m. - 4:00 p.m. ASK Train the Trainer**

**Lone Star Ballroom C/D**

**Texas Suicide Prevention Council/NAMI Texas**

ASK About Suicide To Save A Life is a best practice gatekeeper training that teaches how to identify suicide risk factors, protective factors, warning signs & appropriate referral strategies. It is a best practice-based training listed in the BPR Section III Adherence to Standards. The ASK certification training is intended to meet Texas K-12 public school suicide prevention training requirements and other suicide prevention training needs. This is a Train the Trainer event and is limited to 30 participants.

CEUs Available

\* separate registration required



**6:30 - 9:00 p.m. NAMI Texas Annual Awards**

**Lone Star Ballroom A/B**

**Mistress of Ceremonies – Elise Banks, M.S., LPC**

*Elise Banks is the former Miss International after competing with women from all over the world as Miss Texas in 2015. She currently travels with her platform, “Healthy Mind | Successful Life”, and is a National Ambassador for the National Alliance on Mental Illness (NAMI), where she works to break the stigma associated with mental illness. In the Summer of 2017, Elise became a member of the NAMI Texas Board of Directors. When she is not traveling, Elise works as a clinical therapist in private practice and as a therapist for a private school in Houston. Elise received her undergraduate degree from Baylor University and her Master’s Degree with honors from the University of Houston.*

\*separate ticket required/seated dinner event

## Friday, November 3rd

**7:00 a.m.** Registration Opens

**7:30 a.m.** Exhibit Tables Open & Continental Breakfast

**7:55 a.m. - 9:15 a.m.** Welcome & Opening Keynotes  
**Lone Star Ballroom**

### Welcome

Linda Cantu, President, NAMI Texas



**Opening Keynote – Representative Four Price**

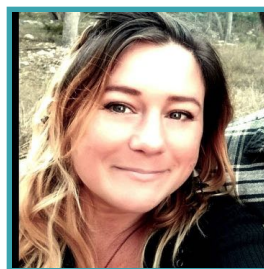
*Representative Four Price, a fourth generation Texan from Amarillo, is serving in his fourth term in the Texas House of Representatives where he has the privilege of advocating for constituents residing in five Panhandle counties Carson, Hutchinson, Moore, Potter and Sherman. Price is a graduate*

*of Tascosa High School, the University of Texas at Austin and Saint Mary's University School of Law in San Antonio. He and his wife, Karen, are the parents of four adult children – two of whom are college students.*

*Representative Price, as Chairman, leads the House Committee on Public Health which has jurisdiction over all matters pertaining to the protection of public health; mental health, the development of its programs, and the prevention and treatment of mental illness; oversight of the Health and Human Services Commission, the Department of State Health Services, and 22 other health or health related state agencies such as the Cancer Prevention and Research Institute of Texas. Price is also Co-Chairman of the Health and Human Services Transition Legislative Oversight Committee, which is monitoring the reorganization of the Texas Health and Human Services Commission.*

### Introduction of Opening Speaker

John Dornheim, 2017 Annual Conference Chair



**Opening Speaker – Julie Overstreet, NAMI Brazos Valley Connecting to Purpose**

*Julie Overstreet is the Director of Outreach and Development for NAMI Brazos Valley. She is certified to facilitate both peer and family support groups, NAMI Basics,*

# Schedule of Events (cont.)

*Homefront, Smarts, and Friends and Family. Additionally, she is certified to teach Mental Health First Aid for Youth and for Adults through the National Council on Behavioral Health. She attended University of Houston for Sociology and Health. She lives in Bryan, Texas with her husband, Marcus.*

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

## **Limestone II**

“What is WRAP”

Cheryl Friedman & Dena Miller

What is WRAP? The history, overview, usage, and long-term benefits will be explored in this session. WRAP (Wellness Recovery Action Plan) is designed to help an individual when they are well and plan for when they are not well. WRAP is created and managed by you and is designed to decrease and prevent troubling feelings and behaviors, increase personal empowerment, improve quality of life, and assist you in achieving your own life goals and dreams.

*Cheryl Friedman is a trauma, domestic violence, addiction, mental health, and cancer survivor. She is a Certified Peer Specialist (CPS) on the mental health side of life and a Peer Recovery Coach (PRSS) on the addiction side, plus a Certified W.R.A.P. Facilitator (CWF), a great recovery tool. Cheryl is also a Peer Recovery Coach and Volunteer at Communities for Recovery, Austin Clubhouse member, and NAMI member always advocating for dual recovery with multiple recovery paths wherever she goes.*

*Dena Miller is a Certified Peer Specialist and a Certified WRAP Facilitator. She shares her experiences living with mental health and substance use over several years through volunteering, speaking engagements, as well as working at the Austin State Hospital and a local mental health authority. Dena is now Founder and Executive Director of her peer-run organization, “Peers of Faith”, which connects all types of peer support with faith-based communities, bringing them recovery tools, advocacy, and hope.*

## **Pecan A**

“A Different ‘Dual-Diagnosis’: Co-occurring mental health conditions and IDD”

Leah Davies, LMSW, & Lyn McMurry

CEUs Available

Individuals with an Intellectual or Developmental Disability (IDD) are at a significantly higher risk of mental illness. This

population’s susceptibility is increased by biological or social factors, and these individuals and their families face extremely complex challenges. Unfortunately, few professionals are aware of how frequently the two conditions coexist. People with IDD and a co-occurring mental health condition often require services from multiple systems. The fact that these systems are fairly siloed and few professionals are cross-trained is a real concern. This presentation will provide mechanisms to proactively address some of the challenges which exist to best support individuals with co-occurring mental health conditions and IDD.

*Leah Davies, LMSW is Program Manager at the UT Center for Disability Studies. She is a skilled trainer whose work is focused on a person-centered approach. Leah facilitates the Texas Fetal Alcohol Spectrum Disorders Collaborative. She is proud to have partnered with professionals from the substance use disorder treatment and recovery, behavioral health, education, justice, medical, and human service fields. Leah attended Texas A&M University and attained a B.A. in Sociology and Political Science, with a minor in Women's Studies and a certification in the Sociology of Race and Ethnicity. She obtained her Master's degree in Social Work from University of Texas at Austin.*

*Lyn McMurry has been an active member of NAMI Dallas for over 15 years. Her specific interest is in supporting parents of children or adolescents with mental health conditions. She has taught numerous classes of “Basics” and is a state trainer for the program. Lyn helped start a successful NAMI support group (for parents of children with mental health conditions in the Dallas area).*

## **Bluebonnet**

“Cognitive Enhancement Therapy”

T. Victor Lloyd, MAPC, MTh

CEUs Available

Why have more individuals with chronic mental health disabilities not recovered more completely? We need to rethink the problem and solution: move the treatment paradigm from Treatment As Usual (that is, the maintenance style of non-treatment) to Cognitive Remediation (a rehabilitative, active treatment model focusing on remediating the person’s disabilities while increasing their strengths). Since 2001, CET (Cognitive Enhancement Therapy), a SAMHSA-recognized EBP form of Cognitive Remediation, has been disseminated to 41 sites in 12 states. CET improves cognition and social cognition with 70 to 85% attendance and graduation rates. Attendees will

# Schedule of Events (cont.)

learn about and walk through a typical CET session: computer exercises, social cognition talks, homework questions and cognitive exercises. A PowerPoint presentation will describe the neuroscience research supporting CET; the social, vocational and educational effectiveness of CET; and how CET is effective with persons from many ethnic and socio-economic backgrounds.

*T. Victor Lloyd is a full-time trainer and speaker for the Center for Cognition and Recovery (CCR) training mental health professionals in the theory and practice of Cognitive Enhancement Therapy (CET). His other professional experience has included Law Enforcement training specialist, mental health community educator and trainer, case management and drug counseling. Mr. Lloyd's accomplishments include being named the first "Educator of the Year" in 2007 by the Hamilton County (Ohio) Affiliate of the National Alliance on Mental Illness (NAMI). Mr. Lloyd holds a Master's degree in Theology and a Master of Arts degree in Pastoral Counseling.*

## **Pecan B**

"Military-Informed Care"

Aubrie Wade, LMFT

CEUs Available

For current and former military Service Members, the explicit organizational structures and implicit ideals and values comprising military culture play a significant and lifelong role in injury, illness, and recovery. In all fields of health care, but most especially in mental health evaluation and treatment, empathic therapeutic alliances and effective treatment plans require health care professionals to possess and utilize knowledge, skills, and attitudes regarding military and Veteran cultures and subcultures. To meet this training need, the Texas Veterans Commission's Veterans Mental Health program has developed this Military-Informed Care curriculum for mental health care providers. This training will encourage military cultural competency in providers through a presentation in the requisite knowledge, skills, and attitudes needed to work with the military and Veteran culture.

*Aubrie Wade, LMFT, works for the Texas Veterans Commission in the Mental Health Program. Her job is to train and coordinate alongside mental health professionals in the state who would like to improve their skills in working with the veteran population. She has been married to a soldier for the past 13 years and has spent over a decade working and volunteering for Service Members, Veterans, and their families.*

## **Longhorn**

"NAMI Family and Friends Seminar"

Patti Haynes

In 2016, NAMI received a grant from Providence/St. Joseph and has created a four-hour seminar based on the Family-to-Family curriculum for family and friends of loved ones with a mental health condition. Topics include the history of NAMI, Mental Health 101 (diagnosis, stigma, substance use and abuse), Brain 101, famous people with mental health conditions, empathy exercises, communication skills, treatment and recovery, crisis planning/preparation, self-care, NAMI programs and community resources. Patti will show local affiliates how to offer this seminar in their community while waiting for a Family-to-Family, Homefront or Basics class to become available in their area. Affiliates will be able to offer the seminar in areas where it is not geographically feasible to hold a Family-to-Family, Homefront or Basics class, but where there is an interest in NAMI education programs.

*Patti Haynes, NAMI Texas Program Director, has been involved with NAMI since 1999 when she began seeking help for her son when he was an adolescent. She has served on the NAMI Texas Board of Directors and the NAMI Dallas Board of Directors along with several committees that support children and adolescents experiencing mental health challenges. Patti has a passion for supporting NAMI Affiliates, not only when it comes to education, but also keeping them alive and strong.*

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

## **Pecan A**

"Let's Move on Mental Health: How to be in the Movement for Mental Health Reform"

Greg Hansch, LMSW, & Sherry Cusumano, MS, RN, LCDC

Anyone can be in the movement for mental health reform. You don't have to live in Austin, have special qualifications, or be an expert on the law. A few fundamental knowledge points and principles go a long way in being a difference-maker in mental health policy. As you begin or continue to advocate to improve the quality of life for individuals affected by mental illness and their families, NAMI Texas intends to facilitate your effective advocacy. This session will offer practical tips and skills on how to engage with elected officials and their staff; how to educate your community on advocacy; how to know what is transpiring in Austin and be involved in it; and how to work collaboratively with NAMI Texas and your local NAMI Affiliate organization on mental

# Schedule of Events (cont.)

health advocacy. NAMI Texas and our local NAMI Affiliate organizations are the state's voice on mental illness- #LetsMoveOnMentalHealth!

*Greg Hansch serves as Public Policy Director for the Texas state organization of the National Alliance on Mental Illness (NAMI Texas). In this role, he oversees NAMI Texas' public policy activities statewide, coordinating with the local NAMI Affiliate organizations and members as well as representing the organization at the Legislature and the state agencies. From 2012 to 2014, he worked for NAMI Texas as Policy Coordinator and participated in the Policy Fellowship Academy of the Hogg Foundation for Mental Health. He is a Licensed Masters Level Social Worker in the State of Texas. He holds a Bachelor's degree in Government and Politics from the University of Maryland and 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, RN, LCDC, MS, serves as Chair of the NAMI Texas Public Policy Committee and advocates on behalf of NAMI Texas. Mrs. Cusumano has coordinated legislative advocacy on behalf of Medical City Green Oaks Hospital in Dallas for over 10 years. In addition, she has worked with and for consumers as an advocate and educator as NAMI Texas Chair of the Public Policy Committee, President of NAMI Dallas and as a Family-to-Family Instructor and trainer both 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 Medical City Green Oaks Hospital.*

## **Pecan B**

**"Bridges to Hope"**

Karen Ranus

Because religion and spirituality often play a vital role in healing, it's common for families and individuals experiencing mental health issues to turn to a faith leader first for help. Yet faith leaders, staff and key outreach volunteers are often lacking the information, education and resources to be the "bridge to hope" needed as people navigate serious, sometimes life-threatening, mental health issues. In an effort to address this gap, NAMI Austin has developed a three-hour introductory interfaith training to equip faith leaders with the education and support they need to address this important and far-reaching public health issue. This session will give a quick overview of this new initiative, tools for promoting partnerships with faith

communities and ideas on how to engage faith communities in recognizing mental illnesses as the "casserole illnesses" they are.

*Karen Ranus is the Executive Director of the Austin Affiliate of the National Alliance on Mental Illness (NAMI Austin). She sits on the Children's Mental Health Leadership Team, the Board of the Mayor's Health and Fitness Council and the Travis County Behavioral Health Advisory Committee. She is a frequent presenter and trainer in the Austin area on topics ranging from teen mental health to mental health crisis planning and has published numerous articles on mental health. She recently developed a new three-hour training for faith community leaders which launched in May 2017. Her passion for providing mental health education in the Austin community derives from her own lived experience as the mother of three young adult children living with mental health conditions.*

## **Limestone II**

**"Radical Self Care"**

Julie Overstreet & Marcus Overstreet

Since much of what we as NAMI volunteers and family members do is happening through interpersonal contact, as our peers and loved ones face increased stress, those of us working with them also experience increased stress. Known as empathy fatigue, this stress can have a profound impact. Increased and chronic stress has numerous negative health consequences, including the obvious (hypertension, difficulty sleeping, lack of enjoyment of work) as well as immune dysregulation, negative emotionality, and effects on memory. Unresolved emotional issues we ourselves have can also be activated - or it can all simply become overwhelming. This can result in our being less willing or less capable of helping others. In this workshop, we develop skills for self-care, stress reduction, and for managing our own distress, so that we can be our best selves, even in the face of intense demands.

*Julie Overstreet is the Director of Outreach and Development for NAMI Brazos Valley. She is a NAMI-certified educator and support facilitator for both families and individuals living with mental illness. She is also certified by the National Council on Behavioral Health to instruct Mental Health First Aid. Most importantly, Julie is a peer and a family member, living well in recovery.*

*Marcus Overstreet is a Safety Professional in the manufacturing industry by day – and by night and on weekends, the Volunteer Peer Veteran Liaison for*

# Schedule of Events (cont.)

*NAMI Brazos Valley. He is certified by NAMI as an instructor and a support facilitator for both families and individuals living with mental illness. Marcus is both a peer and a family member, living well in recovery.*

## **Bluebonnet**

“Developing Resilience to Suicide through Skillfulness and Connection”

Michael Groat, Ph.D.

CEUs Available

Social connectedness, or lack of it, influences the degree to which humans experience themselves as human among humans, and able to reliably lean on others for support. Decades of research on human attachment demonstrates that the most powerful way to alleviate distress is through the internal experience of safety and emotional connection with trusted others. This presentation will explore the importance of secure connections as a way to relieve and prevent suicidal despair, as well as the role of increased skillfulness in managing distress. Secure connection and skillful living can do much to build resilience to suicidal despair.

*Michael Groat is the Executive Director of CooperRiis, a residential treatment program located in western North Carolina. Prior to joining Cooper Riis, Michael was associate professor of psychiatry and behavioral sciences at the Baylor College of Medicine in Houston, Texas, where he also served as Director of the division of adult services at the Menninger Clinic. Michael has long-standing interest in the role of connection and belonging in preventing and reducing vulnerability to suicidal states of mind.*

**12:30 - 1:45 p.m.** Luncheon Keynote

## **Lone Star Ballroom**

“The Texas Brain Health Center: A vision for transforming mental health care”

Stephen Strakowski, M.D.

CEUs Available



*Dr. Stephen M. Strakowski is the inaugural Chair of the Department of Psychiatry at the Dell Medical School at The University of Texas at Austin. Prior to joining the Dell Medical School team, he served as the Senior Vice President and Chief Strategy officer in UC Health (the academic health system associated with University of Cincinnati), and a Professor of Psychiatry*

*and Behavioral Neuroscience, Psychology and Biomedical Engineering at UC. Dr. Strakowski graduated summa cum laude from the University of Notre Dame with a BSE in 1984 and alpha omega alpha from Vanderbilt University School of Medicine with an MD in 1988. He completed his residency training at McLean Hospital/Harvard University School of Medicine in 1992. Upon completing residency, he moved to the University of Cincinnati as an Assistant Professor.*

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

## **Pecan A**

“Peer History Support – Why it Matters”

Michele Bibby

The workshop provides a historical review of mental health treatment. Laws and policies that impacted the lives of people living with mental health conditions, as well as the treatment they received, will be outlined. Focus will center on the creation of Medicaid, establishment of Community Mental Health Centers, creation of Supplemental Security Income and housing policy. The workshop will show how former patients began to gather as peers in response to abuse and neglect experienced in mental health hospitals. The session will explain how Peer Support emerged in the 1970s with the advent of drop-in centers and expanded through organizations like DBSA (Depression and Bipolar Support Alliance). The session highlights the power of peer support as a catalyst to recovery. The Texas requirements for peer specialist certification and public entities that employ peer specialists will be discussed. Possibilities for expansion and integration peer services will be discussed. The session concludes with Q&A.

*Michele Bibby enjoyed a 25-year career in Human Resources Management in the Private and Public Sector. Michele has a Professional in Human Resources (PHR) Certification. She is also a certified mediator and has a Bachelor’s Degree from The University of Texas at Austin. She is a Person In Recovery and has delivered highly successful mental health education workshops and public speeches. She targets many of her speaking engagements at the African American community due to the intense stigma regarding mental health issues in her cultural community. Michele previously served as the Statewide Consumer Coordinator for Via Hope, served on the HHSC Behavioral Health Advisory Committee and the HHSC Medical Care Advisory Committee by appointment from the HHSC Executive Commissioner. She is a Texas Certified Peer Specialist and has worked as a Peer Specialist at a state Hospital and a Local Mental Health Authority (LMHA).*



# Schedule of Events (cont.)

*Michele is owner of MAB Consulting Services, a mental health education and advocacy-consulting firm.*

## **Pecan B**

“Modern Approach to Crisis”

Megan Alvarado

Crisis Text Line, founded by social entrepreneur Nancy Lublin, is a revolutionary crisis hotline that utilizes a texting system to reach people, primarily teens, who are at risk for suicide. Sometimes people in crisis do not want to share their voices, but they can still be reached with this text-based system. Crisis Text Line trains willing volunteers and asks for at least two two-hour shifts per week. As a volunteer crisis counselor for this non-profit organization, she will speak to the training involved, what shifts are like, and give some examples of how this modern approach to crisis can be life-saving.

*Megan Alvarado is a Health Promotion student at the University of Texas at Austin and plans to graduate this December. She established the NAMI On Campus Club at UT Austin in the Fall of 2016 and has worked arduously to increase its visibility on campus. Megan has been volunteering with Crisis Text Line since October 2015. She plans to obtain a degree in mental health counseling and work with adolescents who engage in self-injurious behaviors.*

## **Limestone II**

“Person Centered Treatment Programs for Those Affected by Early-Onset Psychosis”

Meredith Stacy Jones

What do you do when you have a family member or loved one who one day wakes up and is having a complete break from reality? The signs and/or symptoms may have been there all along, but as we go through life, life happens and many signs go unnoticed; therefore, the DUP (Duration of Untreated Psychosis) extends further and further which lessens the chances of a successful recovery from an initial episodic break. What do the statistics say, what do you do for family support, what are some of the issues that were experienced or indicated as being the most challenging, and where do you go for help? Our presentation will cover all of that and more as we look to demystify the hopelessness and stigma associated with FEP and recovery. We will demonstrate how early intervention and person-centered treatment programs with shared decision making is an enhanced way to address these concerns.

*Growing up as an athlete, Meredith Jones learned very quickly the values of leadership, teamwork, work ethic and integrity. Most importantly, he knew what it took to overcome failure. Even though Meredith had many accomplishments throughout life living with an undiagnosed mental illness, he began self-medicating and developed an addiction. Meredith fell into a vicious cycle which resulted in numerous arrests and hospital stays, multiple drug rehabilitation centers and eventually a stint in prison. Now in recovery from addiction and with no psychotic experiences for the past 10 years, Meredith has dedicated his life to helping others find help through interventions, peer support services, addiction awareness and, most importantly, NAMI educational programs. Currently, Meredith works with the ClearPath (First Episode Psychosis) program with Bluebonnet Trails Community Services in Williamson County as a Recovery Coach/Education and Outreach Coordinator. He also facilitates numerous NAMI education classes and Certified Peer Specialist Endorsement classes, as well as Texas Offender Education Classes. His professional career in mental health and addiction recovery has spanned the gamut as he brings both personal and professional experience, vision, dedication and enthusiasm to a new movement in recovery support.*

## **Longhorn**

“Madhouse Blues”

Robert L. Taylor, M.D.

[CEUs Available](#)

Using opening comments from his new novel, *Madhouse Blues*, as an introduction, Dr. Taylor will explore the status of psychiatric hospital care based on an observational study of 17 different inpatient units in six states (CA, TX, AK, ID, AZ, and MT.) The presentation will highlight the major weaknesses and limitations as observed by a clinical psychiatrist with extensive organizational and managerial experience. The second part of the presentation will focus on alternatives. Non-hospital residential (24-hour) programs have been pioneered in England and in this country in California and Colorado. The presentation will end with making the case for rethinking the pivotal role that inpatient care has played in this country without significant advances in more than 50 years.

*Dr. Robert Taylor is a psychiatrist, writer, and consultant. He is a graduate of Baylor University and Baylor University College of Medicine; Psychiatry Residency at Stanford University School of Medicine; Training Specialist, NIMH, Director; Program Chief, Marin County Community*

# Schedule of Events (cont.)

*Mental Health; Consulting Psychiatrist to state departments of mental health in California and Texas; Associate Clinical Professor of Family Medicine, Stanford University; Director, Student Health Services, California State University; Medical Director, Charter Behavioral Health Systems; and Private Practice (Austin, Texas).*

## **Bluebonnet**

“Telepsychiatry 101”

Tarik Shaheen, M.D.

CEUs Available

There’s a national shortage of psychiatrists and a severe lack of access to quality mental health services in rural and underserved areas – but telepsychiatry can help. Dr. Tarik Shaheen is a leading expert in the field with nearly a decade of experience in psychiatry and telehealth services. Dr. Shaheen believes that when telepsychiatry services are delivered well, they are identical to in-person services. Implementing telepsychiatry services in your health system is simple when you’re equipped with proper guidance and knowledge – which is why Dr. Shaheen will explain everything from rules and regulations to establishing your program. Learn about the practice that is increasing mental health throughout the United States and ensuring that people everywhere get the care they deserve.

*Dr. Shaheen is a board-certified psychiatrist with specialized fellowship training in treating children, adolescents and their families. He founded Iris Telehealth with the goal of providing a more patient-friendly telehealth company that is able to quickly adapt to an organization’s needs. With over eight years of experience and training at the University of Virginia in telepsychiatry, Dr. Shaheen has learned the ins and outs of how to give great care via telemedicine.*

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

## **Pecan A**

“Challenge of Seeking Accommodations for Invisible Disabilities”

Joseph Meyer, MS, & Elizabeth Meyer

CEUs Available

The NAMI College Students Speak: A Survey Report on Mental Health (2012) and other studies have found that mental illness is a major reason why affected students drop out of school, that many students with mental illnesses encounter obstacles to receiving accommodations that might help them be more academically successful, and that

misconceptions about mental illnesses as codified in policies may contribute to barriers. This presentation will review and compare findings by NAMI, the American College Health Association (ACHA), National Center for Education Statistics (NCES) and other published literature on the topics of mental health disabilities and school accommodations. It will also compare school policies with ADA Amendments Act (ADAAA) implementing recommendations by the Association on Higher Education and Disability (AHEAD). Attendees will be invited to share positive or negative experiences when seeking school accommodations for mental illnesses. Possible strategies for seeking accommodations for mental illnesses will be discussed.

*Joseph Meyer is the father of a child on the autism spectrum who also has bipolar disorder with psychotic features. He testifies at state legislative hearings, speaks publicly about his experiences, and has appeared in short documentary films by The Mental Health Channel. He recently led a year-long exploration of mental illness at Texas State University that included participation by retired U.S. Representative Patrick Kennedy; documentary photographer Michael Nye and his “Fine Line” exhibit; psychologist and advocate Dr. Fred Frese; Mr. Robert Whitaker, author of Mad in America; and many others. He is a member of NAMI Austin, a regular participant in NAMIWalks, and a past presenter at the national NAMI convention in San Antonio.*

*Beth Meyer is the mother of a child on the autism spectrum who also has bipolar disorder with psychotic features. She has been his primary advocate in school IEP and ARD meetings. She has appeared in short documentary films by The Mental Health Channel and a showcase cinema event hosted by that organization. She is also a member of NAMI Austin and a regular participant in NAMIWalks. She works in a middle school special education Life Skills class.*

## **Bluebonnet**

“Crisis Intervention Model (Communicating to De-escalate)”

Sr. Corporal Herbert Cotner & Sherry Cusumano, MS, RN, LCDC

CEUs Available

Communicating with a person in crisis is very difficult. This workshop will cover specific skills needed to assist the student in developing an environment that is conducive to a communication process that will lead to de-escalating crisis situations. The importance of maintaining control over one’s own emotions and the use of the Crisis Intervention Model will be covered. The Crisis Intervention Model is the only model that is accredited by the American Association of

# Schedule of Events (cont.)

Suicidology and is widely used by Law Enforcement to handle individuals in acute crisis. The student will be able to implement this model in order to address family members, friends and individuals they come into contact with in order to help avoid the need for first responders while at the same time assisting the individuals to get the care they need.

*Sr. Corporal Cotner has served on the Dallas Police Department for over 30 years and has a Bachelor of Arts in Criminal Justice from the University of Texas at San Antonio. As Behavioral Health Liaison/Lead Instructor for Dallas Police Department (DPD), he has trained over 2,500 DPD officers in Crisis Intervention Training. Sr. Corporal Cotner was the recipient of the 2013 Sam Cochran Criminal Justice Award from NAMI. He is the current Vice President of the National Alliance on Mental Illness in Dallas, a Family-to-Family teacher, a State Instructor and a Family support group facilitator.*

*Sherry Cusumano, MS, RN, LCDC, works for Medical City Green Oaks Hospital. She currently serves as the President of NAMI Dallas and on the NAMI Texas Board of Directors. She is a Family-to-Family instructor and a state trainer for the course, as well. Her educational background is in professional nursing, chemical dependency counseling, and healthcare management. She has a passion for this work which stems from both her experience as a family member as well as her personal journey in recovery. Due to this passion she decided to pursue her education in the area of addiction and mental health treatment and has been providing these services in various settings and roles for 38 years.*

## **Limestone II**

**“Make Your Play, Make Your Life”**

Deborah Rosales-Elkins, MA

CEUs Available

Make your Play is based on the “FISH Books”: A philosophy that presents some new possibilities for our work and our lives. It is not a program to be taught and implemented; it is a philosophy to be explored, chosen, believed and practiced individually. The principals are designed to foster a better life at work; bring quality of life that is satisfying and meaningful; ensure the experience for the customer, both internal and external, is compelling and meaningful; bring out what is inside each of us: a deep source of energy, creativity and passion; and provide opportunities to make a difference.

*Deborah Rosales-Elkins joined NAMI Texas in 2016 as a Peer Policy Fellow through the Hogg Foundation. The focus of her position is to engage mental health consumers and to learn to advocate for mental health policy in Texas. Prior to joining NAMI Texas, Deborah worked as a Mental Health Advocate at Texans Care for Children, a Program Coordinator and Trainer for the Children’s Mental Health Partnership, a Clinic Manager and Staff Development Trainer for Planned Parenthood, and a Consultant Trainer for the Center for Health Training and the Minnesota Department of Human Services. She has a BS in Human Services and an MA in Human Development from the University of Saint Mary’s at Minneapolis, Minnesota.*

## **Longhorn**

**“NAMI AKA Partnership”**

Rosalind Anderson

The Alpha Kappa Alpha Sorority, Inc.<sup>®</sup> (AKA) and National Alliance on Mental Illness (NAMI) partnership is from 2014-2018. Alpha Kappa Alpha Sorority, Inc.<sup>®</sup> (AKA) and the National Alliance on Mental Illness (NAMI) have worked together to increase mental health awareness in the African American community. This presentation will identify the AKA-NAMI Planning Guide utilized to conduct events in the community. AKA Chapters in the State of Texas that are available to NAMI Affiliates in the State of Texas will also be identified. An AKA contact person will be provided with each inquiry. Graduate chapters of Alpha Kappa Alpha Sorority, Inc.<sup>®</sup> are identified in the presentation to encourage NAMI On Campus Clubs at the local level.

*Ms. Rosalind Theresa Anderson holds a Bachelor’s of Science Degree in Nursing Science from Howard University, Washington, D. C., and a Master’s of Science Degree in Nursing Science from The Catholic University of America, Washington, D. C. Ms. Anderson has extensive expertise in Nursing Education and the Clinical Nursing areas of Pediatric, Maternal–Child, Medical, Surgical, Orthopedic, Burn, Rehabilitation, Traumatic Brain Injury, Polytrauma and Mental Health. Ms. Anderson is currently employed as a Traumatic Brain Injury and Polytrauma Nurse Case Manager at the Veterans Affairs Hospital in Dallas, TX. Ms. Anderson serves on the Board of Directors of NAMI Tyler and is a member of Alpha Kappa Alpha Sorority, Inc.<sup>®</sup>*

# Schedule of Events (cont.)

## Pecan B

“How Social Media Affects Mental Health: The Positive and Negative Effects of Social Networking”

Cynthia Cunningham & Samantha Williams

When anything takes up a large amount of your time (whether it's work, your favorite TV series, etc.), it will have an impact on your health. Currently, there has been an increase in the question of how social media is affecting our mental health. Is the time spent social networking beginning to influence our mental health in a positive way or a negative one? Socializing with people is important for your overall well-being. Interacting with people via our phones and computers alone is not an adequate substitute for face-to-face connections yet it does have its benefits. This presentation aims to shine awareness on the good and the bad, as well as providing helpful ways to reduce harmful effects and maximize the potentially positive.

*Twelve years ago, bipolar was just a word to Cynthia Cunningham. But when her daughter started displaying symptoms, she knew she needed to learn all she could about mental illness. Her 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 decided*

*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. Although she does not hold a degree in mental health, she has more than earned her degree in life and is pleased to tell the story of her family's resiliency journey. And she is a proud mother of a stable daughter!*

*Samantha Williams is an individual living with a mental health diagnosis. She has been successfully living in recovery for five years. She uses her life experiences of living with bipolar disorder to show others that they can have hope too. 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.*

**5:15 p.m.** Exhibit Tables Close

**5:30 p.m.** NAMI Texas Peer Leadership Council Dinner  
**Lone Star Ballroom C**  
(by invitation)

**7:00 p.m.** Bingo  
**Lone Star Ballroom C**

## Saturday, November 4th

**7:00 a.m.** Registration Opens

**7:30 a.m.** Exhibit Tables Open & Continental Breakfast

**8:00 a.m.** NAMI Texas Annual Meeting  
**Lone Star Ballroom**



**8:30 a.m. Ask the Doctor**  
**Daniel Morehead, MD**  
CEUs Available

*Dr. Daniel Morehead is a psychiatrist in Austin, Texas. He received his medical degree from Texas A&M Health Science Center College of Medicine and has been in practice for more than 20 years. In this session,*

*Dr. Morehead will respond to questions from conference attendees. Question cards will be available prior to the session.*

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

**Longhorn**  
“A Multiple’s Perspective on Accepting the Diagnosis and Embracing the Journey”  
Tracy Green

This presentation initially entails the discovery, diagnosis, and treatment/management for someone living with Dissociative Identity Disorder (DID). It will include information about what a person who may be experiencing a triggering episode may need from those around them; particularly caregivers, medical personnel and law enforcement. Addressing the common behavior that people display such as fear and threat of danger when this diagnosis is disclosed will be a part of the conversation. Additionally, the presentation will include out-of-the-box thinking in an effort to help any individual of any age with a mental health diagnosis become as independent or as self-sufficient as possible. Ultimately, we want to know and show our capabilities. Finally, and maybe most importantly, remember that nature and the arts is in all of us,

## Schedule of Events (cont.)

not just some of us. Engage us in creative outlets such as music, gardening, journaling, prayer--all things beautiful. Challenge us and watch us blossom!

*Tracy Green is a Public Speaker, Storyteller, and Advocate who speaks openly and honestly about her experiences living with clinical depression, DID, and PTSD; the result of sexual abuse, alcoholism and domestic violence in the home and several incarcerations of a parent. Tracy's passion is educating and advocating for those living with DID and other mental health challenges. She contributes her success to her faith, her immediate family, and the professional community. Once teased as the "the girl whose daddy raped her", Tracy enjoys being known for earning her Bachelor's and Master's degrees while living with a mental health diagnosis and enjoying her life with her husband of 33+ years, their adult children and four grandchildren. Tracy is respected in her community and among her colleagues.*

### **Pecan A**

*"Texas Mental Health Policy Impact in Focus: The 85<sup>th</sup> Legislative Session and Beyond"*

Greg Hansch, MSW, & Deborah Rosales-Elkins, MA

This session will focus on updating participants on gains and losses for mental health advocates during the 85th session of the Texas Legislature. Insights on how new legislation affects family members and peers will be offered. Following the recap, ideas on future state-level mental health policy reforms will be shared by both the presenters and the participants. Participants are encouraged to be prepared to discuss the issues affecting individuals with mental illness and families in their respective communities. As a grassroots organization, NAMI Texas proactively seeks input from its local NAMI Affiliate organizations and members. This session will offer a formal opportunity for local NAMI Affiliate organizations and members to share input on what the NAMI Texas public policy team should work on leading up to and during the 86<sup>th</sup> session of the Texas Legislature. Together, #LetsMoveonMentalHealth and be leaders in the ongoing movement for mental health reform.

*Greg Hansch serves as Public Policy Director for the Texas State Organization of the National Alliance on Mental Illness (NAMI Texas). In this role, he oversees NAMI Texas' public policy activities statewide, coordinating with the local NAMI Affiliate organizations and members as well as representing the organization at the Legislature and the state agencies. From 2012 to 2014, he worked for NAMI Texas as*

*Policy Coordinator and participated in the Policy Fellowship Academy of the Hogg Foundation for Mental Health. He is a Licensed Masters Level Social Worker in the State of Texas. He holds a Bachelor's degree in Government and Politics from the University of Maryland and 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.*

*Deborah Rosales-Elkins joined NAMI Texas in 2016 as a Peer Policy Fellow through the Hogg Foundation. The focus of her position is to engage mental health consumers and to learn to advocate for mental health policy in Texas. Prior to joining NAMI Texas, Deborah worked as a Mental Health Advocate at Texans Care for Children, a Program Coordinator and Trainer for the Children's Mental Health Partnership, a Clinic Manager and Staff Development Trainer for Planned Parenthood, and a Consultant Trainer for the Center for Health Training and the Minnesota Department of Human Services. She has a BS in Human Services and an MA in Human Development from the University of Saint Mary's at Minneapolis, Minnesota.*

### **Pecan B**

*"Surviving Secondary Trauma: Resiliency and Self-care for Providers Serving Post 9/11 Military Populations and Their Families"*

Beth Boone, Licensed Psychologist, Ph.D., LPC-S, LSSP

[CEUs Available](#)

Information on self-care for behavioral health and healthcare providers for military populations and families. This workshop will review research on the impact of secondary stress on mental/behavioral health workers and organizations and provide suggestions for effective interventions to promote provider resiliency. Unique characteristics typical of helping professionals that can contribute to secondary stress will be illuminated, and vulnerabilities associated specifically with working with post-9/11 service members and veterans will be discussed. This presentation offers easily implemented suggestions for interventions at both the individual and organizational level so that symptoms of compassion fatigue and secondary stress are understood and minimized, compassion satisfaction is maximized, and self-care is easily implemented for workers in settings serving military populations. Assessment and self-assessment tools to monitor symptoms and extend research in this area will be introduced. Insights from providers in the field will be part of this presentation, suggesting new areas for study.

# Schedule of Events (cont.)

*Beth Boone, Ph.D., is a Licensed Psychologist, LPC-S and LSSP, with experience, knowledge, and expertise working with military, parents, and children for 16 years. She has a Ph.D. in Counseling Psychology from Texas A&M University in College Station and an M.Ed. in Educational Psychology and Counseling from the University of Houston. Her areas of expertise include Post-traumatic Stress Disorder, Domestic Violence, Sexual Assault, Substance Abuse Treatment, and Expressive Arts Therapies. She works with clients of all ages, including children and adolescents. Her background and experience as a teacher and a School Psychologist prior to her doctoral program give her abundant knowledge in helping childcare workers and early childhood teachers understand the stresses of military life.*

## **Bluebonnet**

“Humor, Play and Family Therapy”

Paul A. Jurek, Ph.D., LPC-S, LMFT-S

CEUs Available

Laughter and humor have been described as the best medicine. How this may apply to working with families in a systematic approach to therapy is the topic of this workshop. Laughter is contagious and can create positive energy among individuals facilitating a favorable connection within a family. In treatment, laughter and humor offer a different function and a different aspect in building healthy family relationships. This relational tool can enhance bonding and communication as family members spend time together, share common interests, and participate in fun activities. This program will help the therapist distinguish between helpful and negative humor. Laughter is an effective coping strategy used to break down tensions and to diminish negative emotions. We are all programmed to play. It is something we all have in common. Play is fun and breaks down barriers. This mindset is spontaneous and does not create a “succeed or no succeed” environment.

*Paul A. Jurek, Ph.D., is the Clinical Director of Texas Woman’s University Counseling & Family Therapy Clinic. He has worked in the field of mental health for 46 years. He has experience working in the Texas MHMR system, federal government and private practice. Dr. Jurek has degrees in drama, psychology, and child development.*

## **Limestone II**

“Self-Care Reflections – Filling Up Our Wells”

Vicki Bradley, Ph.D. & Brenda LaVar, Ph.D.

CEUs Available

As NAMI family members and caregivers, we are often poised and well-positioned to take care of others, but often forget to

care for ourselves. Self-care may seem like a luxury we can ill afford to lavish on ourselves when people we love need us so much. However, our self-care can actually help us to help them. When we are physically, mentally, emotionally, and spiritually healthy, we are better able to help them. The key to implementing self-care is to choose what works for each of us individually. This fun interactive workshop will provide an easy-to-use way to create your own list of self-care options and imagine ways to encourage your self-care.

*Vicki Bradley received her doctoral degree in cultural anthropology in 2001. She has spent the last sixteen years learning about caregiver self-care professionally as a researcher, author, workshop facilitator, and college instructor. Personally, Vicki has experienced how her self-care has positively impacted her ability to help her family members who have the lived experiences of mental illness.*

*Dr. LaVar has more than 40 years of behavioral healthcare experience and is the Community Representative for Correct Care Solutions’ Montgomery County Mental Health Treatment Facility. Dr. LaVar previously was the Assistant to the Director of the Broward County Family Success Administration Division and served as a Sterling Examiner, while having responsibility for Joint Commission, CARF and COA Accreditations in three Divisions. She serves on the Board of Directors for NAMI Greater Houston and is a past 1st Vice President of the National Board of NAMI. She has also served on the SAMHSA Advisory Board for Women’s Issues and as a consultant to the GAINS Center as well as project reviewer for the Robert Wood Johnson Foundation.*

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

## **Bluebonnet**

“Family Therapy Interventions with the IDD Population”

April Dodson, M.S., LMFT; David W. Horton, M.S.S.W., LMFT-A; Paul Jurek, Ph.D., LMFT-S, LPC-S; & Pam Rinn, Ph.D., LMFT-A.

CEUs Available

One to three percent of the American population has an intellectual or developmental disability, with 30 to 40 percent likely to have a concurrent mental illness. The presenters will discuss the unique stages, roles, and needs of this population’s mental health, including prominent concerns the IDD population and their systems present to a therapist. Included will be the various cognitive levels of the IDD population and limitations those levels may present during the therapy process. The speakers will discuss the life stages of this population and the various difficulties the system will face during those stages, such as grief, family dynamics, transitions, school interventions, and social challenges. The system

## Schedule of Events (cont.)

managing IDD challenges has overlapping and stressful roles. The presenters will address the roles of the parents, siblings, and caretakers. Lastly, the presenters will also address therapy barriers for therapist awareness and intervention techniques within the IDD system.

*April Dodson, M.S., LMFT, is the Director of Bryson Family Therapy Services, which serves the disabled population. Mrs. Dodson's work focuses on family systems challenged by the dual diagnosis of disabilities and mental health issues. Her role includes working with families in various life stages, from childhood to retirement. Her strengths are in the area of dual diagnosis, disabilities, state agencies, and mental health. This presenter spoke on mental health and IDD at community and state workshops.*

*David W. Horton is a doctoral student in Family Therapy at Texas Woman's University. He is serving on several disability-related boards, including the Arc of Denton County, the Arc of Texas, and the Sibling Leadership Network. He is a person with a disability and understands the challenges that those with disabilities encounter, as well as the impact of disability on the family system.*

*Paul A. Jurek, Ph.D., is the Clinical Director of Texas Woman's University Counseling & Family Therapy Clinic. He has worked in the field of mental health for 46 years. He has experience working in the Texas MHMR system, federal government and private practice. Dr. Jurek has degrees in drama, psychology, and child development.*

*Dr. Pam Rinn has more than 25 years of experience facilitating professional development for staff in community outreach programs. She also partners with children, youth, adults, and families to promote optimal environments for thriving. Her philosophy is to nurture the whole person by celebrating individual uniqueness and working to strengthen the environmental system.*

### **Pecan A**

**"Turning Challenges into Positives: Recovery from a Mom with Schizophrenia"**

Alexandra (Sandy) Georgas Hosbach

The purpose of this presentation is to provide practical guidance on how to heal from the effects of having a mom suffering with schizophrenia, based on Alexandra's personal journey of recovery. Alexandra shares her story of how

having a mom with schizophrenia affected her (covering both difficulties and positive effects) and how she recovered and overcame the special challenges she faced due to her mom's limitations. Her story is one of insight on how to help children and teens with parents struggling with mental health issues.

*Alexandra (Sandy) Georgas Hosbach is an author, international speaker, and performing songwriter who has a heart for people with mental illnesses and their loved ones. A graduate of Second City in Chicago, Alexandra peppers her work with humor. Her book, *Mom and Me: My Journey with Mom's Schizophrenia*, is a success story of learning to love and support her mom to recovery. Her CD, *The Real Deal*, contains original songs that tell stories of her life. Alexandra is a supporter, speaker and Family-to-Family teacher for NAMI of DuPage County in Illinois, plus a member of the Associate Board of Thresholds, an organization that provides stellar mental health services and housing in the Chicago area. She has a Master's degree from DePaul University and has spoken at technical conferences throughout the United States, Europe and South America.*

### **Pecan B**

**"Communications Tools for NAMI Affiliate Leaders"**

Stacy Hollingsworth, PMP, CSM

Communication is an essential component of NAMI Affiliate operations. It generates public interest in the organization, encourages donations, and keeps members apprised of activities. This workshop will explore a variety of common communication tools and techniques including websites, social media, newsletters, and email marketing. Participants will also have an opportunity to share successful approaches their NAMI Affiliate is using to leverage the power of communication to further the organization's mission. This workshop is intended for NAMI Affiliate leaders, but all are welcome to attend.

*Since her life was personally touched by mental illness, Stacy Hollingsworth, PMP, CSM, has been a proponent for improved mental health services and supports. After founding NAMI Rutgers, an award-winning campus mental health organization, she became involved with NAMI State Organizations. Over the years, she has completed internships at NASA's Kennedy Space Center and the NJ Governor's Council on Mental Health Stigma, as well as shared her story with news outlets such as PBS, MTVu, and The New York Times. At present, she serves as a consultant for NAMI Texas, primarily working on Standards of Excellence and*

## Schedule of Events (cont.)

communications projects. 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, Project Management Professional (PMP) certification, Certified Scrum Master (CSM) certification, and several healthcare certifications.

### Limestone II

"Medications for What Ails You: Things You Should Discuss with Your Prescriber"

Melinda G. Fierros, M.D.

CEUs Available

Medications for mental health ailments are sometimes necessary, just as insulin is needed for diabetes. It is important for patients to be familiar with the different medication classes, their indications, and their side effects, so that they can be informed patients who actively participate in their treatment. This talk will inform the patient with mental illness how to get the most out of their relationship with their prescriber.

*Dr. Melinda G. Fierros was honored to provide 11 years of psychiatric service to her brothers and sisters in uniform and their families. She is a Board-Certified Child, Adolescent, and Adult Psychiatrist, and she is an Adjunct Faculty Member with the University of Texas Health Science Center San Antonio, through which she served as a teacher, supervisor and mentor to residents and fellows. She served as Lackland Air Force Base's Disaster Mental Health Team Chief for two years, aiding Tri-service members in times of crisis. She was the Air Force Team Lead for the Congressional Joint Incentive Fund Project, and developed a model for integration of the Chaplaincy into the Air Force Outpatient Mental Health Clinics. Dr. Fierros served as the Mental Health Subject Matter Expert at the Genomics in Military Medicine/Precision Medicine Symposium. She is currently the Medical Director at the Stephen A. Cohen Military Family Clinic at Family Endeavors in San Antonio, Texas.*

**12:30 p.m.** Exhibit Tables Close

**NAMI Texas Peer Leadership Council Art and Relaxation Center will be open throughout the conference. The Center will be located in the Armadillo Room.**



# NAMI Texas Board Candidates

## *Meet the Candidates ~ Election 2017*



### **John Dornheim - At-Large**

I am a man living with long-term mental illness who believes in recovery and who cherishes my fellow peers and the long roads they travel. I have been a NAMI member since 1999, have completed one three-year term on the NAMI Texas Board, and am a Family-to-Family Teacher, Friends and Family Teacher and Mental Health First Aid Instructor. I hope my many years of board experience helps keep NAMI Texas as the leader in Texas mental health policy.



### **Herbert Cotner - At-Large**

Throughout the course of my life, both personally and as a police officer, I have seen how stigma and support affect those with a lived experience and their families. During the last 10 years, I have taught countless first responders how to recognize and calmly defuse situations so that everyone can get the help they need. I believe that organizations, like NAMI, are imperative in improving the lives of those with a lived experience and their families. My background and training make me ideal for continuing NAMI's legacy of advocacy and education.



### **Cindy Swain - Region 5**

A member of NAMI since 2013, I have completed one term on the NAMI Texas Board of Directors serving as the board recording secretary and the state education committee chair. I am a state trainer for NAMI Basics and Family-to-Family and a Family Support Group facilitator. I am teaching the first online NAMI Homefront national online class beginning August 8, 2017. I have served on the boards of Texas Council on Developmental Disabilities, Council on Advising and Planning, Task Force for Children with Special Needs. I currently serve on the Children's Commission Foster Care Discipline Workgroup and AVFAC, the CTX Veterans Family Advisory Council.



### **Sherry Cusumano - Region 2**

I am a family member and in recovery myself. I'm highly motivated to assist with helping others to achieve a better understanding of mental illness and help others to find recovery. I have served on 2 local NAMI Boards and assisted with increasing visibility and funding in both cases. I also have experience with serving on the NAMI Texas Board and enjoy being the chair of the Public Policy Committee. NAMI Texas has become very strong in the area of Public Policy due to the superb work of our Public Policy Director. I want to continue to support that success.



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

*NAMI Texas is pleased to honor the recipients of the 2017 NAMI Texas Awards.  
These Awards recognize these champions of mental health in Texas.*

---

**Charley Shannon Advocate for Justice Award**

Senator John Whitmire

**Betty Fulenwider Media Award**

Emily Foxhall, *Houston Chronicle*

**Mental Health Professional of the Year Award**

Sharon Butterworth

**Volunteer of the Year Award**

William Boyd

**Mark Korenek Consumer Quality of Life Award**

Meredith Stacy Jones

**Jackie Shannon Enduring Volunteer Award**

Sharon DeBlanc

**Dedication to the Cause Award**

Eric Kunish

---

The Charley H. Shannon Advocate for Justice Award recognizes a person who daily strives to improve legislation, laws, and conditions of the mental health arena

The Betty Fulenwider Media Award is awarded to a person in print or media who actively seeks and accurately covers stories on mental health. The winner is not afraid to report the injustices those with mental illnesses face and pushes to report the successes in the mental health field.

The Mental Health Professional of the Year Award goes to a professional who goes above and beyond the normal performance expectations to ensure excellent treatment, promote recovery, reduce stigma, and show compassion.

The NAMI Texas Volunteer of the Year Award is presented to a NAMI member who has given selflessly of their time in the past year to support NAMI Texas and local Affiliates' mission and activities.

The Mark Korenek Consumer Quality of Life Award is given to a consumer who fearlessly shows the world what recovery means by speaking out and advocating for the rights of people diagnosed with a mental illness.

Our Jackie Shannon Enduring Volunteer gives recognition to a NAMI member for their consistent dedication and effective work over many years not only in a local Affiliate, but also as a volunteer for NAMI Texas.

The Dedication to the Cause Award is given out to recognize tireless and ongoing dedication to the mission of NAMI Texas.

# Exhibitors



CENTER FOR  
COGNITION AND RECOVERY



**Baptist**  
Hospitals of Southeast Texas



The Steven A. Cohen  
Military Family Clinic  
at Family Endeavors, Inc.

Special thanks to:



TEXAS COUNCIL *for*  
DEVELOPMENTAL  
DISABILITIES

**Exhibitor Hours:**

Friday from 7:30 a.m. - 5:15 p.m.  
Saturday from 7:30 a.m. - 12:30 p.m.

**Location:**

Exhibitor tables will be located in the hallways outside the Lone Star Ballroom and breakout rooms.

# Hotel Map

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



## Floor Plans

