

# NAMI NORTH CAROLINA ANNUAL CONFERENCE

\*PLEASE NOTE, AGENDA IS SUBJECT TO CHANGE\*

## DAY 1: CREATING COMMUNITY SOLUTIONS POST SANDY HOOK

...ENGAGING YOUTH AND FAMILIES, MENTAL HEALTH, LAW ENFORCEMENT AND SCHOOLS

8:30-9:00am

### REGISTRATION

9:00-9:15am

### WELCOME

*Vickie Carpenter, President, NAMI NC*

*Welcome and Remarks from Attorney General Roy Cooper*

9:15-10:15am

### KEYNOTE ADDRESS

**Thinking Carefully about Gun Violence and Mental Health: Balancing Risk, Rights, Rhetoric, and Research for More Effective Policies**

*Jeffrey Swanson, PhD, Duke University School of Medicine*

This session presents a public health model of gun violence and suicide that situates mental illness as a risk factor within larger social determinants of violence. The presenter will critically evaluate public policy approaches to reducing gun violence in relation to mental illness. Legal and policy reforms are needed that will effectively prevent firearms violence and suicide, while safeguarding civil rights and minimizing the stigma of dangerousness linked to mental illness in public opinion.

***Educational Objectives:***

Participants will be able to discuss the link between gun violence and suicide and mental illness, in the context of other risk factors for firearms injury and mortality

Participants will be able to describe the effectiveness and potential unintended consequences of current laws and policies intended to restrict access to firearms for people with mental disorders

Participants will be able to identify emerging options for law and policy reforms to prevent gun violence, including policies focused on campus safety and the small proportion of persons with mental illness who may pose a risk of violence

10:15-10:45am

### BREAK & EXHIBITS

10:45-12:00pm

### CONCURRENT WORKSHOPS (BREAKOUT 1)

1 **Sticks and Stones, Facebook and Phones**

*Sandra Wartski, Psy.D., Silber Psychological Solutions*

*Eli Jerchower, Psy.D., Silber Psychological Solutions*

Bullying and violence have become more complex in our current culture, but there are strategies for intervening. This workshop will allow participants to develop understanding about the patterns, characteristics and signals of possible bullying which can be invaluable to families and all those who work with children. We will also examine the connection between bullying and violence, become informed about some of the roots of violence and consider ways to potentially intervene, including some focus on the myths about mental illness and violence. We will be focusing on prevention strategies as well as secondary and tertiary interventions, including the inclusion of supporting resiliency factors for recovery and healing.

***Educational Objectives:***

Participants will be able to identify different types of bullying, characteristics of bullies/victims, and impact of bullying

Participants will be able to identify signs that a child is being bullied and strategies to intervene & support victims of bullying

Participants will be able to describe myths and truths about mental illness and violence

Participants will discuss ways to support positive resilience factors following crisis

2 **Providing Teens with the Means to Recognize Issues and Implement Strategies to Avoid Violence**

*Loryn Upham, CEO and Founder of Lady Like, Inc.*

This presentation will incorporate psycho-education regarding the teen brain and emotional mind and the importance of self awareness. The group will discuss how thought leads to emotion, emotion leads to action, and how action then impacts self and others. Some of the strategies that will be discussed: being proactive and communicating, making choices for self improvement, and ensuring no child is left behind. Strategies will be provided to help caregivers support, nurture, protect and provide outlets for teens. Discussion: presenting actual cases from presenters and audience and discussing possible resolutions.

***Educational Objectives:***

Participants will be able to describe how to relate to the teen mind by stepping into teen emotion with role play

Participants will be able to identify low level cues to increase awareness

Participants will be able to identify resources in the community to provide choices and options to resolve conflict

Participants will be able to discuss how to coach and support without judgment in order to promote effective communication and bridge generational gaps

**3 Clinical Research Results in a Pediatric Population with Early-Onset Schizophrenia Spectrum Disorders**  
*TC Bethea, MD, University of North Carolina Chapel Hill ASPIRE program*

This presentation will review the findings of a study evaluating the effectiveness of Ziprasidone. The presentation will include data on efficacy, tolerability, and safety. The presentation will also review suicidality and violence in the context of mental illness and the role that medication may play in primary prevention and intervention.

***Educational Objectives:***

Participants will be able to discuss a brief review of suicidality and violence in individuals with serious mental illness

Participants will describe the effectiveness and side-effects of Ziprasidone in youth with schizophrenia spectrum disorders

Participants will be able to list the acute vs. longer-term treatment response

Participants will be able to discuss a summary of effective interventions for suicidality and violence in individuals with serious mental illness

**4 Less Drama...Less Trauma – Collaboratively Engaging At-Risk Youth**

*Senior Officer Graham Witherspoon, Raleigh Police Department Family and Youth Services*

This workshop will discuss the benefits of Law Enforcement's involvement in our classrooms and schools. Senior Officer Witherspoon will focus on discussions about collaboratively working with all members of the school support team and other state and community agencies for the benefit of our youth.

***Educational Objectives:***

Participants will be able to explain when to involve Law Enforcement

Participants will be able to demonstrate possible gang participation identification, interventions and prevention activities

Participants will be able to describe how Law Enforcement collaboratively works with at-risk youth to prevent their school drop-out and/or referrals to Juvenile Justice or the Criminal Justice system

**5 Building Every Chance of Making it Now and Grown Up (BECOMING) – Working with Transition Age Youth**

*David Curry, PhD, Alliance Behavioral Healthcare / BECOMING*

*Nikeya Cole, LPC, Alliance Behavioral Healthcare / BECOMING*

This workshop will provide information about BECOMING, a SAMHSA funded grant project serving transition age youth in Durham County. BECOMING serves 16-21 year olds with mental health challenges who are struggling to make the transition to adulthood and have become disconnected from needed services and supports.

***Educational Objectives:***

Attendees will discuss the challenges currently facing transition age youth

Attendees will hear first-hand from a BECOMING youth about the challenges (s)he faces as (s)he transitions to adulthood

Attendees will describe the BECOMING project including current data and how the project is being implemented in Durham

12:00-1:20pm

**LUNCHEON**

**One mother's story: Learning to live "The Promise" after losing a child in Sandy Hook**

*Nelba Márquez-Greene, Mental Health and Relational Wellness Director and a member of the Sandy Hook Promise Executive Committee.*

Ms. Nelba Márquez-Greene will discuss her personal journey with the loss of her daughter and the amazing work in the arena of mental health and wellness being explored through Sandy Hook Promise. Sandy Hook Promise (SHP) is comprised of two nonprofit corporations – SHP Foundation and SHP Action Fund. Two organizations allow SHP to fulfill its overall mission of helping our community heal, researching and implementing common sense solutions to the causes of gun violence as well as influencing legislators and engaging constituents in the legislative process.

***Educational Objectives:***

Attendees will hear the personal narrative from the mother of a Sandy Hook victim

Attendees will learn of the work of Sandy Hook Promise

Attendees will be called to action

1:20-1:30pm

**BREAK & EXHIBITS**

1:30-2:30pm

**CONCURRENT WORKSHOPS (BREAKOUT 2)**

**1 Improving School Climate and Outcomes with Behavior Intervention & Support**

*Heather Reynolds, MS, Positive Behavior Intervention & Support Consultant, NC Department of Public Instruction*

Positive Behavior Intervention & Support (PBIS) is an evidence-based framework for improving school climate. Schools that implement PBIS with fidelity also document decreases in problem behavior and increases in student achievement, including graduation rates. This session will share the critical features of PBIS as well as the documented outcomes in North Carolina's public schools.

***Educational Objectives:***

Participants will be able to discuss the critical features of PBIS implementation that contribute to school improvement

Participants will be able to discuss the gains that PBIS schools are reporting

## **2 Rescuing Children from the Gaps in North Carolina's Mental Health System**

*Jennifer Bills, JD, Disability Rights NC  
Iris Green, JD, Disability Rights NC*

Many children with mental health needs in North Carolina are struggling to access the services they need, which is affecting all areas of their life. Disability Rights NC will give an overview of the system gaps it has identified in screening and treatment and provide the basics of the legal rights of children to receive medically necessary behavioral healthcare services. The focus of the session will be using those legal rights to access and protect such services, even as the system changes.

***Educational Objectives:***

- Participants will gain a better understanding of the problems in the mental health system in NC for kids
- Participants will learn how to equip parents and other advocates for children with advocacy tools to help ensure children receive appropriate screening and medically necessary mental health services
- Participants will gain information needed to help advocate for children as the mental health system in NC continues to undergo changes
- Participants will have improved advocacy skills regarding navigating managed care organizations to improve access to services for children, with skills and knowledge that will also be applicable to services for adults

## **3 Connecting the Dots for Students with Disabilities**

*Speaker to be determined*

Educating students with mental health concerns requires more than a good Individualized Education Program (IEP). Educators, families and students must work together collaboratively and effectively using a variety of tools to successfully support the student's needs. This session will present the essential components of and connect the dots between the Individualized Education Program (IEP), Functional Behavioral Assessment (FBA), and Behavior Intervention Plan (BIP) to keep kids in school.

***Educational Objectives:***

- Participants will be able to discuss the essential components of the IEP, FBA and BIP
- Participants will be able to discuss how each of the tools fit together to effectively support the student
- Participants will identify strategies for using the tools to keep kids in school

## **4 Youth Making Headlines: Many Questions, Few Answers**

*Dr. John Diamond, Brody School of Psychiatry, East Carolina University*

This special "Ask the Doctor" presentation will highlight the speculative biopsychosocial contributions to violence and possible preventive techniques. The presentation will be followed by an audience led discussion about concerns and what can be done now.

***Educational Objectives:***

- Participants will be able to discuss clinical concerns that may lead to violent outcomes
- Participants will be able to discuss psychiatric conditions that may place youth at greater risk
- Participants will become familiar with the sociocultural climate that seems to heighten the risk of violence

## **5 Why are Early Childhood Social-Emotional and Mental Health services important and essential to the Mental Health System in North Carolina?**

*Evette Horton, UNC Horizons, North Carolina Infant/Young Mental Health Association  
Alexandra Morris, MSW, Programs Coordinator, KidSCope  
Lara Keble, LPA, Early Childhood Mental Health Consultant, KidSCope*

Recent research has made it increasingly clear that adverse experiences during the period of birth to five years have an enduring impact on the developing brain and body and can set a negative course for a child's life. Environmental factors have the capacity to either exacerbate or buffer these harmful effects. This session will provide an overview the North Carolina Institute of Medicine Young Children's Social-Emotional Development and Mental Health in North Carolina and identify evidence-based mental health interventions and early education strategies that support building protective factors in child-family and child/caregiver relationships.

***Educational Objectives:***

- Participants will explain how environmental factors affect the young child's developing brain and body
- Participants will explain the North Carolina Institute of Medicine Young Children's Social-Emotional and Mental Health Study
- Participants will identify how to access information about at least four evidence-based interventions for work with young children and their families through 1) mental health, or 2) early education
- Participants will identify state and local resources and community services that support families

2:30-3:00pm

## **BREAK & EXHIBITS**

**CONCURRENT WORKSHOPS (BREAKOUT 3)****1 Legal Issues in School Bullying and Harassment**

*Kathy Boyd, JD, Senior Staff Attorney, North Carolina School Boards Association*

This session addresses legal rules that impact schools' response to bullying, cyberbullying, and harassment. Schools must both respect student First Amendment rights and meet their obligation to prevent and address bullying and harassment. The presentation will include a discussion of schools' obligations under the NC school bullying statute, legal issues surrounding failure to respond in a reasonable manner, and the legal issues surrounding student speech and cyberspeech that might be perceived as harassing and bullying.

***Educational Objectives:***

Participants will develop a basic understanding of how schools define bullying and harassment

Participants will develop a basic understanding of school districts' obligations under the NC School Bullying law

Participants will develop an understanding of school officials' obligations when presented with a complaint of bullying/harassment

Attendees will develop a basic understanding of the legal protections available to students who are bullied or harassed

Attendees will develop a basic understanding of how school officials should respond to bullying and harassment and to student speech that is offensive but protected by the First Amendment

**2 My Summer with Milo**

*Susan Davis, author of mysummerwithmilo.com*

This session will provide insight into a parent's perspective on living with a child with severe mental illness. Milo is 9 and has been diagnosed with bipolar disorder. Ms. Davis will share how Milo's illness has taken a toll on the entire family and has required the entire family to spend their reserves on the neediest member. She will raise your awareness and take you through a range of emotions as she shares stories of her summer with Milo.

***Educational Objectives:***

Participants will describe what children with bipolar disorder think and say about themselves, their feelings and what other people say and feel about them

Participants will discuss how to listen and talk to the parents and caregivers of children with mental illness

Participants will list skills to help them advocate for children with mental illnesses

**3 It's Ok 2 Ask About Suicide**

*Sherry Lehman, MEd., LPC, North Carolina Division of Public Health*

This will be a one-hour, interactive presentation about youth suicide prevention. Participants will get to see one of the few websites in the country designed specifically for youth on suicide prevention, they will view the commercial designed by the Suicide Prevention Youth Advisory Council and participants will learn the basics about how to recognize signs of suicidal ideation and what to do about it.

***Educational Objectives:***

Participants will be familiar with the Itsok2ask website

Participants will describe the 2013 Suicide Prevention Youth Advisory Council

Participants will explain the signs and symptoms of suicide and how to keep someone safe

**4 NC New School Safety Initiatives**

*William Lassiter, Deputy Director, North Carolina Safer Schools Initiative*

This session will discuss the new Center for Safer Schools' mission and how the Center for Safer Schools can be a resource to school personnel, parents, mental health professionals, students and all others concerned about school safety. Participants will also learn about the latest school violence research and trends. This session will also present the recently passed school safety legislation and how it may affect stakeholders interested in making North Carolina's schools safer places.

***Educational Objectives:***

Participants will be able to discuss the new Center for Safer Schools and how it can be a resource to school staff, mental health professionals, parents, law enforcement and all other stakeholders interested in school safety

Participants will be able to describe recommendations made in the Governor's Report on School Safety

Participants will be able to explain school safety legislation passed this year and how it may affect them

**5 Improving Early Identification and Early Intervention in Children's Mental Health**

*Sita Diehl, MA, MSSW, LAPSW, NAMI Director of State Policy and Advocacy*

This session will focus on the importance of the early identification of emerging mental illness and linking children and youth with effective mental health services and supports. It will highlight the important role that schools and primary care providers can play in helping to ensure early identification and early intervention, along with promising practices that exist around the country. The session will also highlight the early identification requirements under Medicaid and what will be covered for screening and assessments under the ACA.

***Educational Objectives:***

Participants will discuss national state of affairs re: early identification & intervention. The number of children & youth with mental health conditions, including the number identified & the typical length of time it takes for those in need of mental health services to receive them.

Participants will explain the role of schools and primary care providers in helping to ensure early identification and early intervention and the support they need from community organizations and other stakeholders to help make it happen.

Participants will describe what the Medicaid program requires in early identification and early intervention and how implementation of the Affordable Care Act will impact these issues.

Participants will learn what providers, advocates and other stakeholders can do to help ensure that policy changes are made that will improve the early identification of emerging mental illness and early intervention.

4:00-4:10pm

## TRANSITION/SHORT BREAK

4:10-5:00pm

### Closing Plenary: The DHHS Vision for a responsive Mental Health System

Dr. Ben Matthews, Director of the new Safe and Healthy Schools Support Division and Dave Richard, Director, Division of MHDDSSAS representing Department of Health and Human Services (DHHS) and Dr. Robin Jenkins, Department of Public Safety (invited) will review collaborative initiatives including the Safer School Initiative, improvements in service delivery for professionals engaged with children and youth, and other community efforts for solutions to the challenges NC and our nation face in rebuilding our mental health system through changes in schools, public safety, community support, and treatment.

#### ***Educational Opportunities:***

Participants will discuss how DHHS intends to improve the Mental Health System while working with government & community partners

Participants will be able to explain school safety legislation passed this year and how it may affect them

Participants will discuss resources in the community to better help children, adolescents and families dealing with mental illness

6:00pm

### Choices in Recovery—Dinner and Presentation

*NAMI's 2013 Exemplary Psychiatrist Award to be presented to Dr. Daniel William Bradford, M.D., M.P.H., Durham VA*  
(reservations required)

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## DAY 2: NAMI NORTH CAROLINA ORGANIZATIONAL GROWTH AND DEVELOPMENT

8:30-9:00am

### REGISTRATION

8:30-11:30am

### VOTING (all NAMI members are eligible to vote; one per family membership)

9:00-9:15am

### WELCOME

#### PLENARY SESSION – PART 1

#### WHAT'S THE SECRET POWER OF A NAMI AFFILIATE? (HINT: IT'S RIGHT IN YOUR COMMUNITY!)

*Majose Carrasco, M.P.A., Director, Multicultural Action Center, NAMI*

*Valerie Hunter, M.A., M.F.T., O.T.R., National Consultant, Organizational Learning, NAMI*

To carry the power of the NAMI mission through our education, advocacy and support offerings, we must challenge ourselves to become stronger and better at what we do. This session will help you tap into smart strategies and new communities so that YOUR NAMI organization can become stronger and better at what it does. Learn how to leverage the power of community to make a larger impact. By assessing your organization's strengths, opportunities, aspirations and desired results; learning about best practices and successful approaches for engaging a broader segment of the community; and creating clear, immediately actionable next steps, you will leave this session excited about the impact you can have, right in your community!

#### ***Educational Objectives:***

Participants will discuss how to assess whether their organization represents their local community

Participants will be able to identify strengths, opportunities, aspirations and desired results for their organization

Participants will be able to hear about and choose best practices and successful approaches they can use for engaging a broader segment of their community

Participants will leave with a written plan with immediate next steps so that they can engage, and become more representative of, their communities

10:15-10:45am

### BREAK AND EXHIBITS

10:45-11:45pm

#### PLENARY SESSION – PART 2

*Majose Carrasco, M.P.A., Director, Multicultural Action Center, NAMI*

*Valerie Hunter, M.A., M.F.T., O.T.R., National Consultant, Organizational Learning, NAMI*

11:45-1:15pm

#### Awards Luncheon and Annual Business Meeting

*Vickie Carpenter, President, NAMI North Carolina*

*Jack Glenn, Treasurer, NAMI North Carolina*

1:15-1:30PM

### BREAK AND EXHIBITS

1:30-2:30pm

## CONCURRENT WORKSHOPS (BREAKOUT 1)

### 1 A 2 Prong Approach to Membership

*Speaker to be determined*

Membership is a 2 prong approach: there is a clear administrative side and also a recruiting and nurturing side. Many of our affiliates are good at either one or the other—but how to be great at both? We all know that NAMI members are vital to the continued growth and success of our local affiliates and state organizations, this workshop will offer some good examples on how to handle the 2 prongs of membership!

#### **Educational Objectives:**

- Participants will discuss how to grow membership, keep clear records and nurture relationships with members
- Participants will be empowered by the success stories shared

### 2 Employment: A Key Part in Promoting Recovery

*Michael Cohen, MA, CAGS, Dartmouth Psychiatric Research Center*

*Gina Price, LPC, LCAS, CCS, CRC, NC Division of Vocational Rehabilitation*

*Emery Cowan, LPC, LMHC, CESP, NCC, NC Division of MH/DD/SAS*

Individual Placements and Support (IPS) Supported Employment can serve as a primary factor in recovery for persons with serious mental illness. This presentation provides the audience an opportunity to learn about the practices, principles and evidence base behind this rehabilitation practice. In addition, it will offer family members an opportunity to learn how they may play a role in promoting and advocating for the service in North Carolina.

#### **Educational Objectives:**

- Participants will describe what the IPS model is, practices & principles, & how IPS Supported Employment promotes recovery
- Participants will discuss how Family Advocacy Teams work and the benefits to family organizations
- Participants will create action steps for families to engage in an education and advocacy initiative for IPS

### 3 Affordable Care Act – New Insurance Options and Enrollment into the Health Insurance Marketplace

*Pam Silberman, JD, DrPH, President and CEO, North Carolina Institute of Medicine*

This session will provide an overview of the Affordable Care Act (ACA), and will focus on the new insurance options available through the Health Insurance Marketplace and the enrollment process. The session will discuss how the ACA will impact people with mental illness and their families, including access to services, mental health and substance abuse parity in private plans, and efforts to improve quality while controlling rising health care costs.

#### **Educational Objectives:**

- Have a better understanding of the ACA and how it will impact people with mental illness and their families
- Understand new coverage options and enrollment process for enrolling in the health insurance marketplace
- Understand consumer protections for people with mental illness in purchasing private health insurance coverage
- Understand some of the other ACA provisions which will impact people with mental illness and their families

2:30-2:45pm

## BREAK AND EXHIBITS

2:45-3:45pm

## CONCURRENT WORKSHOPS (BREAKOUT 2)

### 1 Reaching out to New Audiences: Young Families, Faith and Military Communities

*Speaker to be determined - engaging faith communities*

*Mike McMichael (NAMI NC Military-Vet Council, VA Summit) - reaching out to military families through Army One Source*

*Cynthia Daniels-Hall (NAMI Wake County, Parent Advocate) - reaching out to younger audiences*

This session provides attendees with inspiring stories of success and brainstorming opportunities regarding growing NAMI membership. Speakers will specifically focus on ways to grow membership in areas such as faith based communities, military families and youth.

#### **Educational Objectives:**

- Identify ways to grow NAMI membership
- Hear how affiliates have welcomed success in reaching out to faith communities, engaging military families and reaching younger audiences

## **2 Public Policy – Mental Health Policy Priorities - Questions and Answers**

*Representative Nelson Dollar, House District 36, Senior Chair of House Appropriations  
Dave Richard, Director, NC Division of Mental Health, Developmental Disabilities, and Substance Abuse Services*

This session will focus on public policy, the changes with new administration, as well as other changes and updates. Participants will be given the opportunity to ask questions of our appointed and elected leaders.

***Educational Objectives:***

- Discuss the key public policy objectives for the Mental Health System from the DHHS
- Discuss the important statutory changes in the 2013 long session
- Hear about what is the latest with the 1115 waiver and the work to complete a study

## **3 The Ripple Effect...Spotlighting Our Successes**

NAMI Cumberland Lee Harnett

*Hannah Carroll and Virginia Hill: Children's Mental Health Awareness Day – Dressed for Success*

NAMI Moore County

*George Reynolds: Moore County Schools Bullying Task Force*

*Chris Laughlin: NAMI on Campus, Sandhills Community College*

NAMI Wake County

*Ann and Gerry Akland: Group Home Rally, Sharing Hope, Borderline Personality Disorder Support Group*

Support groups, Family-to-Family classes and monthly meetings are core programs of a NAMI affiliate but there is so much more an affiliate can do to reach into the community. This workshop will highlight some of the great activities these affiliates have done locally in their advocacy and awareness work.

***Educational Objectives:***

- Inspire affiliates across the state to come up with new ideas
- Empower affiliates to replicate the successful initiatives shared

3:30-4:30pm

## **2013 NAMI North Carolina Consumer Council Business Meeting**

3:45-4:30pm

## **Diversity Wrap-up and Brief Remarks**

Majose Carrasco and Valerie Hunter will tie everything together - the work of affiliates towards standards, membership, diversity, how we can keep moving forward, and steps to take to make sure implementation occurs.