

Agenda for 2013 NAMI-NYS Education Conference
Working Together: Paving the Road to Recovery
November 15-17, Desmond Hotel and Conference Center, Albany, NY

Friday, November 15th

10:00am Registration Begins-[King Street Courtyard](#)

10am-12:20am Visit Exhibitors-[King Street Courtyard](#)

11:30am-1pm Lunch is Served-[King Street Courtyard](#)

Lunch will be served buffet style in the King Street Courtyard and guests can bring their food into the King Street Ballroom.

12:15**Welcoming Remarks and Presentation of the Max Gabriel Veterans Mental Health Award and the Justice Award**-[King Street Ballroom](#)

[Tom Easterly, President, NAMI-NYS](#)

[Donald Capone, Executive Director, NAMI-NYS](#)

12:30am-2:10pm **Addressing Suicide Within the Military, Criminal Justice System and Involving Children and Adolescents**-[King Street Ballroom](#)

Suicide is a concern for all people affected by mental illness. NAMI-NYS has assembled an expert panel to address suicide in three subgroups where suicide is overly prevalent: the military community; the criminal justice system; and involving children and adolescents. The panel will explore what steps can be taken to prevent suicide in these populations. Topics to be discussed include: the Army STARRS study; preventing “suicide by cop”; preventing suicide in the correctional and forensic mental health units; understanding the development of the teenage brain and how that impacts mental health and the decision making process; and the effects of bullying

[Jay Giedd, M.D., Chief, Unit on Brain Imaging, Child Psychiatry Branch NIMH Division of Intramural Research](#)
[Lt. Col. Paul Morrissey, MD, Chief of Psychiatric Services, Fort Drum](#)

[Melanie Puerto Conte, Director, Suicide Prevention Initiative New York State Office of Mental Health](#)

[Moderated by Gary O’Brien, Suicide Prevention Center, Research Foundation for Mental Health](#)

2:10-2:30 Visit Exhibitors

2:30-3:45pm **Break Out Session 1** (A workshop each on veterans and military families, children’s issues and justice issues)

A-Mental Health in the Military Community-[Fort Orange-5](#)

NAMI-NYS is honored to welcome Lt. Col. Paul Morrissey the Chief of Psychiatric Services at the Fort Drum Army Base, home of the 10th Mountain Division and more than 12,000 military family members. Lt. Col. Morrissey will use his experience at Fort Drum and previously as the Chief of Psychiatry at the West Point Military Academy to describe the transformation in how mental health services are being delivered to the military community.

[Lt. Col. Paul Morrissey, MD, Chief of Psychiatric Services, Fort Drum](#)

B-Teen Brain: Still Under Construction- [Fort Orange-7](#)

NAMI-NYS welcomes one of the world's premiere Child and Adolescent Psychiatrists, Dr. Jay Giedd to lead this fascinating session. Dr. Giedd has written more than 200 papers that span a wide range of topics and have a substantial impact not only in psychiatry but also in the public policy, judicial and education realms. This session will explore Dr. Giedd's work as the Chief of Brain Imaging at the NIMH Child Psychiatry Branch and how his research exploring the teen brain helps explain adolescent behavioral patterns and decision making. Dr. Giedd will also discuss his interests in the education/neuroscience interface, and the impact of digital technologies on the way adolescents learn, play, and interact and reforming the justice system to increase awareness of the biological explanation of juvenile decision making.

[Jay Giedd, M.D., Chief, Unit on Brain Imaging, Child Psychiatry Branch NIMH Division of Intramural Research, Adjunct Professor at the Johns Hopkins Bloomberg School of Public Health](#)

C-Implementing Crisis Intervention Trainings in Your Community [Fort Orange-9](#)

The Crisis Intervention Team (CIT) Model was first developed and implemented in 1988 by the Memphis, TN Police Department, to address the special challenges posed to law enforcement by persons with mental illness. Since its introduction, officer injuries have dropped by 85%, and reported injuries to mentally ill individuals have dropped by 40 % in Memphis. Now, less than 25 years later, nearly every state has at least one CIT. This session will explore how CIT has been implemented in communities around New York State.

[Kristen Adduci, Senior Supervising Counselor, Emergency Outreach and Trauma Response Program, Suicide Prevention and Crisis Service, Inc.](#)

[Lt. Brian Gould, Cheektowaga Police Dept](#)

[Mark Guliano, Westchester County Department of Community Mental Health](#)

[Don Kamin, Ph. D, Chief, Clinical & Forensic Services, Monroe County Office of Mental Health](#)

[John Shorter, NAMI Queens/Nassau CIT Coordinator](#)

3:45-4:15pm Coffee Break/ Visit Exhibitors-[King Street Courtyard](#)

4:15-5:30pm **Break Out Session 2** (A workshop each on veterans and military families, children's issues and criminal justice)

A- Delivering NAMI Programming to VA Facilities: Exploring and Expanding the Relationship [Fort Orange-5](#)

NAMI-NYS is proud to support our veterans and their families by providing NAMI Signature Education Programs such as Family-to-Family, Peer-to-Peer and In Our Own Voice to Veteran Administration facilities throughout New York State. This session will explain how these programs can benefit members of the military community from the perspective of both staff members of VA facilities and veterans themselves. The session will also offer strategies on how to introduce the programs in VA facilities where they are not currently being offered.

[Geraldine Burton, FDC, Parent Partner, The IDEAS Center, NYU Child Study Center, Department of Child and Adolescent Psychiatry](#)

[Ann Canastra, MS, NCC, LMHC, ACS, Local Recovery Coordinator, Syracuse VA Medical Center](#)

[Elizabeth Donovan, LCSWR, Local Recovery Coordinator, Stratton VA Medical Center](#)

B- Addressing the Mental Health Needs of Transition Age Youth and Cross-System Kids

[Fort Orange-7](#)

This session will explore how to address the mental health needs of young people after they have turned eighteen and those youth in various supportive or rehabilitative systems such as foster care and the juvenile justice system. Topics to be discussed include: how do we assure that kids in both categories receive the proper education, and what can a parent do if their child living with mental illness wants to continue to get a high school education past the age of eighteen; how are services delivered to youth over eighteen and those whose needs are met through various social service providers; what can be done for children who have both a mental illness and a developmental disability; and how do youth living with a mental illness succeed in college.

[Tom O'Clair, Division of Recipient Affairs, New York State Office of Mental Health](#)

[Jenn O'Connor, New York State Director, Fight Crime, Invest in Kids.](#)

C-An Introduction to the New York State Justice Center for the Protection of People with Special Needs

[Fort Orange-9](#)

In July of 2013, the New York State Justice Center for the Protection of People with Special Needs began operation to ensure that people with special needs are protected from abuse, neglect and mistreatment. This will be accomplished by assuring that the state maintains the nation's highest standards of health, safety and dignity; and by supporting the dedicated men and women who provide services. NAMI-NYS welcomes Jeff Wise, Executive Director of the Justice Center to provide an overview of their mission and how it will impact people living with a mental illness.

[Jeffrey Wise, Executive Director, New York State Justice Center for the Protection of People With Special Needs.](#)

5:45-7:15pm **Break Out Session 3**

A-Affiliate Development Session-Using NAMI Signature Programs to Increase Identity in Your Community and Grow Your Affiliate-

[Town Hall](#)

NAMI Signature Programs, such as Family-to-Family, In Our Own Voice, NAMI-Basics, Parents and Teachers as Allies, Peer-to-Peer, Connections, and Support Groups, provide education and support to people living with a mental illness, families and friends of people living with a mental illness, and educators, as well the general population in local communities. Signature Programs also serve as a vehicle to start and increase dialogues on mental health issues in communities. This session will demonstrate how incorporating Signature Programs into your affiliate's work can increase your identity in your community. The session will also offer examples of how to fundraise around your activities involving Signature Programs.

[Pat Anders, President, NAMI of Columbia County New York](#)

[Deniece Chi, NAMI Basics Program Coordinator, NAMI New York City Metro](#)

[Pat Sine, Executive Director, NAMI Rochester](#)

[Annalissa Vicencio, In Our Own Voice Presenter, Peer-to-Peer Mentor, and Connection Facilitator, NAMI Westchester](#)

The NAMI-NYS Program Leader Awards will be presented during this session

B-The Truth About Participating in NIMH Research Trials-

[Fort Orange-9](#)

A saying frequently heard at NAMI-NYS conferences is "research is our hope for the future." While many sessions at the conference will report on the latest research findings, this session will discuss the importance of participating in clinical trials and serving as pioneers in carving out the latest discoveries in the next frontier of brain research. The session will aim to dispel any

fears or misconceptions people may have about participating in mental health research. The session will demonstrate the unique role the participant plays in the trials and how they are viewed as partners alongside the researchers. The session will also offer family members and providers the appropriate way to communicate the benefits of participation to people living with a mental illness. These include the opportunity to work with some of the country's leading doctors and being able to receive the most groundbreaking mental health treatments.

[Melanie Bose, Schizophrenia Research Unit, National Institute of Mental Health](#)

[Vince Del Balzo, Schizophrenia Research Unit, National Institute of Mental Health](#)

7:30-8:30pm **Dinner and Award Presentations**-[King Street Ballroom](#)

The 2013 Media and NAMI-NYS Affiliate of the Year Awards will be presented during dinner

8:30-10pm **Keynote Address: *The Shifting Landscape of Research Ethics and Research Participation***-[King Street Ballroom](#)

NAMI-NYS is delighted to welcome David H. Strauss, M.D, who is leading the groundbreaking research being conducted at the New York State Psychiatric Institute, one of the two world-class research institutes in New York State. Dr. Strauss will provide a glimpse of how the shifting paradigms in research funding and ethics is impacting psychiatric research today and the breakthroughs of tomorrow.

[David H. Strauss, M.D., Director, Psychiatric Research, New York State Psychiatric Institute, and Vice Chair for Research Administration, Ethics and Policy, Columbia University Department of Psychiatry](#)

Saturday, November 16th

8:00am -9:30am **Breakfast** -[King Street Courtyard](#)

Breakfast will be served buffet style in the King Street Courtyard and guests can bring their food into the King Street Ballroom.

8:15am-8:45am **NAMI Business Meeting**-[King Street Ballroom](#)

NAMI-NYS Board Members will provide an update on NAMI-NYS's business operations.

9:00am-9:30am **Meet the Board Candidates**-[King Street Ballroom](#)

This session will provide an opportunity to hear directly from this year's candidates for the NAMI-NYS Board of Directors.

9:30am-10am **Update on the New York State Office of Mental Health's Regional Centers of Excellence Plan**-[King Street Ballroom](#)

NAMI-NYS who serve as members of the New York State Office of Mental Health's Regional Centers of Excellence Teams will update participants on the Regional Centers of Excellence plan.

10:00-11:30am **Morning Plenary Session-Update on Research and Changing the Public Perception on Mental Illness**-[King Street Ballroom](#)

NAMI-NYS is thrilled to welcome Jeffrey Borenstein, MD (winner of the 2009 NAMI-NYS Connie Lieber Research Award), President and CEO of the Brain and Behavior Research Foundation (BBRF), (formerly known as NARSAD). Along with his role overseeing the research

studies being conducted throughout the world through funding by the BBRF, Dr. Borenstein also developed and serves as host of the PBS television show “Healthy Minds.” Dr Borenstein will discuss how research is changing the treatment of mental illness both now and in the future and the media’s role in bringing about changes in understanding mental illness.

[Jeffrey Borenstein, President and CEO, Brain and Behavior Research Foundation, Host of the “Healthy Minds,” television program.](#)

Following Dr. Borenstein’s presentation Karen Winters Schwartz will give a reading from her acclaimed novel *Reis’s Pieces*.

11:30am-Noon Visit Exhibitors [King Street Courtyard](#)

This break will feature a book signing by Karen Winters Schwartz.

Noon-1:30pm **Lunch and Featured Speaker, The Importance of Family Education and Support and Their Role in the Recovery Team** [King Street Ballroom](#)

NAMI-NYS is pleased to welcome Thomas Jewell, Ph.D, of the Institute for Education, Practice & Research at the University of Rochester Medical Center. Dr. Jewell will discuss the importance of educating families of people living with mental illness and the crucial role families play in the recovery team. Dr. Jewell will examine how NAMI and our local affiliates can serve as an instrument to provide education throughout the state and how NAMI Signature programs are a valuable tool in educating families. Dr. Jewell will also explain the evidence based results of the NAMI Family-to-Family program.

[Thomas Jewell, Ph.D, Family Institute for Education, Practice & Research University of Rochester Medical Center.](#)

Following Dr. Jewell’s presentation Ginnah Howard will give a reading from her acclaimed novel *Doing Time Outside*.

1:30-2:00pm Break-Visit Exhibitors -[King Street Courtyard](#)

2:00-3:30pm **Concurrent Workshop Session-1 Disease Updates**

A-Schizophrenia-Town Hall [Town Hall](#)

NAMI-NYS is thrilled to welcome back Dolores Malaspina the winner of the 2012 NAMI-NYS Connie Lieber Research Award to lead this session. Dr. Malaspina will discuss the research she is conducting to identify warning factors of schizophrenia, and explain how this research is changing the identification and treatment of schizophrenia. The session will also provide many answers that families have about the genetics of schizophrenia.

[Dolores Malaspina, MD, Anita and Joseph Steckler Professor of Psychiatry, New York University, Langone Medical Center](#)

B- Bi-Polar-Fort-Orange-9 [Fort-Orange-9](#)

NAMI-NYS is honored to welcome Carlos A. Zarate, M.D., who has pioneered revolutionary studies that have led to novel treatments for mood disorders such as depression and bipolar disorder that begin working much faster than previous options. With a strong focus on the pathophysiology of severe mental illnesses, his goal is to develop better treatments particularly for patients living with depression, bipolar disorder and/or other mood disorders. His research into a drug called Ketamine has resulted in rapid-acting depression treatments that work within hours and last 3-5 days or more. Because of the speed at which this drug reacts within the body

and the duration of its effects, it is possible that emergency room doctors may have a possible treatment for those suffering from depression and acute suicidality.

Carlos Zarate, MD, Chief, Section on the Neurobiology and Treatment of Mood Disorders and Experimental Therapeutics and Pathophysiology Branch (ETPB), National Institute of Mental Health

C-Introduction to Cognitive Enhancement Therapy-Orange-7

Cognitive Enhancement Therapy (CET) is a SAMHSA Evidence Based Practice that improves cognitive skills and social cognition for persons in recovery from schizophrenia and other mental illnesses. During 48 weekly sessions of computer exercises, social cognition group work and individual coaching, people learn how to be socially wise and vocationally effective. This presentation will demonstrate the hope and practical wisdom that CET offers.

Ray Gonzalez, ACSW, LISW-S, Executive Director, Center for Cognition and Recovery

D-Psychopharmacology-Orange-5

Medications are often part of a successful treatment regimen for people with mental illness. Unfortunately, compliance with these medications is frequently poor. This is due to a number of reasons, chief amongst them side effects. An underutilized strategy for maintaining medication compliance is treatment of these side effects, which can often be managed quite well. This session will review different treatment strategies for various side effects from antipsychotics, mood stabilizers, and antidepressants that can help make treatment safer and more tolerable. A general psychopharmacology Q&A session will follow the formal presentation.

Jeffrey Vernon, DO,

3:30-4:00pm Refreshment Break/ Visit Exhibitors-[King Street Courtyard](#)

This break will feature a book signing by Ginnah Howard.

4:00-5:30pm Concurrent Workshop Session-2 Exploring Issues Impacting NAMI-NYS and the Mental Health Movement

A-Geriatric Mental Health-[Shaker Room](#)

This workshop will explore the unique mental health issues specific to aging and geriatric care. Dr. Ninzio Pomara will detail the critical issues in geriatric mental health care, such as the newest treatment options being used to address the issues most common in older adults. Dr. Pomara will also discuss how the changes in services and benefits will affect the delivery of mental health care to the geriatric population.

Nunzio Pomara, MD, Director, Geriatric Psychiatry Division, Nathan Kline Institute

B-Housing-[Town Hall](#)

A major concern for many NAMI-NYS members is the need for safe and affordable housing for people living with a severe mental illness and how to get people living with a mental illness integrated into the community. This session will explore the steps being taking to create more independent living options throughout the state.

Ralph Fasano, M.A., M.ED., C.R.C., Executive Director, Concern for Independent Living

Gillian Conde, Vice President, DePaul Community Services

Moderated by Peggi Miller, Chair, NAMI-NYS Housing Committee

C-Cultural Competency (NAMI Build it Together/Sharing Hope/ Compartiendo Esperanza) [Fort Orange-9](#)

Reaching out and informing members of multicultural communities of the realities of mental illness is a high priority for NAMI-NYS. This session will detail the initiatives undertaken by both NAMI and NAMI-NYS to improve our connection to multicultural communities.

[Majose Carrasco, Director, Multicultural Action Center, NAMI](#)

[Other panelists TBA](#)

The NAMI-NYS Multi-Cultural Awards will be presented during this session

D-Rural Mental Health- [Fort Orange-7](#)

The delivery of mental health services in rural communities can be especially challenging. This session will detail the gaps in mental health services in rural areas as well as explore how NAMI-NYS Affiliates and NAMI Signature Programming can bridge these gaps in services.

[Mary Lou Barry, President, NAMI of Montgomery, Fulton and Hamilton Counties](#)

[Amanda Bulris, Executive Director, NAMI Champlain Valley](#)

[Ellen Greene Stewart, MA, ATR-BC, LCAT](#)

[Mark Stephany, Executive Director at Greater Binghamton Health Center and Elmira Psychiatric Center](#)

[Moderated by Rina Riba, President NAMI of Delaware County.](#)

E-Recovery/Peer Services [Fort Orange-5](#)

One of the most common questions posed to NAMI-NYS is, “I have a loved one who has a mental illness diagnosis, what does recovery from their disease entail?” This question is difficult to answer as recovery is different for each individual, but recovery is achievable. John Allen, the Director of Recipient Affairs for New York State Office of Mental Health will explore the different recovery models and employment options for people living with a mental illness.

[John Allen, Director of Recipient Affairs, New York State Office of Mental Health](#)

5:45-7:00pm **Wellness Panel** [High Street 24-26](#)

One of the most alarming statistics associated with the mental health movement is that people with mental illness live an average of 25 years less than people without mental illness. NAMI-NYS is dedicated to addressing this health disparity and this panel will explore wellness from multiple angles. These include an overview of the measures taken by the New York State Office of Mental Health to increase wellness, research being done on ways people living with a mental illness can successfully live healthier lives, using mindfulness and complementary alternative modalities to improve overall wellbeing, and the perspective of someone living with a mental illness and how they maintain wellness.

[Gregory Miller, MD, Medical Director, Adult Services, New York State Office of Mental Health](#)

[Paul J. Margolies, Ph.D., Associate Director for Practice Innovation and Implementation, Center for Practice Innovations, New York State Psychiatric Institute](#)

[Stephanie Speer, MA, Instructor of Mindfulness-Based Stress Reduction](#)

[Mike Veny, Transforming Stigma](#)

7:15-8:30pm **Dinner and Awards Presentation** [King Street Ballroom](#)

The 2013 Connie Lieber Research Award and the NAMI-NYS Young Leaders Award will be presented during dinner.

8:30-10pm **Evening Program: Stand Up for Mental Health** [King Street Ballroom](#)

You will not want to miss this special presentation by David Granirer, the founder of Stand Up for Mental Health. Stand Up for Mental Health is an innovative empowerment and educational program that teaches people living with a mental illness how to articulate their disease through stand-up comedy performances. Stand Up for Mental Health performances have entertained and changed people's perception of mental illness throughout the world. Those who attended the film festival at the 2009 NAMI-NYS Education Conference will remember the screening of "Cracking Up" the documentary made about David and Stand Up for Mental Health. NAMI-NYS is delighted to welcome David, who will detail the program and how it has impacted the lives of the comedians as well as offer his own side-splitting stand-up performance.

[David Granirer, Founder and Director, Stand Up for Mental Health](#)

Sunday, November 11th

8:00-9:30am Breakfast -[King Street Courtyard](#)

Breakfast will be served buffet style in the King Street Courtyard and guests can bring their food into the King Street Ballroom.

8:00am-8:30am **Interfaith Worship Service**-[Town Hall](#)

[Service will be lead by Victor Stewart](#)

8:30-9:00am **Morning Mindfulness and Meditation Session**-[Town Hall](#)

You can't stop the waves but you can learn how to surf! This session will provide an opportunity to learn simple yet powerful ways to meet the challenges of everyday living and difficult life circumstances. A variety of informal and formal practices will be taught so that participants will be able to integrate mindfulness into everyday life and utilize these tools as needed anytime and anywhere.

[Stephanie Speer, MA, Instructor of Mindfulness-Based Stress Reduction](#)

9:15-10:45am **Navigating Mental Health: A Tale of Two Families**-[King Street Ballroom](#)

Family members and friends are often the first to realize when someone has an emotional problem, but it is hard to know how to help or where to turn. How can you tell that someone has a problem that is not simply a passing phase? What are the first and best steps for you to take? Where can a family go to find the right care, and how can you judge whether the care delivered is good? Dr. Lloyd Sederer, Medical Director of the New York State Office of Mental Health and author, *A Family Guide to Mental Health Care*, will portray a tale of two families: one that finds answers to these and other questions, and one that has yet to find its way.

[Lloyd Sederer, MD, Medical Director, New York State Office of Mental Health](#)

10:45-11:00am Break

During this break Dr. Sederer will be signing copies of his book, *A Family Guide to Mental Health Care*

11:00-Noon **Ask the Doctor**-[King Street Ballroom](#)

NAMI-NYS is pleased to welcome back our trusted advisor Dr. Lewis Opler to answer your questions about diseases, medications and care. You can write down your questions for Dr. Opler and submit them to a NAMI-NYS staff member throughout the weekend.

[Lewis Opler, MD, Retired Medical Director, New York State Office of Mental Health](#)

Noon- **End of Conference**