

# 2016 NAMI Utah Conference Agenda

8:00 - 8:30	<b>Check-On &amp; Registration</b>				
8:15 - 9:00	<b>BREAKFAST</b>				
9:00 - 10:30	<b>KEYNOTE SPEAKER: Nev Jones, Ph.D., Director of Research &amp; Evaluation Felton Institute</b> "Transforming Engagement, Transforming Mental Health: Early Intervention and Beyond"				
10:30 - 10:45	<b>BREAK</b>				
TRACK	<b>Engagement Track</b>	<b>Advocacy &amp; Prevention Track</b>	<b>How To's Track</b>	<b>Innovations &amp; Treatment Track</b>	<b>Spanish Track</b>
ROOM	<b>MPDC 209/2013</b>	<b>MPDC 220/224</b>	<b>MFEC 2013</b>	<b>MFEC 101</b>	<b>MPDC 105</b>
10:45 - 11:45	Whose Decision Is It Anyway? Self-Determination and Helping Your Son or Daughter Make Good Decisions*	Innovative Practices in Suicide Prevention	Accessing Community Transition Services	Building Bridges Across a River of Tears: Bringing Together Peer & Family Advocates for Transformative Change*	Recursos para Familias de Bajos Ingresos
12:00 - 1:00	NAMI Engagement Panel*	Assertive Community Treatment	Relationship & Communication using the tools of the Nurtured Heart Approach*	Recovery Oriented Cognitive Therapy of Schizophrenia	Eliminación del estigma: Mitos vs Realidad
1:00 - 1:30	<b>LUNCH and AWARDS</b>				
1:30 - 2:15	<b>NOON SPEAKER: Ann Cannon, Salt Lake Tribune</b> "Taking Care of the Caretaker: Strategies for Self-Care While Serving Those We Love"				
2:15 - 2:30	<b>BREAK</b>				
2:30 - 3:30	Certified Peer Support Specialist*	Needs Assessment and Mental Health Awareness	One Family's Walk Through Mental Illness: What helped, What Hurt and What was Frustrating	Adolescent Brain Cognitive Development Study	Salud mental y religión / espiritualidad
3:40 - 4:40	Excelling in College While Managing Your Mental Health	Understanding Mental Health Commitment Law	Crisis Programs and Planning	The National Institute of Mental Health (NIMH) Update	Ansiedad social

1st Breakout Session

10:45 - 11:45 am

**Whose Decision Is It Anyway? Self-Determination and Helping Your Son or Daughter Make Good Decisions\***

**MPDC 220/224**

For children, youth, and young adults to be successful in life it is important that they learn self-determination and self-advocacy skills. In this workshop parents will learn how to effectively support their son or daughter as they learn to lead a self-determined life. A self-determined person can speak for him or herself, make decisions, set goals and solve problems. Parents will gain skills to achieve this objective.

**Presenter: Ashlie Baker, Parent Consultant, Utah Parent Center**

**Innovative Practices in Suicide Prevention**

**MPDC 220/224**

Suicide is a serious public health problem that causes immeasurable pain, suffering, and loss to individuals, families, and communities in Utah. Many are surprised to learn that suicide is one of the top ten causes of death. Suicide is also largely preventable! This session will discuss innovative practices in suicide prevention in health and behavioral health care setting, workplaces, schools, the community and our homes.

**Presenter: Kim Gardner, Program Director, Prevention by Design, NAMI Utah**

**Accessing Community Transition Services**

**MFEC 2013**

The who, what and where of living independently in the community. How to access services for basic needs.

**Presenter: Kathleen Self, Life Skills Trainer & Transition Coordinator, Utah Independent Living Center**

**Building Bridges Across a River of Tears: Bringing Together Peer & Family Advocates for Transformative Change\***

**MFEC 101**

All too often, peer and family advocates have ended up on the opposite side of national and regional advocacy efforts, particularly with respect to involuntary hospitalization, assertive community treatment (AOT), and the insanity defense within the criminal justice and forensic mental health systems. Inspired by NAMI National's important work on engagement, which Dr. Jones participated in, the workshop seeks to acknowledge and validate the tremendous pain and heartbreak felt by all individuals intimately affected by serious psychiatric disabilities and move toward bridging existing divisions between family members, peers, and other key stakeholders.

**Presenter: Nev Jones, Ph.D., Director of Research & Evaluation, Felton Institute**

**Recursos para Familias de Bajos Ingresos:**

**MPDC 105**

**Presenter: Por determinarse**

## 2nd Breakout Session

12:00 - 1:00 pm

### NAMI Engagement Panel\*

MPDC 220/224

Adults, youth and children with lived experience and families of those affected by mental illness have emerged as leading voices in the modern day development of recovery services across the U.S. The panel will discuss their personal experiences that are effective approaches for engagement and potential challenges.

**Presenters:** Laurie Adair, Sarah Burton, Pam Connors, Jay Shular and Josie White

### Assertive Community Treatment

MPDC 220/224

The Assertive Community Treatment (ACT) Team provides mobile psychiatric treatment services to individuals suffering from severe and persistent mental illnesses and follows the nationally recognized PACT community treatment model endorsed by NAMI. The multidisciplinary team can provide many of the services traditionally found on inpatient psychiatric hospital units to individuals in their homes, apartments, or who are homeless.

**Presenter:** Sarah DeHaan, CMHC, NCC, CCMHC, HS-BCP, Program Director, Assertive Community Treatment, Cornerstone Counseling Center

### Relationship & Communication Using the Tools of the Nurtured Heart Approach\*

MFEC 2013

In this introductory interactive presentation, attendees will discover new ideas about positive relationships and communication in supporting family members. The 3 Stands™ used in the Nurtured Heart Approach® are effective tools to boost positive energetic relationship and open the door to better communication as we see the best in what is already there.

**Presenters:** Jan Hunter, Certified Advanced NHA Trainer, Greatitudes  
Wendy O'Leary-Mair, Utah Family Coalition Mentor & Family Resource Facilitator Program Manager, NAMI Utah

### Recovery Oriented Cognitive Therapy of Schizophrenia

MFEC 101

CT-R is an evidenced based treatment for people with schizophrenia. This presentation will discuss how this treatment differs from other treatment modalities and how it is being utilized at Utah State Hospital.

**Presenter:** Lena Gustafson, Clinical Psychologist, Utah State Hospital

### Eliminación del estigma: Mitos vs Realidad

MPDC 105

**Presenter:** Jacqueline Gómez-Arias, Latino Behavioral Health services ( servicios de salud mental para latinos)

**Certified Peer Support Specialist\*****MPDC 220/224**

Peer Support Specialists are individuals who have lived experience with mental illness or addictions and have completed training on assisting their peers seeking help. The first question a peer support specialist asks is not “what are your problems?” but “what are your hopes and dreams?” The foundation of peer support is recovery. Recovery is a journey based on the ideas of high expectations, hope, empowerment, self-determination, interdependence and critical thinking. Recovery is not an absence of symptoms or cravings, but a management of them in order to have an increasingly better quality of life. Recovery is knowing who you are and using your strengths to become all that you were meant to be.

**Presenter: Julie Hardle, Recovery-Resiliency Manager, Optum Salt Lake County**

**Needs Assessment and Mental Health Awareness****MPDC 220/224**

CONNECT successfully hosted a number of programs during May's Mental Health Awareness Month that educated their community about issues related to mental illness. They also participated in a Mental Health Awareness survey and will share the results. This workshop will show the importance of building awareness in your community.

**Presenter: CONNECT Summit County**

**One Family's Walk Through Mental Illness: What helped, What Hurt and What was Frustrating****MFEC 2013**

It's difficult to be diagnosed with mental illness. It 's also difficult when a loved one is experiencing a mental health condition. When a person is living with a serious mental illness, the whole family may be affected. Learn from a family what helps and what hurts.

**Presenters: Norm, Kathy and Ben Younker**

**Adolescent Brain Cognitive Development Study****MFEC 101**

The Adolescent Brain Cognitive Development (ABCD) Study is the largest long-term study of brain development and child health in the United States. The National Institutes of Health (NIH) funded leading researchers in the fields of adolescent development and neuroscience to conduct this ambitious project. The ABCD Research Consortium consists of a Coordinating Center, a Data Analysis and Informatics Center, and 19 research sites across the country (including the University of Utah), which will invite approximately 10,000 children ages 9-10 to join the study. Researchers will track their biological and behavioral development through adolescence into young adulthood.

**Presenter: Rebekah Huber, Ph.D., ABCD Study Co-Investigator, University of Utah**

**Salud mental y religión / espiritualidad****MPDC 105**

**Presenter: Teresa Molina, Ph.D., Unveristy of Utah (Universidad de Utah)**

**Excelling in College While Managing Your Mental Health****MPDC 220/224**

It is not unusual for college students to experience an increase in stress as they navigate challenging academic demands and balancing school with other life roles and responsibilities. For some students, the increase in stress can also be accompanied by symptoms of anxiety and depression. This presentation will explore the experience of stress, anxiety, and depression in more depth, and then identify specific strategies that have proven effective in facilitating wellness, mental health, and well-being while in college.

**Presenter: Lauren Weitzman, Ph.D., Director, University of Utah Counseling Center**

**Understanding Mental Health Commitment Law****MPDC 220/224**

Will present the current Utah commitment law from the consumer/family perspective including how it can be used and its limitations. Will describe the involuntary hospitalization and commitment court process and answer questions from audience.

**Presenters: Barry Rose, UNI Crisis Services Manager, University Neuropsychiatric Institute**

**Don Fennimore, UNI Mobile Team Supervisor, University Neuropsychiatric Institute**

**Crisis Programs and Planning****MFEC 2013**

This workshop will cover what crisis programs are available and how to access these services. The second half of the workshop will walk attendees through creating a crisis plan for yourself or a loved one.

**Presenters: Ken Martinez, LCSW, Supervisor Mobile Crisis Outreach, University Neuropsychiatric Institute**

**Melissa Swan, Family Resource Facilitator**

**The National Institute of Mental Health (NIMH) Update****MFEC 101**

An overview of NIMH 2016 Strategic Research Priorities, the NIH BRAIN Initiative, and an update on current research studies.

**Presenter: Jackie Rendo, Mentoring Program Director, NAMI Utah**

**Ansiedad social****MPDC 105**

**Presenter: Karla Arroyo, Terapeuta Bilingüe, Multicultural Counseling Center (Centro de Terapia Multicultural)**