



November 10

2016



**NAMI Utah
Conference**

Message From the Executive Director



Hello and welcome to NAMI Utah's 2016 annual conference. This year's theme is modeled after NAMI's National Initiative to Act. Advocate. Achieve. You have already taken action by deciding to be here today. We know your lives are busy and there are a number of other places that you could be. Thank you for taking time to learn about issues important to those who live with mental health conditions and their families, opportunities for growth in the mental health field, inspiring new programs, and advances in treatment. Today you will learn from those with lived experience and from family members who have walked the path of treatment and recovery with their loved one. You will also learn from advocates, change makers, researchers, and professionals in the mental health field.

NAMI Utah is proud to offer a space for peers, family members, advocates and professionals to learn from one another's experience and expertise. This is the only conference in the state of Utah that brings together such a diverse audience, yet I believe we are all working toward the same goal—to improve our lives and the lives of those we love and serve.

Today, we are introducing NAMI's call for new standards for mental health care, Engagement. The first moments of interaction between a service provider and a person seeking care for a mental health condition can set the tone and course of treatment. This first interaction can start a journey to recovery and a satisfying life—or it can leave a person unsure or even hopeless about their future and unwilling to go back a second time. The same is true about interactions with others in the community. We all have work to do to improve Utah's mental health system and promote a cultural change of improved engagement. You will hear from a number of peers and professionals today who are working to do just that. At the end of today's conference, I hope you walk away with new insights, skills, resources, and a dedicated energy to take what you've learned and put it into actions, to advocate, and achieve new heights. Thank you once again, welcome, and enjoy!

NAMI Utah Affiliates and Teachers



NAMI Utah would not exist today—and could not have been created—without the time, energy, commitment and enthusiasm of affiliate leaders and volunteer teachers who choose to take time from their busy schedules to help improve the lives of individuals living with a mental health condition and their families.

It is at the local level where perceptions start to change and where the miracle of transformation takes place. Our incredible volunteers work to raise awareness about mental health, educate the public, give and get support, and end stigma. Together we can change the way our community talks about mental illness and ensure that everyone gets the treatment they need and deserve.

NAMI Utah can never adequately express how much the work of our volunteers means and all the ways they impact the community. All we can say is thank you.

Morning Keynote Speaker

Dr. Nev Jones is at the forefront of the development and implementation of robust participatory methods and research co-production involving persons with persisting mental health challenges/disabilities and their family members in the US. She received a Ph.D in community psychology from DePaul University, working at the NIMH-funded Center for Adherence and Self-Determination as a graduate student, followed by a postdoctoral fellowship at Stanford University. As a graduate student, she founded and directed the Lived Experience Research Network (LERN), an historic initiative aimed at bridging mental health advocacy and research in the United States; at Stanford her work spanned psychiatry and medical anthropology, focusing on the influences of culture/race/ethnicity and socioeconomic factors on the experiences of persons with psychosis. Dr. Jones left Stanford to serve as a research scientist and acting consulting psychologist for California's Mental Health Services Oversight & Accountability Commission, overseeing early implementation of the State's Prevention and Early Intervention regulations.



Currently the Director of Felton Institute's Client Centered Outcomes Research in Public Mental Health, Dr. Jones leads a diverse team of researchers focused on stakeholder-driven public mental health research and evaluation. Diagnosed with schizophrenia and a former client of early intervention and specialty psychosis services, she is thrilled to be one of a new generation of leaders committed to systems change.

Afternoon Keynote Speaker

Ann (A. E.) Cannon is the award-winning author of a number of books for young readers including CHARLOTTE'S ROSE, THE LOSER'S GUIDE TO LIFE AND LOVE, and THE CHIHUAHUA CHASE. Her latest picture book called SOPHIE'S FISH received a starred review in Kirkus. In addition to writing books, Ann is also a weekly columnist for the Salt Lake Tribune, a bookseller at The King's English Bookshop, and a sometime creative writing instructor.

Ann and her husband, Ken, have five sons, four daughters-in-law and four grandchildren. Her interests include gardening, knitting, traveling, reading murder mysteries, watching baseball and football, and collecting antique dolls. She and her husband are also the caretakers of three dogs, two cats, a parrot, two parakeets, and a fish that was still alive last time they checked.



Visit Ann at www.aecannon.com.

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 209/2013

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 settings, workplaces, schools, the community and our homes.

Presenters: Kim Gardner, Program Director, Prevention by Design, NAMI Utah
Emily Hoerner, Board Chair, American Foundation for Suicide Prevention, Utah Chapter

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

Quién, Qué y Dónde: Como vivir independientemente en la comunidad y cómo acceder a servicios para necesidades básicas.

Presenter: Panel de discusión

*Indicates a NAMI Engagement Initiative Work Shop

2nd Breakout Session

12:00 - 1:00 pm

NAMI Engagement Panel*

MPDC 209/2013

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.

Moderator: Jamie Justice, Executive Director, NAMI Utah

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

Assertive Community Treatment (ACT): Breaking Down Barriers

MPDC 220/224

Assertive Community Treatment (ACT) is an evidenced-based practice that uses a multidisciplinary team approach to provide intensive, integrated services to individuals with serious mental health illness. Salt Lake County/Optum partnered with Volunteers of America, Utah to operate an Assertive Community Treatment team for Salt Lake County residents. This workshop will provide a general history of Assertive Community Treatment teams along with a description of the Volunteers of America, Utah's Assertive Community Treatment team's structure, operation, and impact on the individuals it serves with advocacy and prevention being key to empowering individuals and helping them to break down barriers preventing them from reaching their goals.

Presenter: Sarah DeHaan, Assertive Community Treatment Program Director/Team Lead, Volunteers of America, Utah

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: Ashlie Baker, Parent Consultant, Utah Parent Center

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

Recursos para Familias de Bajos Ingresos

MPDC 105

A menudo la gente tiene miedo de hablar sobre la salud mental porque hay muchas ideas falsas acerca de las enfermedades mentales. Es importante conocer los hechos para detener la discriminación y comenzar a tratar a las personas con enfermedades mentales con respeto y dignidad. Todo el mundo tiene una opinión sobre la salud mental, pero las opiniones basadas en mitos añaden al estigma y hacen la vida más difícil para las personas afectadas por las enfermedades mentales. Separando los mitos de los hechos podremos comunicarnos mejor con nuestro seres queridos para trabajar en el camino a la recuperación.

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

2016 NAMI Utah Awards

**2016 NAMIWalks Top Individual Fundraiser
Charron Rumple**

**Excellence in Mental Health Advocacy
Chief Magistrate Brooke G. Wells**

**Excellence in Community Engagement & Outreach
Margarita Gerardo Valenzuela**

**Excellence in Commitment “Vicki Cottrell Award”
Larry Eggett**

**Excellence in New Approaches or Innovation
Sanctuary for Healing and Integration**

**Service Recognition Award
Salt Lake City Police Department
Crisis Intervention Team Training (CIT)**

NAMI Utah’s board and staff would like to congratulate the award recipients and thank them for their dedication to our mission.

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These generous gifts allow NAMI Utah to provide scholarships to the conference.

3rd Breakout Session

2:30 - 3:30 pm

Activation and Improving Outcomes*

MPDC 209/2013

How Peers can help people become “activated” in their own recovery as opposed to merely engaging in treatment.

Presenter: Ashlie Baker, Parent Consultant, Utah Parent Center

Mental Health Awareness and Needs Assessment

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 the Summit County Mental Health Needs Assessment and will share the results. This workshop will show the importance of building awareness in your community.

Presenters: Rich Bullough, Ph.D., Dan Griffiths, Ray Freer, Julia Loughlin, Jim Whitney, Dodi Wilson, and Lana Youngberg

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

New Landmark Study to Offer Insight into the Adolescent Brain

MFEC 101

This presentation will provide an overview of the Adolescent Brain Development (ABCD) Study, the largest longitudinal study of brain development and child health that has ever been conducted in the United States. This study, funded by the National Institutes of Health (NIH), will be conducted at the University of Utah and 18 other sites across the country. It will enroll 10,000 youth ages 9 to 10 and follow their progress into young adulthood. Researchers will determine how childhood experiences (e.g., sports, videogames, social media, sleep patterns, etc.) interact to affect brain development and other outcomes. Understanding these relationships can inform policies, programs, and improve our ability to help our children lead healthy, more fulfilling lives.

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

Salud mental y religión / espiritualidad

MPDC 105

La fe y la espiritualidad pueden brindarle apoyo y ayudarle a lidiar con una condición de salud mental. Hable con sus médicos acerca de que tan impórtate es su fe para usted. Sus prácticas espirituales pueden ser una parte de su plan de tratamiento.

Presenter: Teresa Molina, MSW, MBA, Ph.D., University of Utah (Universidad de Utah)

4th Breakout Session

3:40 - 4:40 pm

Excelling in College While Managing Your Mental Health

MPDC 209/2013

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

This workshop will present the current Utah commitment law from the consumer/family perspective including how it can be used and its limitations. This presentation describes the involuntary hospitalization and commitment court process and answers 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, Case Manager, Family Resource Facilitator, Valley Behavioral Health

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

¿Qué es la Ansiedad social?

MPDC 105

La ansiedad social, también conocida como fobia social, es un miedo fuerte a ser juzgado por otros y a sentir vergüenza. Este miedo puede ser tan fuerte que hace difícil ir al trabajo o a la escuela, o llevar a cabo las actividades de cada día. Toda persona ha sentido ansiedad o vergüenza alguna vez. Por ejemplo, conocer a alguien nuevo o hablar en público puede poner nervioso a cualquiera. Sin embargo, las personas que tienen fobia social se preocupan por éstas y otras cosas por semanas antes de que ocurran. La persona con ansiedad social necesita mucha comprensión y apoyo, el conocer más acerca de este trastorno ayudara a poder relacionarse mejor con quien la padece.

Presenter: **Ariela Robles, Terapeuta Bilingüe, Multicultural Counseling Center (Centro de Terapia Multicultural)**



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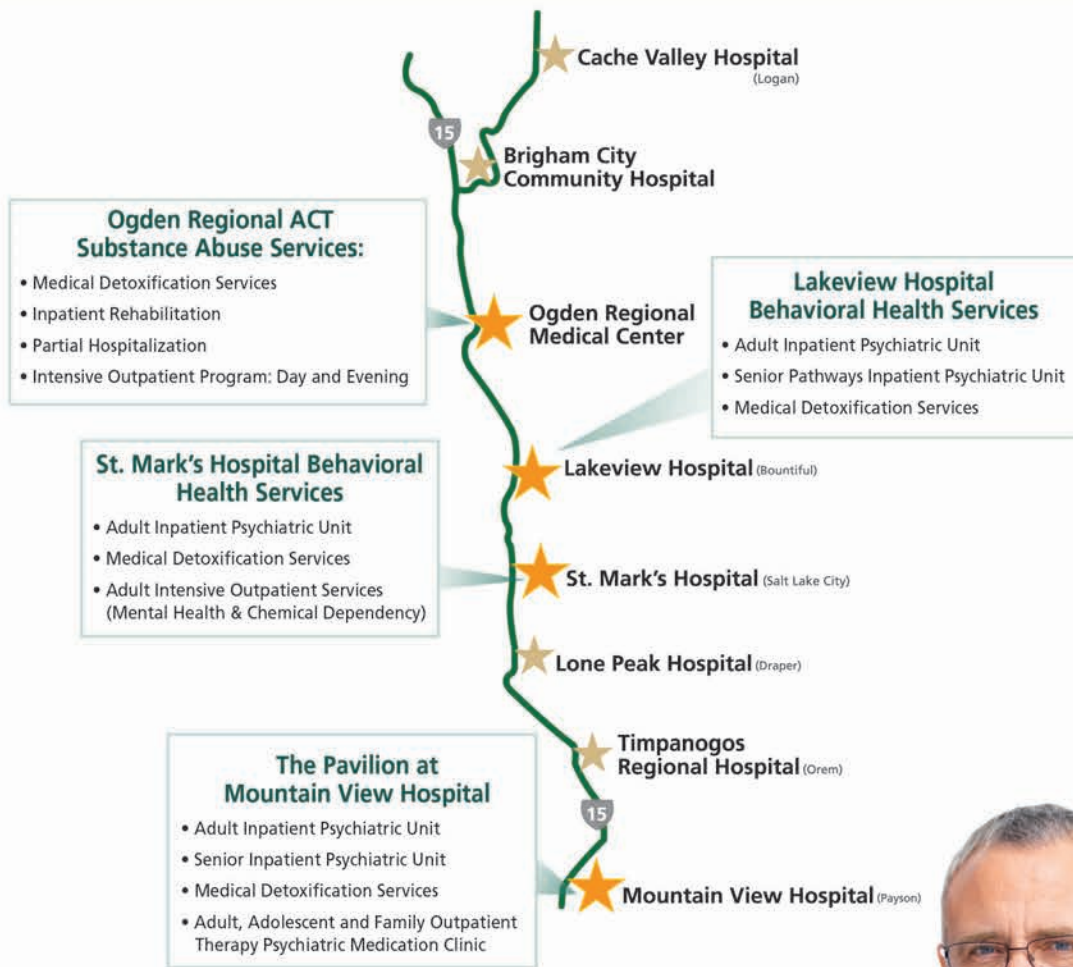
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Biographies

Laurie Adair, NAMI Utah State Trainer

Laurie Adair along with her husband Rob Adair are NAMI State Trainers for the Family-to-Family Program. They have been involved with NAMI for the past 6 years teaching F2F and training teachers for F2F. The Adair's have a blended family of 11 children and 21 grandchildren. Laurie works full time in the commercial real estate industry assisting office building owners and tenants with lease and sale transactions. In her spare time Laurie enjoys spending time with her family, especially her grandchildren. She enjoys hiking, reading, gardening, refinishing furniture, boating, camping, traveling and being outdoors in the sunshine.

Ashlie Baker, Parent Consultant, Utah Parent Center

Ashlie has been a Parent Consultant for the Utah Parent Center for seven years. Her career also included work for three years as a service coordinator for Early Intervention at Kids on the Move. Her family joined the world of disabilities when her triplets were born at 24 weeks gestation over 13 years ago. One of her children has multiple disabilities including ADD, Tourette's, Autism & a rare eye disorder (PHPV). Ashlie is also a sister to a young man on the spectrum. Ashlie takes pride in her work serving parents who have children with disabilities and helping find resources they need to be successful in education and in life. As a presenter Ashlie has presented workshops and classes across the state of Utah and at national conferences.

Rich Bullough, PhD, Director and Chief Public Health Officer, Department of Public Health, Summit County, Utah

Richard Bullough is a native of Utah and is Director and Health Officer of the Summit County Health Department (Utah). Prior to this work, he managed the Arthritis and Diabetes Programs for the Utah Department of Health. He is Past President of the Utah Local Health Officer Association, and sits on the Boards of Valley Behavioral Health, The People's Health Clinic, and The Utah Partnership for Healthy Weight. Richard has published numerous professional articles related to public health practice, chronic disease, human metabolism, quality improvement, and data measurement and utilization. He received his BS (Fisheries Biology) from Utah State University, MS (Exercise Science) and PhD (Human Nutrition) from Colorado State University, and was a National Institutes of Health post-doctoral research fellow (Human Metabolism and Obesity).

Sarah Burton, Volunteer, Youth Motivating Others through Voices of Experience

Sarah has been involved with the mental health system since she was 15 years old. She recently graduated with High Honors, Magna Cum Laude from the University of Utah in Psychology. During her undergraduate degree she was elected Vice President of the Psi Beta Psychology Honor Society and was involved in three additional honor societies including the internationally recognized Golden Key. She has been a part of Youth Motivating Others through Voices of Experience (Youth MOVE) for two and one half years and has presented in 4 state conferences including the 2014 NAMI State Conference and the 2015 State Transitions Academy conference. Sarah is now applying to graduate school to further her education and career in Social Work.

Pam Connors, Program Director, NAMI Utah Southwest (St. George)

Pam has been involved with the Southwest Affiliate since 2011. She has served as VP, Family-to-Family teacher, support group leader, speaker to local organizations and Program Director. She and her husband are parents to their daughter Kat, who is 35 years old. Kat was diagnosed with bipolar disorder at 19. She lives in Las Vegas and lives an independent, rich life.



Biographies

Sarah DeHaan, Assertive Community Treatment Program Director/Team Lead, Volunteers of America, Utah

Sarah DeHaan is the Program Director/Team Lead for Volunteers of America, Utah's Assertive Community Treatment (ACT) team. In this role, Ms. DeHaan has full clinical, administrative, and supervisory responsibility of the team. In addition to providing administrative oversight, she provides clinical supervision to the ACT team staff as well as providing direct services to those served by the team as a clinician. Ms. DeHaan has a wide range of clinical experience along with having multiple years in program management. Ms. DeHaan holds a Master's Degree in Mental Health Counseling. She is a licensed Clinical Mental Health Counselor and holds certifications as a Certified Mental Health Counselor, National Certified Counselor, and Human Services-Board Certified Practitioner.

Robyn Emery, Family Support Specialist, Optum Salt Lake County

Robyn works at Optum Salt Lake County. She was formerly NAMI's Salt Lake County Family resource Facilitator. Robyn does what she does because of family members that have mental illness. She advocates for families at all levels and let them know they are not alone. She loves her work and hopes to make changes for future generations.

Don Fennimore, CMHC UNI Mobile Team Supervisor, UNI

Mr. Fennimore spent many years as a psychiatric crisis worker for the University of Utah. He was the Director of Senior services for Valley Mental Health. Currently, he supervises the UNI Mobile Crisis Outreach Team and is a Designated Examiner for commitment court.

Ray Freer, Co-Founder, CONNECT

Ray dealt with mental health issues with his son for 15 years until he took his life in 2002. Ray served on the NAMI Utah board for about ten years. He is a co-founder of CONNECT In Park City and serves on the steering committee for the Summit County Mental Health Needs Assessment. Ray's son's diagnosis was schizoaffective disorder. In his odyssey of life, he had numerous psychotic breaks, hospitalizations, and interactions with the justice system. Ray is now giving back to the cause of mental illness on behalf of his son and others like him.

Kim Gardner, JD, Prevention by Design Program Director, NAMI Utah

As NAMI Utah Prevention by Design program department director Kim works with, supports and provides grant funding to local coalitions and networks throughout the state of Utah to plan, implement and evaluate evidence-based suicide and mental illness prevention and mental health promotion strategies and activities. Kim has a Juris Doctor degree from the University of Tulsa College of Law. Kim is a member of the Executive Committee of the Utah Suicide Prevention Coalition, is co-chair of the Utah Behavioral Health Planning and Advisory Council and a member of the Utah Substance Abuse and Mental Health Advisory Council. Kim is a leader among statewide suicide prevention advocates.

Dan Griffiths, CPA, CSPS, Director Strategy for Leadership, Tanner LLC

Dan Griffiths is the Director of Strategy & Leadership at Tanner LLC, a Salt Lake City-based professional services firm with 120 team members. Dan has worked with a number of behavioral healthcare providers during his career, including Valley Behavioral Health and numerous treatment centers and clinics. Most recently, he has facilitated the development of a community-based mental health needs assessment for Summit County. Dan has been active in public policy and previously served on the Utah State Board of Education.

Lena Gustafson, Clinical Psychologist, Utah State Hospital

Lena has been working at Utah State Hospital for 2 1/2 years with the seriously mentally ill population. She is passionate in using evidenced-based treatments to help treat individuals. She was recently trained in Recovery Oriented Cognitive Therapy for Schizophrenia (CT-R) through the Beck Institute and has seen measurable outcomes in terms of recovery with the SMI population.

Biographies

Julie Hardle, Recovery/Resiliency Manager, Optum Salt Lake County

Julie Hardle is living a life of recovery from serious mental illness and substance use disorder. Julie worked on the State of Utah Taskforce to operationalize the use of Certified Peer Specialists. She worked to ensure that peer support services were included in crisis redesign services for Salt Lake County, and that peer support services are offered across the Optum Network of service providers. She has worked as a peer specialist and adult mental health case manager. She is presently the Manager of Recovery and Resiliency for Optum SLCO and a facilitator of the Optum CPSS Integrated Behavioral Health training for the State of Utah.

Emily Hoerner, Board Chair, American Foundation for Suicide Prevention, Utah Chapter

Emily Hoerner is a founding board member, and currently the Board Chair of the American Foundation for Suicide Prevention, Utah Chapter. She is a certified safeTALK trainer, a Talk Saves Lives trainer, an AFSP National Advocate, an active Out of the Darkness Community Walk committee member, and an active International Survivors of Suicide Loss Day committee member. Emily participates in local and national suicide prevention training, local media interviews, and legislation in support of suicide prevention. Emily works full time at Washington Federal as a Loan Compliance Officer over Utah and Nevada. She and her husband, Bart, reside in West Jordan, UT. They have two daughters, six grandkids ranging in ages from 2 to 8 (and Emily is only 42!), and a cocker spaniel named Jaxon.

Rebekah Huber, PhD, ABCD Project Manager, University of Utah

Dr. Huber is the Research Project Manager for the ABCD study and a Postdoctoral Research Associate in the Department of Psychiatry at the University of Utah. Since 2010, Dr. Huber has worked with adolescents, families, and veterans in clinical research studies at the Brain Institute. She has extensive training in assessment and child development/psychopathology and teaches courses in the Educational Psychology and Special Education Departments at the University of Utah. Dr. Huber is especially interested in examining environmental and biological factors that affect brain and cognitive development and neurocognition and mood disorders. She has published articles in the areas of environmental risk factors for mood disorders and suicide.

Jan Hunter, Certified Advanced NHA Trainer, Greatitudes

Jan is a mother and grandmother and Certified Advanced NHA Trainer. She was first introduced to the Nurtured Heart Approach® (NHA) in 2000 and it's become the very essence of who she is. First finding success in her own family, Jan has shared NHA with other parents, schools and educators, and youth/young adults around the world providing support online and in person. She started Greatitudes in 2007, however, has been on hiatus since relocating to Utah in late 2015 to provide in-home care for her mother who has Alzheimer's. Jan has two children with Neurofibromatosis and a grandson on the Autism spectrum. She works part time for the Children's Success Foundation, a 501(3)(c), as the IT and Communications Director.

Jamie Justice, Executive Director, National Alliance on Mental Illness (NAMI) Utah

Jamie Justice is the National Alliance on Mental Illness (NAMI) Utah's Executive Director. Mrs. Justice has worked in the mental health and social service field for over a decade, always with a persistent commitment to enhance the quality of life for individuals living with mental illness. She has a Bachelor of Science in psychology and a master's of social work with a dual emphasis in clinical therapy and community based practice.

Biographies

Julia Loughlin, Immersion French Instructor, Park City School District

Julia's family has struggled for 4 years to help first their 23-year-old son, who has a diagnosis of bipolar II and then her 20-year-old son, who has a diagnosis of schizoaffective disorder. Her older son, who has stayed the course with medication and therapy, is able to live independently and has found joy and meaning in his music (he plays guitar in a band) and in his job as a full-time caregiver for an autistic adult. Her 20-year-old has struggled since the age of 13 with drugs and is currently homeless and off his medications, after 3 previous involuntary commitments and many run-ins with the law. Julia and Her Husband work hard to keep the rest of their lives together, to be grateful for all the wonderful people and activities we have in they lives, including their two sons and their daughter, while acknowledging the pain of mental illness. Teaching NAMI's Family-to-Family class has been a huge help to Julia in turning the knowledge she has gained through her family's journey into ability to help others walking similar paths.

Kenneth Martinez, LCSW, Supervisor Mobile Crisis Outreach, University Neuropsychiatric Institute

Ken has been a social worker for over 22 years. He started his career at Valley Mental Health as a Crisis Worker. He later was a Team Leader and headed the Assertive Outreach Team. This team used a "hospital without walls approach" to manage a caseload of severely and persistently mentally ill clients, successfully keeping most of them in the community, avoiding costly hospitalizations and disruptions to their lives. He also worked at the University of Utah in the Emergency Department for 16 years as a Trauma/Crisis Worker. He has supervised many practicum students from the U of U School of Social Work. For the past three years he has worked for the University of Utah Neuropsychiatry Institute as a supervisor on the Mobile Crisis Outreach Team. He has been a therapist first and foremost over these 22 years. His experience also includes serving on the Division of Occupational and Professional Licensing (DOPL) Social Work Board and the Board of Directors for the Disability Law Center.

Teresa Molina, Ph.D., Associate Director University Neighborhood Partners, University of Utah

Teresa Molina came to Utah in 2006. Since then, she has worked with Westside Salt Lake City residents in different capacities. Her research interests are mental health and community practice. Her research dissertation focused on recovery from intimate abuse among Latinas in Utah. She has conducted an impact and empowerment program evaluation for the Westside Leadership Institute, and volunteered as an instructor for refugee nonprofit organizations and NAMI. She also worked with the Hartland Redwood Refugee Clinic. As Associate Director at University Neighborhood Partners, her mission is to support the development of UNP's education pathways, community capacity building and community leadership partnerships. Teresa has a strong experience working in Mexico and Utah with individuals and families with mental health, substance use and domestic violence issues. She has an appointment as assistant professor/lecturer at the College of Social Work, where she teaches policy and community practice courses in the BSW program. Teresa is a member of the NAMI Latino Utah task force, the Salt Lake County CODA Health Subcommittee, the Salt Lake City Human Rights Commission, and South Valley Sanctuary Board of Advisors. Teresa earned her Ph.D. and MSW degrees from the University of Utah, her MBA degree from Lake Superior State University, and her BS in Economics at UNAM.

Wendy O'Leary-Mair, Utah Family Coalition Mentor & Family Resource Facilitator Program Manager, NAMI Utah

Wendy O'Leary-Mair is a passionate promoter of family-driven, youth-guided, strengths-based and individualized care and services for children, teens, young adults and their families. Wendy is the Utah Family Coalition Mentor and the NAMI Utah Family Resource Facilitator Program Manager for Salt Lake County and Northeastern Counseling Centers. She worked as a Family Resource Facilitator prior to becoming a Family Mentor. Wendy is also the proud mother of a young adult who is successfully meeting the challenges in his life using the principles and values that she passionately promotes every day in her work with Family Resource Facilitators, families, and agency and community partners.

Biographies

Jackie Rendo, Mentoring Program Director, NAMI Utah

Jackie is the Director of the Mentoring Program at NAMI Utah and is the program manager for the NIMH Outreach Partner grant. She is a public grant reviewer for NIMH and is a member of the NIMH Mental Health Services Research Committee (SERV).

Ariela Robles, Bilingual Therapist, Multicultural Counseling Center

Ariela Robles is originally from Lima, Peru. She studied psychology at the University Inca Garcilaso de La Vega and has a master's degree in clinical social work from the University of Utah. Her area of expertise is work that furthers the understanding of the circle of violence. As a social psychologist in Peru, she worked to support the prevention of domestic violence, child abuse, and other social problems. In Utah, she works with perpetrators of domestic violence and individuals with DUI convictions who have been court-mandated to receive treatment, in addition to working with victims of crime. Ariela works with individuals, couples and families in the Hispanic community, as well as clients of all ages/backgrounds who suffer from depression, anxiety and/or trauma. She is experienced in cognitive behavioral therapy (CBT), psychotherapy and play therapy.

Barry Rose, LSCW, UNI Crisis Services Manager, University Neuropsychiatric Institute

Barry has worked in behavioral health crisis intervention for over 25 years, including work in community mental health, emergency departments, crisis residential and managed crisis centers. He has spent the last several years as the program manager for crisis services at UNI. Barry is a designated examiner for commitment court.

Kathleen Self, Life Skills Trainer and Transition Coordinator, Utah Independent Living Center

Kathy Self has worked with people with disabilities for over 20 years, for the last 6 1/2 years at UILC. She primarily works with young adults transitioning from school to adult life, teaching a variety of classes focused on increasing student's ability to be independent whatever their living arrangements are. Her classes include nutrition, cooking, safety, social skills and hygiene. She also helps people younger than 23 access housing and other support services available in the community.

Jay Shular, Engagement Panel, NAMI Utah

Jay lives with a spouse that battles with mental illness every day. About five months after arriving in Utah in 2014, Jay witnessed the first of many episodes with mental illness. He attended his first NAMI Family-to-Family class about three years ago. It opened his eyes to the possibility of living with someone with mental illness and coming to an understanding that he is not alone.

Melissa Swan, Case Manager, Family Resource Facilitator, Valley Behavioral Health

Melissa Swan is an employee of Valley Behavioral Health in Tooele where she works in the Children's Unit as a Case Manager and Family Resource Facilitator. Melissa has a Bachelor's degree in Family Life Studies and is a Certified Family Life Educator. As a crisis worker at VBH youth services, Melissa regularly sees children and adults in crisis. She feels drawn to this type of work because she believes that she can connect on a personal level and have an immediate positive effect. Melissa is the mother of five children and 2 grandchildren and has a personal understanding of mental illness and parenting children with mental illness.

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

Lauren Weitzman is currently Director of the University of Utah Counseling Center, where she has been affiliated since 1997. Lauren received her B.S. degree in Psychology from the University of Utah in 1984. She subsequently completed her Ph.D. in Counseling Psychology at the University of Illinois, Urbana-Champaign in 1992. A licensed psychologist, Lauren works closely with issues related to college student mental health in her role as Director. Her personal and professional interests are in the area of mindfulness, life role integration, and women's career development.

Biographies

Josie White, Student, Westminster College

Josie White first began her involvement with the National Alliance on Mental Illness in spring 2016. Since then, Josie had served as the fundraising and social media chair for the Salt Lake County Affiliate, founded a NAMI on Campus club at Westminster College, been hired at the NAMI state office as an assistant young adult outreach coordinator and was most recently trained as a Peer-to-Peer instructor. When diagnosed with bipolar disorder in March 2013, Josie felt incredibly alone in her diagnosis. However, NAMI has enabled Josie to turn her diagnosis into a form of empowerment to help others. Josie is honored to be included in the 2016 NAMI Utah Conference and is excited to share her story.

Jim Whitney, CONNECT Board Member, CONNECT

Jim Whitney has been the owner and Creative Director of WHITNEY Advertising, Branding and Design, in Park City, Utah for 22 years. Jim is a board member and President Elect of Park City Sunrise Rotary Club. Through the Rotary Club, Jim was introduced to the founding members of CONNECT Summit County just prior to the leap into Mental Health Awareness Month in May 2016. Jim assisted CONNECT with the creation of the Logo, Marketing, Social Media presence and press relations – helping get the word out for the 20+ events hosted by CONNECT in May. Jim has also been the technology engine behind the development of the new ConnectSummitCounty.org web site. Jim is now a Member of the Board of Directors of CONNECT. One of Jim's two daughters is currently a Sophomore at Boston University with a major in Psychology, on the Pre-Med track toward Psychiatry.

Dodi Wilson, Director Summit County, Valley Behavioral Health

Dodi Wilson, MS, CMHC is the Director for Valley Behavioral Health, Summit County. Valley Summit is a small outpatient unit with 31 staff that provide therapy (individual, couples, families, group) for all behavioral health and substance use disorder diagnoses. Valley Summit also offers medication services and management, case management services, respite services and peer support and family resource services as well as education and prevention classes (smoking cessation, Aftercare, Prime for Life, Thinking Errors, anger management and others). Valley Summit has a growing school based program that offers individual and family therapy in conjunction with the schools in Summit County. This program currently serves over 70 children and adolescents and covers 13 schools. Valley Summit also partners with the local hospital to assist and assess for residents in crisis and helps place residents into higher levels of care as needed. Valley Summit works closely with our jails and courts to provide jail services and court involved treatment as we support the State of Utah's initiative to reduce recidivism by offering treatment in lieu of incarceration, whenever possible and appropriate. This is Dodi's ninth year at Valley Summit and she has been the director for a year and a half.

Lana Youngberg, CONNECT Board Member, CONNECT

Lana Youngberg has been involved with NAMI Utah for over seven years. She has served on the board of the Wasatch-Summit Affiliate, teaches the Family-to-Family course, and co-facilitates a Family Support Group for Summit County twice a month. She is also a board member for CONNECT, a new mental health awareness and education group in Summit County, and has taught Kindergarten in the Park City School District for 18 years. Lana and her husband have four grown children. Their family was deeply impacted when their youngest son developed mental health issues over 10 years ago at age 16. Early in his struggles, a hospital worker told Lana about NAMI and she arranged to take the Family-to-Family course which helped her family better understand mental health issues and how to cope. She is committed to helping families discover the "help, hope, and healing" that NAMI and CONNECT offer.



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2016 NAMI Utah Conference Agenda

8:00 - 8:30	Check-In & Registration				
8:15 - 9:00	BREAKFAST				
9:00 - 10:30	KEYNOTE SPEAKER: Nev Jones, Ph.D., Director of Research & Evaluation Felton Institute "Transforming Engagement, Transforming Mental Health: Early Intervention and Beyond"				
10:30 - 10:45	BREAK				
TRACK	Engagement Track	Advocacy & Prevention Track	How To's Track	Innovations & Treatment Track	Spanish Track
ROOM	MPDC 209/2013	MPDC 220/224	MFEC 203	MFEC 101	MPDC 105
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 (ACT): Breaking Down Barriers	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	LUNCH and AWARDS				
1:30 - 2:15	NOON SPEAKER: Ann Cannon, Salt Lake Tribune "Taking Care of the Caretaker: Strategies for Self-Care While Serving Those We Love"				
2:15 - 2:30	BREAK				
2:30 - 3:30	Activation and Improving Outcomes*	Community Mental Health Awareness and Summit County Mental Health Needs Assessment	One Family's Walk Through Mental Illness: What Helped, What Hurt and What was Frustrating	New Landmark Study to Offer Insight into the Adolescent Brain	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	¿Qué es la Ansiedad Social?

*Indicates a NAMI Engagement Initiative Workshop