Where Do You Find Excellence in NAMI?

All Around You!

The NAMI Convention presents an unparalleled opportunity to showcase and explore the EXCELLENCE of NAMI — we invite you to LOOK and LISTEN FOR IT...

Through NAMI Standards of Excellence, we are working together, as a team, toward a higher standard in all that we do.

Look for the sessions on NAMI Standards of Excellence and, more importantly, look for the many examples of excellence in the remarkable work of NAMI State Organization and NAMI Affiliate members all across the country!

Join In!

Help us by describing where you find EXCELLENCE and the unique ways in which you’ll take it back home.

Stop by the NAMI Information desk for a “Better Together” card and respond to these questions:

▶ In your NAMI Affiliate or NAMI State Organization, what do you say and do when you’re demonstrating excellence?
▶ What examples of excellence have you seen and heard at the Convention?
▶ In what ways will you combine the excellence you’ve seen here at Convention with the excellence you’ve been demonstrating at your NAMI Affiliate or NAMI State Organization?

Then, come to the Grand Ballroom and post your responses on the “NAMI Wall of Excellence”—you’ll find it right next to the “NAMI Graphic History Timeline!”

For us

excellence is
an aspiration
an attitude
a pursuit
a way of life.

Excellence is
all of us working together,
 aspiring to the fullness
 of our potential,
 always in pursuit
 of a higher standard—
determined to do
everything we do
somehow better
than it ever
has been done before.

Excellence is found
in the caring
in the trying
in the doing.

It is our objective.
We seek it with dedication.
It is the mark of our team!

• With thanks to the inspiration of Coach Wacker, Judson High School, Converse, Texas

Better Together.
Table of Contents

NAMI 2010 – 2011 BOARD OF DIRECTORS 1
HOTEL FLOOR PLAN 2- 3
COMPREHENSIVE CONVENTION SCHEDULE 4 - 5
ANNOUNCEMENTS 6 - 9
Loaded with useful information, services for people living with mental illness, continuing education credits, elections and voting, exhibits and NAMILand, book sales and lots more.
AWARDS 10 - 12
ACKNOWLEDGEMENTS AND THANKS 13
EXHIBITORS 14 - 18
CONVENTION PROGRAM
WEDNESDAY, JULY 6 20 - 21
THURSDAY, JULY 7 22 - 27
FRIDAY, JULY 8 28 - 39
SATURDAY, JULY 9 40 - 42

2010 – 2011 Board of Directors

Kevin B. Sullivan
West Hartford, Conn.
President

Keris Jän Myrick, Ph.D.
Pasadena, Calif.
First Vice President

Sheila B. Amdur
West Hartford, Conn.
Second Vice President

Carol Caruso, M.C.A.T.**
Collegeville, Pa.
Secretary

Guyla Daley
Hilton Head, S.C.
Treasurer

Henry Acosta, M.A., M.S.W., L.S.W.
Plainsboro, N.J.

Moe Armstrong M.B.A., M.A., C.P.S.
West Haven, Conn.

Lynda Michaud Cutrell, M.B.A.
Marblehead, Mass.

Linda Welsch Jensen, R.N., M.N., Ph.D.**
Papillion, Neb.

Clarence Jordan
Cordova, Tenn.

David J. Lushbaugh
Atlanta, Ga.

Ron Morton, M.A.^^
Knoxville, Tenn.

Ralph E. Nelson, Jr., M.D.
Visalia, Calif.

Jim Payne, J.D.
Falls Church, Va.

Clarice Raichel, M.Ed.
Lake Charles, La.

Michael Weaver, M.S.Ed.^^*
Charlotte, N.C.

**Co-chair, NAMI 2011 Annual Convention Committee

^^Member, NAMI 2011 Annual Convention Committee
4-C is the location of Yoga classes on Friday and Saturday. It is located on the fourth floor.
TUESDAY, JULY 5

6 p.m. – 8 p.m.  REGISTRATION OPEN

WEDNESDAY, JULY 6

8 a.m. – 6 p.m.  CONNECTION CAFÉ OPEN
8:30 a.m. – 6 p.m.  REGISTRATION OPEN
9 a.m. – 11 a.m.  EDUCATION, TRAINING AND PEER SUPPORT CENTER PROGRAM DIRECTORS MEETING
9 a.m. – 11:30 a.m.  COUNCIL MEETINGS
• State Presidents Council
• NAMI Consumer Council
• NAMI Veterans Council
• Executive Directors Group
9 a.m. – 11:30 a.m.  NAMI AFFILIATE LEADERS NETWORKING
9 a.m. – 1:30 p.m.  SPECIAL SEMINAR ON BORDERLINE PERSONALITY DISORDER
11:45 a.m. – 12:15 p.m.  CANDIDATE SPEECHES
12 p.m. – 5 p.m.  EXHIBIT HALL AND NAMILAND OPEN
1:30 p.m. – 5:30 p.m.  VETERANS TRAINING SESSION
1:30 p.m. – 5:30 p.m.  LEADERSHIP INSTITUTE
5 p.m. – 8 p.m.  WELCOME CENTER OPEN
6:30 p.m. – 7:15 p.m.  CONVENTION ORIENTATION
7 p.m. – 8:30 p.m.  NAMI CONNECTION RECOVERY SUPPORT GROUP
7:30 p.m. – 9:30 p.m.  SPECIAL SESSION WITH DR. THOMAS INSEL, DIRECTOR, NATIONAL INSTITUTE OF MENTAL HEALTH

THURSDAY, JULY 7

8 a.m. – 6 p.m.  CONNECTION CAFÉ OPEN
8:30 a.m. – 9:30 a.m.  OPEN MICROPHONE WITH NAMI BOARD OF DIRECTORS
8:30 a.m. – 1:30 p.m.  EXHIBIT HALL AND NAMILAND OPEN
8:30 a.m. – 5 p.m.  REGISTRATION OPEN
9:15 a.m. – 12 p.m.  SPECIAL SESSION FOR STATE ADVOCACY NETWORK LEADERS
9:15 a.m. – 12 p.m.  EDUCATION, TRAINING AND PEER SUPPORT CENTER INSTITUTE AND WORKSHOPS
9:15 a.m. – 12 p.m.  ESTATE PLANNING GENERAL SESSION AND WORKSHOPS
10 a.m. – 8 p.m.  WELCOME CENTER OPEN
12:15 p.m. – 1 p.m.  EXERCISE CLASS
12:45 p.m. – 1:45 p.m.  STATE CAUCUSES
2 p.m. – 3:30 p.m.  CONVENTION OPENING: BUILDING BETTER LIVES
3:30 p.m. – 6:30 p.m.  EXHIBIT HALL AND NAMILAND OPEN
3:45 p.m. – 5 p.m.  SPECIAL INTEREST NETWORKING SESSIONS
• Children, Youth and Young Adults
• Borderline Personality Disorder
• Artists as Advocates
• CIT
• NAMI FaithNet
• Seclusion and Restraint
• National Minority Mental Health Month Town Hall
• Federal Legislative Briefing
5:30 p.m. – 6:30 p.m.  STATE CAUCUSES
5:30 p.m. – 7 p.m.  NAMI ILLINOIS ANNUAL MEMBERSHIP MEETING
7 p.m. – 9 p.m.  HOMECOMING PARTY
8 p.m. – 9 p.m.  POETRY SLAM
### FRIDAY, JULY 8

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 a.m. – 6 p.m.</td>
<td>VOTING (for credentialed voting representatives only)</td>
</tr>
<tr>
<td>8 a.m. – 6 p.m.</td>
<td>CONNECTION CAFÉ OPEN</td>
</tr>
<tr>
<td>8:30 a.m. – 3 p.m.</td>
<td>EXHIBIT HALL AND NAMILAND OPEN</td>
</tr>
<tr>
<td>8:30 a.m. – 5 p.m.</td>
<td>REGISTRATION OPEN</td>
</tr>
<tr>
<td>8:45 a.m. – 10:30 a.m.</td>
<td>GROUP ONE SYMPOSIA</td>
</tr>
<tr>
<td></td>
<td>• Veterans</td>
</tr>
<tr>
<td></td>
<td>• Federal Special Education Laws</td>
</tr>
<tr>
<td></td>
<td>• Health Care Reform, Part 1: Washington Insights</td>
</tr>
<tr>
<td></td>
<td>• Emerging Technologies to Improve Care</td>
</tr>
<tr>
<td></td>
<td>• New Opportunities for Supported Housing</td>
</tr>
<tr>
<td>10 a.m. – 8 p.m.</td>
<td>WELCOME CENTER OPEN</td>
</tr>
<tr>
<td>10:45 a.m. – 12:30 p.m.</td>
<td>GROUP TWO SYMPOSIA</td>
</tr>
<tr>
<td></td>
<td>• Confronting Disparities and Embracing Cultural Competence</td>
</tr>
<tr>
<td></td>
<td>• Employment: A Cornerstone of Recovery</td>
</tr>
<tr>
<td></td>
<td>• Health Care Reform, Part 2: Bringing It All Back Home</td>
</tr>
<tr>
<td></td>
<td>• Religion and Spirituality: Assets or Liabilities in Recovery?</td>
</tr>
<tr>
<td></td>
<td>• Special Housing, Administrative Segregation and Disciplinary Confine</td>
</tr>
<tr>
<td>12:45 p.m. – 1:30 p.m.</td>
<td>EXERCISE CLASS</td>
</tr>
<tr>
<td>12:45 p.m. – 1:45 p.m.</td>
<td>DRUMMING CIRCLE</td>
</tr>
<tr>
<td>12:45 p.m. – 1:45 p.m.</td>
<td>POSTER SESSION</td>
</tr>
<tr>
<td>2 p.m. – 3:15 p.m.</td>
<td>GROUP ONE WORKSHOPS</td>
</tr>
<tr>
<td>3:30 p.m. – 4:45 p.m.</td>
<td>GROUP TWO WORKSHOPS</td>
</tr>
<tr>
<td>5 p.m. – 6 p.m.</td>
<td>YOGA CLASS</td>
</tr>
<tr>
<td>5 p.m. – 6:30 p.m.</td>
<td>IN OUR OWN VOICE DEMONSTRATION</td>
</tr>
<tr>
<td>7 p.m. – 9 p.m.</td>
<td>EVENING PROGRAMS</td>
</tr>
<tr>
<td></td>
<td>• Dealing with Anosognosia</td>
</tr>
<tr>
<td></td>
<td>• Screening: OC87</td>
</tr>
<tr>
<td></td>
<td>• Dancing in the Park</td>
</tr>
</tbody>
</table>

### SATURDAY, JULY 9

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 a.m. – 6 p.m.</td>
<td>CONNECTION CAFÉ OPEN</td>
</tr>
<tr>
<td>8:30 a.m. – 10 a.m.</td>
<td>RESEARCH PLENARY: CELEBRATING 20 YEARS OF FAMILY–TO–FAMILY</td>
</tr>
<tr>
<td>8:30 a.m. – 1:30 p.m.</td>
<td>REGISTRATION OPEN</td>
</tr>
<tr>
<td>10 a.m. – 3:30 p.m.</td>
<td>SPECIAL PROGRAMMING IN SPANISH</td>
</tr>
<tr>
<td>10 a.m. – 6 p.m.</td>
<td>WELCOME CENTER OPEN</td>
</tr>
<tr>
<td>10:15 a.m. – 11:45 a.m.</td>
<td>ANNUAL BUSINESS MEETING</td>
</tr>
<tr>
<td>12:30 p.m. – 1:30 p.m.</td>
<td>ARTS AT LUNCHTIME</td>
</tr>
<tr>
<td></td>
<td>• Reading: StigMAAA! The Play</td>
</tr>
<tr>
<td></td>
<td>• Performance: Stars of Light Theatre Troupe</td>
</tr>
<tr>
<td></td>
<td>• Performance: That’s EDUtainment</td>
</tr>
<tr>
<td>1:45 p.m. – 3:15 p.m.</td>
<td>SPECIAL SESSION FOR STATE ADVOCACY NETWORK LEADERS</td>
</tr>
<tr>
<td>1:45 p.m. – 3:15 p.m.</td>
<td>GROUP ONE ASK–THE–DOCTOR SESSIONS</td>
</tr>
<tr>
<td></td>
<td>• Schizophrenia</td>
</tr>
<tr>
<td></td>
<td>• Bipolar Disorder</td>
</tr>
<tr>
<td></td>
<td>• Borderline Personality Disorder</td>
</tr>
<tr>
<td></td>
<td>• Ask the Nurse</td>
</tr>
<tr>
<td></td>
<td>• Recovery and Neuroscience</td>
</tr>
<tr>
<td>3:30 p.m. – 5 p.m.</td>
<td>GROUP TWO ASK–THE–DOCTOR SESSIONS</td>
</tr>
<tr>
<td></td>
<td>• Schizoaffective Disorder</td>
</tr>
<tr>
<td></td>
<td>• Depression</td>
</tr>
<tr>
<td></td>
<td>• Obsessive-Compulsive Disorder</td>
</tr>
<tr>
<td></td>
<td>• Children and Adolescents</td>
</tr>
<tr>
<td></td>
<td>• Improving Adherence to Medications</td>
</tr>
<tr>
<td></td>
<td>• Post–traumatic Stress Disorder</td>
</tr>
<tr>
<td>5:15 p.m. – 6:15 p.m.</td>
<td>YOGA CLASS</td>
</tr>
<tr>
<td>7 p.m. – 8:30 p.m.</td>
<td>TALENT SHOWCASE</td>
</tr>
</tbody>
</table>


**Announcements**

**BOOK STORE**
In addition to NAMI publications, NAMI will be selling a variety of books of interest to individuals living with mental illness, families and treatment professionals during the convention. The book store will be located at the 8th Street registration counter on the lobby level of the Chicago Hilton and will be open according to the schedule below. Also stop by to consult times for book signing opportunities with several authors.

<table>
<thead>
<tr>
<th>Thursday, July 7</th>
<th>9 a.m. – 2 p.m. and 3:30 p.m. – 6 p.m.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday, July 8</td>
<td>10 a.m. – 6 p.m.</td>
</tr>
<tr>
<td>Saturday, July 9</td>
<td>8:30 a.m. – 3 p.m.</td>
</tr>
</tbody>
</table>

**BUSINESS CENTER**
There is a FedEx office located in the 8th Street Lobby of the hotel, offering copying, faxing and a variety of other business services. The business center is open from 7 a.m. – 7 p.m., Monday through Friday, and from 8 a.m. – 5 p.m. on Saturday and Sunday.

**CELL PHONES**
As a courtesy, please have your cell phones and other electronic communication devices turned off or in the vibration mode when attending any session at the NAMI convention. Ringing and beeping are distracting to speakers and your fellow convention attendees.

**CONNECTION CAFÉ**
The Connection Café offers convention attendees free access to the Internet and an opportunity to check their email while attending the convention. The café is located in the Mobley Room, on the lower level of the hotel, and will be open Wednesday through Saturday, 8 a.m. – 6 p.m.

**CONTINUING EDUCATION CREDITS**
NAMI is approved by the California Board of Registered Nursing to offer up to 21.5 contact hours for nurses; by the Minnesota Board of Social Work to offer up to 21.5 continuing education units to social workers; and by the National Board for Certified Counselors to offer 21.5 CEUs to licensed counselors. There is a $15 fee to apply for continuing education credits. For an application, please stop by the NAMI on-site registration desk, located on the lower level of the Chicago Hilton.

**DINING OUT**
See “Information and Hospitality Desk,” page 7.

**ELECTIONS AND VOTING**
Voting is done by credentialed delegates and proxies on behalf of their NAMI Affiliates and NAMI State Organizations. As a result, most convention attendees do not actually vote. However, all NAMI members can and should get to know the men and women who will represent them for the next three years. We’re pleased to offer several opportunities to get to know these NAMI leaders:

- Consult the Spring, 2011 issue of the *Advocate* for more information about the candidates. Copies of this issue of the *Advocate* are available at the Information and Hospitality desk, located outside the Continental Ballroom on the lobby level of the Chicago Hilton.

- Listen to the candidate speeches, scheduled for Wednesday, July 6 at 11:15 a.m. in the Waldorf Room, on the third floor of the hotel.

- Check out www.nami.org/voting for candidates’ letters of nomination, what they think are the important issues facing NAMI, short speeches recorded earlier this spring and their photos. Visit the Connection Café, located in the Mobley Room on the lower level of the hotel for easy free access to NAMI’s extensive voting page.

- Take a look at the candidate posters outside the Waldorf Ballroom on the 3rd floor of the hotel to learn more about each candidate.

- Candidates are wearing red-white-and-blue “candidate” ribbons on their name badges so you can easily identify them. We encourage you to engage them in discussion to learn about what they hope to do through their service on the NAMI Board of Directors.

Voting will take place on Friday, July 8, from 8 a.m. – 6 p.m. Credentialed voting representatives should report to PDR 4, on the third floor of the hotel, to cast their ballots. Winning candidates for the NAMI Board of Directors will be announced at the Annual Business Meeting, 10:15 a.m. on Saturday, July 9, in the International Ballroom.
EXHIBITS
A number of organizations are displaying information about publications, facilities, products, and services of interest to NAMI members. We encourage you to stop and visit with our exhibitors, whose financial support helps to make the NAMI convention possible. Exhibits are located in the Southeast Exhibit Hall on the lower level of the Chicago Hilton and will be open according to the following schedule:

- **Wednesday, July 6**: 12 p.m. – 5 p.m.
- **Thursday, July 7**: 8:30 a.m. – 1:30 p.m., 3:30 p.m. – 6:30 p.m.
- **Friday, July 8**: 8:30 a.m. – 3 p.m.

INFORMATION AND HOSPITALITY DESK
The NAMI Information and Hospitality desk is located outside the Continental Ballroom on the lobby level of the Chicago Hilton. It is open Wednesday, July 6 through Saturday, July 9. NAMI staff and volunteers will be available to answer questions about NAMI and the convention, local sightseeing, restaurants, shopping etc. This is also the place to pick up any ribbons you may need for your name badge.

KEY CONVENTION LOCATIONS
Below is a list of key convention locations. Also look for the “Guide to Meeting Room Locations” listed throughout the program to find meeting rooms. There is a copy of the hotel floor plan printed on pages 2 -3 of this program.

- **Connection Café**—Mobley Room, Lower Level
- **Convention registration**—Lower Level
- **Exhibit hall**—Southeast Exhibit Hall, Lower Level
- **NAMI Information and Hospitality desk**—Lobby Level-8th Street entrance
- **NAMILand**—Southeast Exhibit Hall, Lower Level
- **Voting**—Private Dining Room (PDR) 4
- **Welcome Center**—Buckingham’s, Lobby Level
- **Wellness Center**—Southeast Exhibit Hall, Lower Level

LOST AND FOUND
The NAMI Information and Hospitality desk serves as the lost and found center for the convention. You should also check with hotel security about any lost items.

MEAL TICKETS
If you registered for the full convention, you received a ticket for Thursday nights’ homecoming party when you picked up your registration materials. Tickets for the homecoming must be purchased for anyone not registered for the full convention. Tickets are available for $40 at the NAMI on-site registration desk (lower level).

Please advise the NAMI registration desk staff if you do not plan to attend the Homecoming Party so that your ticket can be made available to a volunteer working at the convention.

MESSAGES
A message board has been placed in the NAMI registration area (lower level). Messages for convention attendees can be posted here. The message board also lists last-minute changes in the program and room assignments, state caucuses not listed in the program and other special meetings. If someone needs to reach you at the convention, it is best that they call your cell phone or call the hotel (312) 922–4400 and leave a message in your room.

NAME BADGES
Name badges should be worn at all times during the convention and are required for entrance into the exhibit hall. If you misplace your name badge, you may request a new one at the on-site registration desk. If you leave your name badge in your hotel room, please go back and get it.

NAMILAND
NAMILand is located in the Southeast Exhibit hall (on the hotel’s lower level). NAMI staff will be on hand in NAMILand to answer questions about NAMI services, policy issues, NAMIWalks, educational programs (Family-to-Family, Peer-to-Peer, In Our Own Voice, NAMI Basics, NAMI Connection), NAMI FaithNet, the STAR Center and all things NAMI. Stop by and say hello and check schedules for staff. We look forward to meeting you. NAMILand will be open according to the following schedule:

- **Wednesday, July 6**: 12 p.m. – 5 p.m.
- **Thursday, July 7**: 8:30 a.m. – 1:30 p.m., 3:30 p.m. – 6:30 p.m.
- **Friday, July 8**: 8:30 a.m. – 3 p.m.
NAMILAND AT YOUR FINGERTIPS
In an effort to cut down on the amount of paper distributed at the convention, all NAMILand materials will be available online at the NAMI website (www.nami.org/namiland). This will enable attendees to have access to all NAMILand resources without have to carry a heavy bag home with them and will make it easy for attendees to share resources with others.

PHOTOGRAPHY AND VIDEOGRAPHY
There may be film and photography efforts going on during the NAMI convention. Convention guests may be featured in NAMI-related motion picture footage, still photographs (print) and/or sound recordings for art, advertising, trade or other lawful purposes as a consequence. If you object to being featured, please stop by the NAMI Information and Hospitality desk to obtain a DO NOT RECORD sticker for your name badge.

PLANNING YOUR PERSONAL CONVENTION SCHEDULE
In developing this schedule of educational sessions, performances and social events, the NAMI Annual Convention Committee has tried to bring you as much information as possible. Throughout the convention, many sessions are being presented at the same time, and it is important to realize that you will not be able to attend everything. We urge you to review this program schedule carefully and plan your personal convention schedule so that you can attend the sessions most important to you. Be sure to schedule breaks and rest periods for yourself. If there are other members of your NAMI Affiliate attending the convention, you may want to devise a schedule as a group to cover as many sessions as possible. We also suggest that you purchase recordings of the sessions you were not able to attend.

Convention orientation is a valuable resource for an overview of all convention activities, and is especially recommended for those attending the NAMI convention for the first time. It is scheduled for Wednesday, July 6, 6:30 p.m. – 7:15 p.m.

PROGRAM INFORMATION
This program offers complete information about all events at the convention, including session descriptions and speakers. We suggest you use it in conjunction with the pocket program you received in your registration packet. The pocket program serves as a handy guide to the convention schedule and locations for all events.

PLENARY SESSIONS
No other sessions are scheduled at the same time as a plenary session. Three plenary sessions are being offered at this year’s convention, all in the International Ballroom:

- Convention Opening: Building Better Lives, Thursday, July 7, 2 p.m. – 3:30 p.m.
- Research Plenary: Celebrating 20 Years of Family-to-Family, Saturday, July 9, 8:30 a.m. – 10 a.m.
- Annual Business Meeting, Saturday, July 9, 10:15 a.m. – 11:45 a.m.

Symposia
There are two sets of symposia at this year’s convention, both scheduled for Friday, July 8. The first set is scheduled for 8:45 a.m. – 10:30 a.m. and the second for 10:45 a.m. – 12:30 p.m. Information about the first set of symposia begins on page 28. Information on the second set begins on page 29.

Workshops
Two sets of workshops, intended to share innovative ideas and projects underway in our grassroots, are scheduled this year. Titles, descriptions and speakers for the first group, scheduled for Friday, July 8, at 2 p.m., can be found on pages 31 – 35. Information on the second set of workshops, scheduled for Friday, July 8, at 3:30 p.m., can be found on pages 35 – 38. Each workshop runs for 75 minutes.

Poster Sessions
Poster sessions are another venue to share work underway to further NAMI’s mission. Presenters will be on hand to discuss their work and answer questions. The poster session will be held in the Southeast Exhibit Hall (hotel lower level) on Friday, July 8, from 12:45 p.m. – 1:45 p.m. For a list of posters to be presented, please see page 31.
RECORDINGS OF CONVENTION SESSIONS

Nearly all sessions at the convention are recorded and are available on CD. An order form is included in your registration packet. You may use this form to order CDs, or you can stop by the ACTS sales desk. These recordings are an excellent way to share the convention with members of your NAMI Affiliate who were not able to attend the convention.

RESERVED SEATING

Seats are reserved at the front of the International Ballroom for plenary sessions for sight-impaired, deaf and hard-of-hearing convention attendees. Reserved seats will be marked. Please be considerate of your fellow convention attendees and make these seats available to those who need them.

RESTAURANTS

See “Information and Hospitality Desk,” page 7.

SERVICES FOR PEOPLE LIVING WITH MENTAL ILLNESS

NAMI extends a special welcome to people living with mental illness attending the convention and offers several special services for you. We urge you to visit the Welcome Center, located in Buckingham’s (lobby level of the hotel). The Welcome Center offers you an opportunity to relax and talk with others attending the convention. People living with mental illness who need support or assistance during the convention are encouraged to go to the Welcome Center where peer counselors will be available to assist you. Prescriptions and lab services can also be arranged through the Welcome Center. NAMI is grateful for the support of ValueOptions for making the Welcome Center a part of our convention.

The Welcome Center will be open according to the following schedule:

- Wednesday, July 6: 5 p.m. – 8 p.m.
- Thursday, July 7: 10 a.m. – 8 p.m.
- Friday, July 8: 10 a.m. – 8 p.m.
- Saturday, July 9: 10 a.m. – 6 p.m.

SMOKING

Smoking is not permitted at any convention event or in any public areas of the Chicago Hilton. Smoking is permitted outside the hotel building. If you are a smoker and wish to smoke in your guest room, be sure you are in a smoking room. Smoking in a guest room that is not designated as a smoking room will result in substantial additional charges being added to your hotel bill.

SPECIAL EVENTS

- Special Seminar on Borderline Personality Disorder. Wednesday, July 6, 9 a.m. – 1:30 p.m. See page 20.
- Special Session with Dr. Thomas Insel, Director, National Institute of Mental Health. Wednesday, July 6, 7:30 p.m. – 9:30 p.m. See page 21.
- Homecoming Party. Thursday, July 7, 7 p.m. – 9 p.m. See page 25.
- “I’m Not Sick, I Don’t Need Help!” Understanding and Dealing with Anosognosia. Friday, July 8, 7 p.m. – 9 p.m. See page 39.
- Screening: OC87. Friday, July 8, 7 p.m. – 9 p.m. See page 39.
- Arts at Lunchtime. Saturday, July 8, 12:30 p.m. – 1:30 p.m. See page 40.

STAFF AND VOLUNTEERS

If you need assistance, please look for a NAMI staff member or a volunteer. Volunteers at the convention are wearing green ribbons attached to their name badges and NAMI staff have a blue ribbon attached to theirs. Please contact a volunteer or staff member with any questions you may have for help in solving a problem you encounter.

WELCOME CENTER

See “Services for People Living with Mental Illness,” page 9.

WELLNESS CENTER AND CLASSES

A continuing focus of the NAMI Annual Convention is health and wellness, and we are pleased to offer the Wellness Center again this year. Located in the Exhibit Hall (lower level), the Wellness Center will offer information on medications and medication management, nutrition, dental hygiene and other topics. We are also offering wellness activities for all convention attendees:

- Exercise Classes: Thursday and Friday during the lunch hour. See pages 24 and 30.
- Drumming Circle: Friday during the lunch hour. See page 30.
- Yoga Classes: At the end of the day on Friday and Saturday. See pages 39 and 42.
Awards

NAMI is proud to honor these individuals and organizations for their outstanding work to further the goals of our movement.

DISTINGUISHED SERVICE AWARD

Joyce Burland, Ph.D.

The Distinguished Service Award is NAMI’s highest honor, given in recognition of exceptional efforts to further NAMI’s goal of improving the lives of people who live with mental illness. Dr. Joyce Burland’s work has been nothing short of inspirational. What began as a small but hopeful program in the upper regions of New England has now spread all over our nation and is beginning to make its power known in other parts of the world. Joyce’s work has not only transformed individual lives, but has also helped to transform the mental health care system. In the words of the NAMI Board of Directors, "The army of NAMI members that Joyce Burland armed with knowledge and passion is changing the way persons living with mental illness are treated. The army is on the move because of Dr. Burland and the programs she created and nourished." All of NAMI expresses its deep gratitude for this tremendous achievement.

OUTSTANDING NAMI MEMBER AWARD

Rev. Hal Taylor

The Outstanding NAMI Member Award is the highest honor that NAMI gives to a member of our family. It is given in recognition of long and effective work to accomplish NAMI’s goals. The Rev. Hal Taylor has worked hard to see NAMI’s goals realized by both individual actions and as a member of our organization. As an individual, he worked for many years at a homeless shelter and as a counselor for persons who are incarcerated, many of whom live with mental illness. As a member of NAMI, Hal was instrumental in the founding of the NAMI Affiliate in the Greater Bloomington area in Indiana and has played a leadership role in the Family-to-Family program there. He has also worked tirelessly for many years to encourage brain donation to further research into mental illness.

LIONEL ALDRIDGE AWARD

Mark Vonnegut, M.D.

The Lionel Aldridge Award recognizes an individual living with mental illness who exhibits courage, leadership and service on behalf of all people living with mental illness. Dr. Mark Vonnegut, a pediatrician outside of Boston, is being honored for his eloquent and honest writing about his experience of mental illness, his advocacy for a “person-centered” approach to medical care, his courage in speaking openly and publicly about his illness and his strength in being able to become a physician and practice medicine in spite of four hospitalizations due to his illness. He brings hope to all people whose lives are affected by mental illness.

RONA AND KEN PURDY AWARD TO END DISCRIMINATION

Doris Buffett

The Rona and Ken Purdy Award goes to someone who has done significant work to reduce the stigma attached to living with a mental illness. Doris Buffett is candid about her battles with depression and about the fact that many members of her family also lived with mental illness. Beyond her candor, she is extraordinarily generous to individuals in recovery who need a helping hand, having established partnerships with 16 different prisons to help incarcerated persons achieve educational goals and provide an alternative to actions that led to their incarceration in the first place. Her biography, Giving It All Away, is sure to serve as an inspiration for many who live with mental illness as well as for their family members.

SAM COCHRAN CRIMINAL JUSTICE AWARD

Chief William McManus

Named for NAMI’s first legislative director and life-long grassroots activist Sam Cochran, this award recognizes leadership and vision in advocacy that has resulted in significant improvements to the state and/or national level. Chief William McManus, from San Antonio, Texas, has exhibited a determination to do everything possible to give people living with mental illness and their families the opportunity to lead fulfilling lives, a reason to hope and a future of recovery. His work in NAMI South Carolina has been nothing short of heroic—he has served as a board member of the NAMI State Organization and as president of his NAMI Affiliate. He is willing to talk to anyone who will listen—including some people who might have chosen not to given the chance—and he has brought hope to people throughout South Carolina and beyond. Buddy is a walking, talking personification of NAMI’s mission.

RICHARD T. GREER ADVOCACY AWARD

Joel (Buddy) Wier, III

Named for NAMI’s first legislative director and life-long grassroots advocate Dick Greer, this award recognizes leadership and vision in advocacy that has resulted in significant improvements to the state and/or national level. Buddy Wier, from Columbia, S.C., has exhibited a determination to do everything possible to give people living with mental illness and their families the opportunity to lead fulfilling lives, a reason to hope and a future of recovery. His work in NAMI South Carolina has been nothing short of heroic—he has served as a board member of the NAMI State Organization and as president of his NAMI Affiliate. He is willing to talk to anyone who will listen—including some people who might have chosen not to given the chance—and he has brought hope to people throughout South Carolina and beyond. Buddy is a walking, talking personification of NAMI’s mission.
EXCELLENCE IN COMMUNITY MENTAL HEALTH AWARD

Perry Hoffman, Ph.D.

The Excellence in Community Mental Health Award is given to recognize outstanding efforts by professionals to reach out to people living with mental illness in their own communities. Dr. Perry Hoffman helped to establish the National Educational Alliance on Borderline Personality Disorder, including organizing and leading conferences about this disorder and helping to create its website. Her clinical work and her contribution to the development of Family Connections, a educational program for families of people with BPD, have filled a vital need for specialized family psycho-education about this difficult mental illness. Her extraordinary and compassionate leadership has had an impact on professionals, researchers, policy makers and, most importantly, has eased the burden for thousands of families.

MULTICULTURAL OUTREACH AWARD

NAMI San Antonio

This award honors effective efforts to ensure that diversity and inclusion are high priorities in the NAMI family. In selecting NAMI San Antonio for this year’s award, the NAMI Board of Directors salutes the comprehensive mental health and community services network members of this affiliate have helped to bring about. They have worked with the school system, local churches and the Veterans Administration and veterans groups to ensure that NAMI’s message of recovery and hope is heard loud and clear in Bexar County—in both English and Spanish.

OUTSTANDING STATE ORGANIZATION AWARD

NAMI Connecticut

The Outstanding NAMI State Organization Award is given to recognize exceptional efforts on the state level to further NAMI’s mission. NAMI Connecticut was chosen this year for the way in which it honors and furthers the values and spirit of our organization. Its staff and programs reflect NAMI’s commitment to diversity, it is recognized as a leader in advocacy in the state, the state office offers top-notch technical assistance to NAMI Affiliates and it offers the full complement of NAMI education programs. The NAMI Board of Directors was also impressed with its deep and diversified funding base. NAMI Connecticut is truly the “go to” organization on mental illness in the state of Connecticut.

OUTSTANDING NAMI AFFILIATE AWARD

NAMI San Diego

The Outstanding NAMI Affiliate Award honors exemplary efforts to achieve NAMI’s goals on the local level. NAMI San Diego’s consistent support of NAMI’s mission of education, support and advocacy is evidenced by the number of support groups, education classes, community outreach activities, seminars and monthly education and advocacy meetings it offers. Their NAMIWalk has grown to be one of the largest in the nation. The NAMI Board was particularly impressed with their “Friends in the Lobby” program which offers NAMI information and support to those visiting loved ones in hospital psychiatric units.

CONSUMER COUNCIL KEN STEELE AWARD

Mike Weaver

The Ken Steele Award is given by NAMI’s Consumer Council to recognize outstanding contributions by an individual living with mental illness to improve the quality of life, increase empowerment and promote integration and inclusion for other individuals living with mental illness. Mike Weaver works tirelessly as an advocate for the rights of people living with mental illness at the local, state and national levels. Serving as a mentor to hundreds of his peers in his community, he uses his story to strengthen and empower others in their journey to recovery. In his home state of North Carolina, he has worked effectively with the state government to advance the Peer Support program. He has served on countless committees, including the NAMI Board of Directors, and has been asked to speak at conferences across the United States. Mike is an excellent model of recovery and is working diligently to improve lives.

CONSUMER COUNCIL GLORIA HUNTYLEY AWARD

Elyn R. Saks

The Gloria Huntley Award is given to a facility or individual to recognize significant strides in reducing the use of seclusion and restraints in a treatment setting. Elyn R. Saks has been a champion for reducing and eliminating restraints and seclusion for adults and youth. Elyn specializes in mental health law, criminal law and children and the law. Her research has focused on the ethical dimensions of psychiatric research as well as forced treatment of those with mental illness. She has used her book, The Center Cannot Hold, as an outreach tool to educate others across the United States. Mike Weaver works tirelessly as an advocate for the rights of people living with mental illness at the local, state and national levels. Serving as a mentor to hundreds of his peers in his community, he uses his story to strengthen and empower others in their journey to recovery. In his home state of North Carolina, he has worked effectively with the state government to advance the Peer Support program. He has served on countless committees, including the NAMI Board of Directors, and has been asked to speak at conferences across the United States. Mike is an excellent model of recovery and is working diligently to improve lives.
**CONSUMER COUNCIL EXEMPLARY STATE AWARD**

**NAMI Kansas**

This award recognizes a NAMI State Organization for exceptional commitment to promoting participation in the NAMI movement by fostering partnerships with, providing leadership opportunities to, and promoting recovery, independence and choice for people living with mental illness. NAMI Kansas is recognized for their efforts to promote and encourage the involvement of individuals living with mental illness within the state. The NAMI Kansas Consumer Council has empowered leaders to rise up and take an active role in education, support programs and advocacy issues within the state. This past year the council has been working to identify recommendations and effective guidelines for peer support groups, as well as working to increase the number of trained Peer-to-Peer facilitators and collaborating with other consumer-run organizations across the state.

**FAMILY-TO-FAMILY LEADERSHIP AWARD**

**Holly McCaffrey**

Each year the NAMI Family-to-Family education program recognizes one NAMI State Family-to-Family program director for state coordination of the program. Holly McCaffrey, assistant executive director of NAMI Illinois, is being recognized this year. Holly has held several key NAMI Illinois staff positions since the late 1990s. Currently, she wears several staff hats and oversees the NAMI Illinois education and support programs. In her role as education director, she has successfully used her leadership skills to grow the program in the state and her exceptional communication skills to communicate with and collect data from Family-to-Family teachers throughout the state. Her record of accomplishment for this year is outstanding, with more than 600 program graduates.

**IN OUR OWN VOICE DISTINGUISHED SERVICE AWARD**

**NAMI Massachusetts**

The In Our Own Voice (IOOV) Distinguished Service Award honors exemplary efforts to expand the scope and effectiveness of this unique public education program. This year NAMI Massachusetts is being honored for their efforts to bring IOOV to the deaf and hard-of-hearing community. In 2010, this progressive NAMI State Organization developed an IOOV presentation video featuring an American Sign Language interpreter along with subtitles. The state's commitment to sharing NAMI's message of recovery with this audience exemplifies the spirit of community and hope that IOOV stands for.

**NAMI BASICS LEADERSHIP AWARD**

**Denise David**

The NAMI Basics Leadership Award recognizes the exceptional efforts of a program leader to further the growth of the NAMI Basics education program in their community or state. Under Denise David's leadership, NAMI NYC-Metro has not only provided multiple offerings of the NAMI Basics course, but has also made it possible for classes to be held specifically for foster parents. Denise and her colleagues also piloted the provision of the course to audiences of professional providers only. This offering was so successful that it has been replicated in other areas of the country. Additionally, Denise and her daughter spearheaded a NAMI Basics team for the NAMI NYC-Metro NAMIWalk. These innovative outreach efforts are testimony to Denise's commitment to the needs of children and adolescents living with mental illness and their families.

**PEER-TO-PEER DISTINGUISHED SERVICE AWARD**

**Haydee Meza**

The Peer-to-Peer (P2P) Distinguished Service Award recognizes the exceptional efforts of a program leader to further the growth of P2P in a NAMI State Organization or NAMI Affiliate. Haydee Meza, the program coordinator for P2P and Persona a Persona in NAMI Southern Arizona, has made many contributions to the program. She spearheaded the first Spanish-language, third edition teacher training, which initiated the program statewide. Through Haydee's efforts, NAMI Southern Arizona graduated 49 percent more peers in 2010 than in 2009. Haydee has also served as a consultant and trainer to help other states expand Persona a Persona. Always willing to lend a hand where it is needed, her enthusiasm and unbeatable spirit are an inspiration to those working with her.

**NAMI CONNECTION LEADERSHIP AWARD**

**Carol Weber**

The NAMI Connection Leadership Award recognizes exceptional efforts by a program leader to further the growth of NAMI Connection in their state. Coming on board as a program director in NAMI Florida only a year ago, Carol Weber has already demonstrated a strong passion for the program and has gone to great lengths to nourish and grow more than 30 Connection groups throughout the state. Carol has also led the charge as one of the pilot states for Conexion NAMI, reaching out to the Spanish-speaking community.
We would like to thank the following corporate partners and other organizations whose generous contributions help to make the NAMI National Convention possible.

American Psychiatric Nurses Association  Hartgrove Behavioral Health System  National Institute of Mental Health
AstraZeneca  HCA  Otsuka America Pharmaceutical
Bristol Myer-Squibb  Janssen Pharmaceutica  Social Security Administration – Ticket to Work
Center for Mental Health Services  Lundbeck  Takeda Pharmaceuticals North America
College of Psychiatric and Neurologic Pharmacists  Magellan Health Solutions  Universal Health Services
Eli Lilly & Company  McNeil Pediatrics  ValueOptions
GlaxoSmithKline  Merck

We extend special thanks to the many volunteers and supporters who have contributed to the success of the NAMI 2011 National Convention. We would also like to thank these individuals for their work to help make our convention a success.

Suzanne Andrukaitis  Vincent Hardison  Lisa Stillman, R.D.H.
Hugh Brady  George Kibler  Lora Thomas
Michael Ciesielski  Annie Leinart, R.N., M.S.  Linda Virgil
Sharon DeBlanc  Linda Long  Garner Wireman
Debbie Ellison  Holly McCaffrey

Margaret Stout

Thank you for your dedicated service as President of the NAMI Board of Directors and for leading NAMI Iowa for 25 years as Executive Director.

Congratulations on Your Retirement!
NAMI would like to thank all of our exhibitors, whose contributions and efforts support the NAMI movement and help make the convention possible. We encourage all convention attendees to visit the Exhibit Hall, located in the Southeast Exhibit Hall on the lower level of the hotel.

### ALLSUP

**Belleville, Ill. • Booth 304**

Allsup is the nation’s premier Social Security Disability Insurance representation firm, producing awards for 98 percent of customers who complete the process with us. Since 1984, we have secured $12 billion in Social Security and Medicare entitlements for more than 150,000 individuals who could no longer work due to disability.

### AstraZeneca

**Wilmington, Del. • Booth 303**

AstraZeneca is one of the world’s leading health care and pharmaceutical companies, with U.S. headquarters in Wilmington, Del. Please visit us to learn about our AZ&Me™ Prescription Saving program and resources available to help people with limited resources access medicines.

### BRINGCHANGE2MIND

**St. Louis, Mo. • Booth 503**

Bring Change 2 Mind is an organization founded by Glenn and Jessie Close, the Child and Adolescent Bipolar Foundation, Fountain House, and the International Mental Health Research Organization. Its mission is to help eradicate the stigma associated with Mental Illness through awareness and education. For more information, go to BringChange2Mind.org.

### CENTERS FOR MEDICARE AND MEDICAID SERVICES

**Baltimore, Md. • Booth 409**

As part of the U.S. Department of Health and Human Services, the Centers for Medicare and Medicaid Services (CMS) touches the lives of almost every American. CMS manages several critical programs: Medicare, Medicaid and the State’s Children’s Health Insurance programs. And, CMS is actively involved in the implementation of many key provisions of the Affordable Care Act. Learn how seniors and people with disabilities can take advantage of these programs. CMS will have information about mental health parity, changes to Medicare’s preventive services, prescription drug coverage, extra help for people with limited resources, the enhanced coordination between the Medicare and Medicaid programs and more.

### CIGNA

**Eden Prairie, Minn. • Booth 101**

CIGNA Corp. is a global health service and financial company that helps people improve their health, well-being and sense of security. Its U.S. operating subsidiaries provide an integrated suite of health services, including medical, dental, behavioral, pharmacy and vision benefits, as well as group life, accident and disability insurance. Visit us at www.cigna.com

### COLLEGE OF PSYCHIATRIC AND NEUROLOGIC PHARMACIST (CPNP)

**Lincoln, Neb. • Booth 308**

CPNP is a professional association whose members are pharmacists specializing in the optimal use of medications in people with psychiatric and neurologic disorders. The psychiatric pharmacist optimizes drug treatment and patient care by conducting assessments, recommending treatment plans and medications, monitoring patient response and recognizing drug–induced problems. Members work in settings such as hospitals, outpatient clinics, academic and research centers and the pharmaceutical industry.

### COOPERRIIS HEALING COMMUNITY

**Mill Spring, N.C. • Booth 509**

CooperRiis Healing Community is a multisite residential therapeutic community for those recovering from serious mental illness and substance abuse issues. Located in western North Carolina, CooperRiis can serve over 70 individuals at a time between our farm, urban campuses and transitional community houses.

### EXHIBIT HALL HOURS

<table>
<thead>
<tr>
<th>Day</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday, July 6</td>
<td>12 p.m. – 5 p.m.</td>
</tr>
<tr>
<td>Thursday, July 7</td>
<td>8:30 a.m. – 1:30 p.m.</td>
</tr>
<tr>
<td></td>
<td>3:30 p.m. – 6:30 p.m.</td>
</tr>
<tr>
<td>Friday, July 8</td>
<td>8:30 a.m. – 3 p.m.</td>
</tr>
</tbody>
</table>
FDA OFFICE OF WOMEN’S HEALTH
Silver Spring, Md. • Booth 210
The U.S. Food and Drug Administration Office of Women’s Health addresses the health issues of the nation’s women by funding scientific research, collaborating with national organizations to sponsor outreach efforts and disseminating free publications on a variety of topics including depression, diabetes, medication safety, pregnancy, food safety and health scams.

GOULD FARM
Rockville, Md. • Booth 604

HARVARD BRAIN TISSUE RESOURCE CENTER
Belmont, Mass. • Booth 310
The Harvard Brain Tissue Resource Center is a federally funded, non-profit organization that serves as a national resource for the collection and distribution of postmortem brain tissue for medical research into the causes of devastating neurological and psychiatric disorders. The psychiatric disorders of prime interest include schizophrenia and manic-depressive illness, and first-degree relatives of diagnosed individuals.

HUNT PSYCHIATRIC INNOVATIONS, LLC
Nashville, Tenn. • Booth 103

INTERNATIONAL CENTER FOR CLUBHOUSE DEVELOPMENT
New York, N.Y. • Booth 407
The International Center for Clubhouse Development (ICCD) is a federation of like-minded communities, called clubhouses (based on the Fountain House model), which help people with mental illness access and participate in the world of employment, education, family and friends by providing a place to belong, meaningful work, a decent place to live, access to needed services (medical and social) and a place where they can always return.

JANSSEN, DIVISION OF ORTHO-MCNEIL-JANSSEN PHARMACEUTICALS, INC.
Titusville, N.J. • Booths 404 and 405

KOGNITO SOLUTIONS
New York, N.Y. • Booth 502
Kognito developed At-Risk, a series of online suicide prevention and gatekeeper training simulations for families of returning veterans, high school educators, university faculty and students, and ER personnel. A recent course has been adopted by the VA’s NY/NJ Healthcare Network to train families of 900,000 veterans. View demos at www.kognito.com/atrisk.

LAKEWOOD CENTER
Fern Park, Fla. • Booth 605
Owned and operated by La Amistad Foundation, Inc., Lakewood Center is a private, non-private, residential psychiatric treatment facility for adults with schizophrenia, bipolar, depression and spectrum disorders. The nursing, social work, activities, work program and direct care staff provide a safe and active community. In addition, we offer a supervised community living program. www.lakewoodcenter.org

LAUREL RIDGE TREATMENT CENTER
San Antonio, Texas • Booth 108
Laurel Ridge Treatment Center is a 252 bed behavioral health facility located in San Antonio, Texas. We offer comprehensive services for children, adolescents and adults, with specialty services for active duty service members. www.laurelridgetc.com (210) 491-9400

LIFE’S PLAN POOLED TRUST
Lisle, Ill. • Booth 102

LILLY
Indianapolis, Ind. • Booths 401 and 501

MAGELLAN HEALTH SERVICES
Avon, Conn. • Booth 301
Magellan Health Services, Inc., manages behavioral health services nationwide through innovative, community-based programs that deliver measurable outcomes and are grounded in the principles of resiliency, recovery and personal choice for consumers and their families. Magellan’s customers include government agencies, health plans and employers.

MAGPIE MEDIA, INC.
Fort Erie, Ontario, Canada • Booth 309
SZ Magazine is America’s leading magazine dedicated to schizophrenia. Published quarterly, SZ Magazine provides individuals diagnosed with schizophrenia, their caregivers, families and medical professions with information on schizophrenia therapies and medications, along with stories of hope and inspiration. Readers learn coping techniques and treatment options.

MEDICALERT FOUNDATION
Turlock, Calif. • Booth 209
MediAlert Foundation pioneered the use of medical IDs and services to relay vital medical information to emergency responders on behalf of its members so they receive faster and safer treatment. Today, MediAlert provides the functionality of an e-health information exchange through an innovative combination of a unique patient identifier linked to a PHR and a live 24/7 emergency response service. MediAlert services are available around the world through a network of international nonprofit affiliated organizations licensed by the Foundation. Learn more at www.medicalert.org.
Exhibitors continued

MENNINGER CLINIC
Houston, Texas • Booth 104
The Menninger Clinic, Houston, is a psychiatric center for treatment of individuals with brain and behavioral disorders as well as co-occurring conditions. Treatment integrates evidence-based and biopsychosocial therapies with rehabilitation. Neuropsychiatric assessments are available for adults and adolescents. Menninger also trains mental health professionals and conducts collaborative research.

MERRY MEADOW FARM
Bradford, Vt. • Booth 606
Merry Meadow Farm is a licensed therapeutic community residence with homes in Hanover, N.H. and Bradford, Vt. We assist individuals coping with a persistent emotional illness. We offer a homestyle environment with a wide range of therapeutic interventions. Lengths of stay vary from short insurance respite, to long-term care.

MY HEALTHVET, WWW.MYHEALTH.VA.GOV, VA’S PERSONAL HEALTH RECORD
Silver Spring, Md. • Booth 110
My HealtheVet, the Department of Veterans Affairs’ (VA) Personal Health Record at www.myhealth.va.gov provides free, confidential, and anonymous online screening tools on Depression, Alcohol Use, Substance Abuse, and Post Traumatic Stress Disorder (PTSD). These screening tools, plus much more, are available to all who visit My HealtheVet. Best of all, with Internet access, this can be done at any time, 24/7. Register today at www.myhealth.va.gov.

NATIONAL COUNCIL/MENTAL HEALTH FIRST AID USA
Washington, D.C. • Booth 507
The National Council for Community Behavioral Healthcare’s exhibit is dedicated to our new public education program, Mental Health First Aid USA. This groundbreaking education program introduces participants to the risk factors and warning signs of mental health problems, suggests ways to help and reduces stigma. Individuals learn a five-step action plan to help someone in crisis connect with appropriate professional, peer, social and self-help care.

NATIONAL EDUCATION ALLIANCE FOR BORDERLINE PERSONALITY DISORDER
Rye, N.Y. • Booth 207
NEA-BPD, the National Education Alliance for Borderline Personality Disorder, is a not-for-profit organization dedicated to education and public awareness of borderline personality disorder. A Family Guide to Borderline Personality Disorder is an educational DVD that presents the experiences of four families coping with BPD, available from Dawkins Productions.

NATIONAL INSTITUTE OF MENTAL HEALTH
Bethesda, Md. • Booth 106
The National Institute of Mental Health (NIMH), a component of the National Institutes of Health, Department of Health and Human Services, conducts and supports behavioral research and disseminates information and publications, at no cost, that focus on the causes, diagnosis, prevention and treatment of mental disorders.

NETSMART
Great River, N.Y. • Booth 505
Netsmart is behavioral health’s leading provider of Electronic Health Record (EHR) and practice management solutions, serving hundreds of provider organizations nationwide. Netsmart’s Complete ONC-ATCB ARRA Ambulatory and Inpatient-certified EHR helps mental health providers qualify for incentive funds for Meaningful Use of an EHR. Visit www.ntst.com or call (800) 472-5509.

NEW BEGINNINGS COMMUNITY SERVICES, INC.
Burr Ridge, Ill. • Booth 208
New Beginnings Community Services, Inc., is a nonprofit organization providing community-based housing, case management, psychological services and vocational services to adults living with mental illness. Our award-winning, certified Fairweather Lodges provide permanent housing solutions to those with mental illness who are seeking a “fresh start” in the community.

NIMH SCHIZOPHRENIA RESEARCH
Bethesda, Md. • Booth 107
The National Institute of Mental Health Schizophrenia Research Program is located on the NIH campus in Bethesda, Md. The inpatient program combines state-of-the-art research with excellent clinical care. Outpatient studies seek to understand the genetic and nongenetic factors that increase risk for schizophrenia. For details call (888) 674-6464. Applications are currently being accepted.

Exhibit Hall Hours
Wednesday, July 6  12 p.m. – 5 p.m.
Thursday, July 7  8:30 a.m. – 1:30 p.m.
3:30 p.m. – 6:30 p.m.
Friday, July 8  8:30 a.m. – 3 p.m.
PAMLAB, LLC
Covington, La. • Booth 205
PamLab, LLC, is a leader in the development of orally administered prescription medical food for the distinct nutritional requirements of patients under medical supervision with diabetic peripheral neuropathy, early memory loss, or major depressive disorder. PamLab products include Metanz, CerefolinNAC and Deplin. Visit www.pamlab.com

PASADENA VILLA
Orlando, Fla. • Booth 406
Pasadena Villa is an innovator in mental health residential treatment and transitional services for adults. We offer a continuum of care which includes residential treatment, community homes, transitional living and life skills services. All of our programs are based on our internally developed social integration model.

QBS, INC.
Holliston, Mass. • Booth 408
Safety-Care is state of the art in behavioral safety. Far more than “restraint training” or “crisis management,” Safety-Care provides staff with the skills needed to confidently and safely enhance the lives of children, adolescents or adults who exhibit challenging or sometimes violent behaviors. The result is a drastic improvement in safety and minimization of occurrences.

ROSE HILL CENTER
Holly, Mich. • Booth 506
Rose Hill Center in Holly, Michigan, is a comprehensive and effective psychiatric rehabilitation program for adults with serious mental illnesses. Rose Hill provides Residential Rehabilitation; Transitional Living; Extended Residential; and Community Support programs to help people from all over the country achieve and maintain their highest level of independence.

SKYLAND TRAIL
Atlanta, Ga. • Booth 305
Skyland Trail, located in Atlanta, is a nationally recognized provider of high-quality individualized adult psychiatric services. It offers a full continuum of residential, partial, outpatient and transitional services with an on-site primary care clinic. Treatment encompasses care for individuals with cognitive, mood and psychotic disorders, including dual diagnosis. Phone (404) 315-8333.

SOCIAL SECURITY ADMINISTRATION
Baltimore, Md. • Booth 402
Social Security has launched a new effort to encourage Americans to “Boldly Go” to www.socialsecurity.gov. This new campaign promotes the use of Social Security online services. We encourage baby boomers and people of all ages to apply for disability, retirement, Medicare and other services online.

SPINAL CORD INJURY (SCI) CENTERS OF EXCELLENCE
Rockville, Md. • Booth 403
The mission of the Spinal Cord Injury Centers of Excellence (SCI) is to reduce the impact of substance abuse and spinal cord injury on America’s communities. SCI’s work is driven by the premise that people of all ages, with or at risk for mental and substance use disorders, should have the opportunity for a fulfilling life that includes a job, a home and meaningful personal relationships with friends and family.

TCR
Limeport, Pa. • Booth 201

THRESHOLDS
Chicago, Ill. • Booth 410
Thresholds is Illinois’ oldest and largest organization delivering services to people with severe mental illness. For more than 50 years, Thresholds has served the greater Chicagoland community with more than 100 program locations in the metropolitan Chicago area and surrounding areas. With its diverse array of services including outreach, housing, therapeutic care and supported employment services, Thresholds reaches the most vulnerable populations in the area.

TICKET TO WORK AND WORK INCENTIVES
Baltimore, Md. • Booth 203
Choosing to work can change your life. If you live with a disability and want to work, Social Security’s Ticket to Work program may be right for you. If you are between 18 and 64 and receive Social Security Disability Insurance or Supplemental Security Income, please visit our booth today!

TOGETHER RX ACCESS
Alexandria, Va. • Booth 306
Together Rx Access, a prescription savings program, helps uninsured Americans gain access to meaningful savings on prescription medicines. With the free to get and free to use Card, eligible individuals can save on brand-name and generic medicines to treat many common conditions. For more information, including eligibility requirements, visit TogetherRxAccess.com.
TREATMENT ADVOCACY CENTER
Arlington, Va. • Booth 307
The Treatment Advocacy Center is an organization dedicated to eliminating barriers to the timely and effective treatment of severe mental illness. We promote laws and policies for the delivery of psychiatric care, including assisted outpatient treatment, and commitment standards reflecting compassion and common sense. Please visit us and learn more.

TWO RIVERS BEHAVIORAL HEALTH SYSTEM
Kansas City, Mo. • Booth 109

UMASS MEDICAL SCHOOL TRANSITIONS RESEARCH AND TRAINING CENTER
Worcester, Mass. • Booth 609
Transition Rehabilitation Research & Training Center is a national effort that aims to improve the supports for youth and young adults, ages 14-30, with serious mental health conditions who are trying to successfully complete their schooling and training and move into rewarding working lives.

WESTBRIDGE COMMUNITY SERVICES
Manchester, N.H. • Booth 206
WestBridge Community Services is a private, non-profit organization dedicated to providing evidence based treatment to individuals and their families that experience co-occurring mental illness and substance use disorders. We provide a fully integrated continuum of community-based services, including residential stabilization, consultation, care management, family education and support to help individuals and their families achieve a healthy life of recovery.

One of the most creative and compelling movies about mental health I have ever seen.
Delaney Ruston, MD

www.O87.com

The Obsessive Compulsive Major Depression Bipolar Asperger’s Movie

Exclusive screening + chat with Directors Friday 7 pm, Continental B-C
Magellan Health Services joins with NAMI in its mission to improve the lives of people affected by mental illness

We are pleased to partner with NAMI to meet the critical needs of veterans and their families as sponsors of the NAMI Family-to-Family Veterans initiative.

At Magellan, we support the journey to resiliency and recovery by delivering high-quality integrated care and services. Our industry-leading best practices encourage individuals to become active participants in making the decisions that affect their wellness goals, empowering them to live healthier lives.

At Magellan, we embrace:

- Resiliency and recovery as real and possible
- Peer and family supports
- Self-determination and choice
- Connecting people with their communities
- Research that guides the way to success

In every community we serve, we see success every day.

We are proud to sponsor the 2011 NAMI Convention and support “Building Better Lives.” Stop by our booth to learn more about our services.

Please visit www.MagellanHealth.com/Training for educational resources on recovery and resiliency, available at no charge.
Wednesday, July 6

8 a.m. – 6 p.m.
Mobley Room

8:30 a.m. – 6 p.m.
Lower Level Lobby

9 a.m. – 11 a.m.
Williford B

9 a.m. – 11:30 a.m.
Joliet
Williford A
PDR 2
Marquette

9 a.m. – 11:30 a.m.
Williford C

9 a.m. – 1:30 p.m.
Astoria

11:45 a.m. – 12:15 p.m.
Waldorf

12 p.m. – 5 p.m.
Southeast Exhibit Hall

1:30 p.m. – 5:30 p.m.
PDR 2

**CONNECTION CAFÉ OPEN**

**REGISTRATION OPEN**

**EDUCATION, TRAINING AND PEER SUPPORT CENTER PROGRAM DIRECTORS MEETING**

**COUNCIL MEETINGS**
State Presidents Council
NAMI Consumer Council
NAMI Veterans Council
Executive Directors Group

**AFFILIATE LEADERS NETWORKING**
Join your fellow NAMI Affiliate leaders in exploring your roles/responsibilities and how the NAMI Standards of Excellence can help you do your job more successfully. This session, facilitated by NAMI COO Lynn Borton, combines Q&A with NAMI Executive Director Mike Fitzpatrick, networking and skill building for local leaders. This is a huge networking opportunity: bring your business cards, newsletters and other evidence of your great work so others can see what you’ve done!

**SPECIAL SEMINAR ON BORDERLINE PERSONALITY DISORDER**
This special half-day session will focus on the etiology, diagnosis and treatment for borderline personality disorder, with special emphasis on skills for beneficial family and caregiver support. This opportunity is designed to enhance knowledge of this serious psychiatric disorder specifically for trainers and teachers of Family-to-Family and those who have taken or plan to take the course.

Alan Fruzzetti, Ph.D., professor of psychology, University of Nevada, Reno, Nev.
This session is co-sponsored with the National Education Alliance on Borderline Personality Disorder.

**CANDIDATE SPEECHES**
Come and hear from the candidates who want to serve you on the NAMI Board of Directors for the next three years.

**EXHIBIT HALL AND NAMILAND OPEN**

**EVERYTHING YOU WANTED TO KNOW ABOUT WORKING WITH MILITARY, VETERANS AND FAMILIES BUT WERE AFRAID TO ASK**
Presented by members of the NAMI Veterans Council Executive Committee, this special session will focus on:
- reaching military, veterans and families across service lines, with emphasis on outreach, access, pre-and post-deployment engagement, separated families, reconnection, readjustment and referral;
- working with state and county Veterans Service Officers (VSOs), including how to find and work with your local VSOs and promoting NAMI education to them; and
- military protocol, focusing on understanding military culture, finding resources across military installations, fighting stigma and forming partnerships with military mental health programs.
The program will conclude with a question-and-answer session, featuring a panel of veterans and family members addressing current issues.
1:30 p.m. – 5:30 p.m.  

**LEADERSHIP INSTITUTE**

The NAMI Leadership Institute offers education, technical assistance and tools to volunteer and staff leaders of NAMI State Organizations and NAMI Affiliates. This year’s Leadership Institute will offer two important program tracks from which to choose.

**TRACK ONE: BETTER TOGETHER: BUILDING PARTNERS IN EXCELLENCE**

This track gives volunteer and staff leaders from NAMI State Organizations and NAMI Affiliates a shared opportunity to interactively develop organizational excellence. Participants will gain new perspectives on working together with NAMI to:

- create organizations that reflect the mission and values of NAMI;
- share strengths, technical assistance and resources to achieve and maintain the Standards of Excellence; and
- build the processes needed to make strategic choices on a daily basis that reinforce our shared goals.

**Continental C**

**TRACK TWO: BETTER TOGETHER: NAMI’S GRASSROOTS ADVOCACY**

This track gives NAMI members and others who are not currently involved in a leadership role with their NAMI State Organization or NAMI Affiliate an opportunity to:

- explore and understand the pivotal role of advocacy in the NAMI mission and learn about our advocacy goals;
- discover how to harness the power of our personal stories; and
- learn how and where to use NAMI’s grassroots advocacy to make a difference for people whose lives are affected by mental illness.

*All participants are encouraged to bring a nutritious snack to enjoy during our afternoon break and maintain our energy!*

5 p.m. – 8 p.m.
Buckingham’s

6:30 p.m. – 7:15 p.m.  

**CONVENTION ORIENTATION**

Welcome to the 2011 NAMI Annual Convention! The convention has been developed to provide you with an abundance of educational opportunities during the next few days, many of which will be running concurrently. During this brief orientation, we’ll explain the overall design of the convention schedule, point out some special events and help you plan your convention experience.

*This session is especially recommended for people attending their first NAMI convention.*

7 p.m. – 8:30 p.m.
5 - H

7:30 p.m. – 9:30 p.m.  

**NAMI CONNECTION RECOVERY SUPPORT GROUP**

**SPECIAL SESSION WITH DR. THOMAS INSEL, DIRECTOR, NATIONAL INSTITUTE OF MENTAL HEALTH (NIMH)**

An update on new research underway at NIMH, the nation’s largest research institution devoted to mental illness. During his eight-year tenure as director of NIMH, Dr. Thomas Insel has stressed the need for practical clinical trials and the need for research and treatment advances to move from the research lab to practical application as soon as possible. He has also expanded NIMH’s research focus to include the organization and delivery of mental health services.

* Thomas Insel, M.D., director, National Institute of Mental Health, Bethesda, Md.
Thursday, July 7

8 a.m. – 6 p.m.
Mobley Room

8:30 a.m. – 9:30 a.m.
Continental C

8:30 a.m. – 1:30 p.m.
Southeast Exhibit Hall

9:15 a.m. – 12 p.m.

**CONNECTION CAFÉ OPEN**

**OPEN MICROPHONE WITH THE NAMI BOARD OF DIRECTORS**
Help shape NAMI's future by joining with the NAMI Board of Directors to talk about our common mission and goals, how we will accomplish our objectives and what role each of us can play in pursuing our goals.

**EXHIBIT HALL AND NAMILAND OPEN**

**EDUCATION, TRAINING AND PEER SUPPORT INSTITUTE AND WORKSHOPS**
This year NAMI celebrates the 20th anniversary of Family-to-Family and the program’s designation as an evidence-based practice. The institute will focus on the impact this ground-breaking and life-changing program has had, including spurring the development of other NAMI signature education and support programs. The impact of the signature programs at the national, state, local and, most importantly, personal levels will be highlighted and celebrated.

**INSTITUTE GENERAL SESSION**

**Workshop 1: PEER-TO-PEER MASTER CLASS: PIPE DOWN AND LISTEN!—HOW TO TRANSFORM A CHALLENGING CLASSROOM DYNAMIC**
This workshop is an opportunity for Peer-to-Peer leaders to become skillful classroom managers. By teaching our teachers to navigate challenging classroom dynamics and equipping them with the skills to listen more closely to their peers, we can be confident they will be successful in maintaining a safe and positive classroom environment. These skills are new to the Peer-to-Peer curriculum and it is essential that our teachers use them effectively.


**Workshop 2: POSITIVE CONNECTION: A MODEL OF COLLABORATION BETWEEN A LOCAL SCHOOL SYSTEM AND A NAMI AFFILIATE**
NAMI Southwest Louisiana formed a partnership with the Positive Connection Project to secure funding for an in-school day treatment program for children with emotional disabilities. The program uses NAMI educational materials for children, referrals to NAMI Basics for parents and in-service training for school personnel using Parents and Teachers as Allies.

- Teri Brister, Ph.D., NAMI Programs for Young Families, Arlington, Va.

**Workshop 3: THE FOUR PILLARS OF A SOLID IN OUR OWN VOICE PROGRAM**
In Our Own Voice (IOOV) is a public education program that reaches more than 40,000 people per year. College students, mental health staff, veterans, children—they have all been touched by hearing the recovery stories of people with mental health challenges. IOOV coordinators and program directors must have strong skills in planning, presenter selection and marketing retention. If there is weakness is any of these skills areas the entire program can stagnate or even collapse.


**Workshop 4: NAMI CONNECTION MASTER CLASS: REACHING OUT TO UNDERSERVED POPULATIONS IN THE COMMUNITY**
This interactive workshop will offer concrete ideas on how to engage underserved populations in their NAMI Connection support groups. These populations include veterans, people in the criminal justice system and hospital inpatients. We will also discuss the impact that reaching these populations can have in your community.

- Candace Leigh True, D.M.A., NAMI Mid-Carolina, Columbia, S.C.
- Susan Anne Piasceki, B.A., C.R.S.S., Good Samaritan Hospital, Downers Grove, Ill.
- Wayne McGuire, Ph.D., NAMI Oklahoma, Oklahoma City, Okla.
- **Moderator:** Maura Bulger, NAMI Education, Training and Peer Support Center, Arlington, Va.
GUIDE TO MEETING ROOM LOCATIONS

Lower Level: Southeast Exhibit Hall
Mobley Room
Registration Desk

Lobby Level: Continental A, B, C
Buckingham’s
Information & Hospitality Desk

Second Floor: International Ballroom
Grand Ballroom
Normandie Lounge
Boulevard Room

Third Floor: Marquette
Joliet
Waldorf
Astoria
Williford A, B, C
Private Dining Rooms 1 - 7

Fourth Floor: Conference Room 4-C
Fifth Floor: Conference Rooms 5-A to 5-J

---

11 a.m. – 12 p.m.
Williford A

**Workshop 5: GETTING THE PARENTS AND TEACHERS AS ALLIES PROGRAM INTO YOUR SCHOOL**

Leaders from Parents and Teachers as Allies programs in three different states will describe the strategies they used to introduce the program into area schools. They will offer suggestions for others based on their successes, as well as recommendations for pitfalls to be avoided based on lessons learned.

- Paloma Dee, NAMI Connecticut, Hartford, Conn.
- Patricia Kohut, NAMI Lake County, Painesville, Ohio
- **Moderator: Brenda Hilligoss, NAMI DuPage County, Wheaton, Ill.**

---

11 a.m. – 12 p.m.
PDR 1

**Workshop 6: EDUCACION Y APOYO: PROGRAMAS DE EDUCACION QUE OFRECE NAMI EN ESPANOL**

Este taller ofrecerá una mirada en profundidad a cuatro de los programas de NAMI educación que han sido traducidos al español, De Familia-a-Familia, En Nuestra Propia Voz, Persona-a-Persona y Conexión de NAMI. Escucharemos de líderes latinos que participan en estos programas, lo que han sido sus experiencias, y las herramientas que han utilizado para llegar e involucrar a la comunidad latina.

- Vicky Gonzales, NAMI Metro Suburban, Oak Park, Ill.
- David Deferrari, J.D., United Nations, New York, N.Y.
- **Moderator: Carmen Argueta, NAMI Education, Training and Peer Support Center, Arlington, Va.**

---

9:15 a.m. – 12 p.m.

**ESTATE PLANNING GENERAL SESSION AND BREAK-OUTS**

This special seminar will be based on specific case examples of NAMI families, and will address the set-ups and strategies that are appropriate for families living with mental illness.

**ESTATE PLANNING GENERAL SESSION**

9:15 a.m. - 10:45 a.m.
Williford C

**Break-out One: USING PROFESSIONAL CARE MANAGERS**

Your adult child may at times depend on you and others for many of his or her needs. What will he or she do when you are gone? Plan now by assembling a team, including a special needs attorney, disability care coordinator, advocate and key family members and friends to assist your loved one.

- Dennis Sandoval, member, Special Needs Alliance, Riverside, Calif.

11 a.m. – 12 p.m.
Marquette

**Break-out Two: CREATING A SPECIAL NEEDS TRUSTS THAT ADJUSTS TO CHANGING CIRCUMSTANCES**

The key to effective estate planning lies not in predicting the future, but in anticipating changes and ensuring that there are resources—financial, legal and personal—to weather the storm. This session will include a basic explanation of some of the more common planning techniques used in this area, including a discussion of special needs trusts and their alternatives.

- Stephen Dale, member, Special Needs Alliance, Walnut Creek, Calif.

11 a.m. – 12 p.m.
Williford C

**Break-out Three: PSYCHIATRIC ADVANCE DIRECTIVES AND CIVIL COMMITMENTS**

This session will focus on the use of psychiatric advance directives and general principals of involuntary civil commitment law. The presenter serves as a Special Justice with respect to involuntary consent for treatment and served on a commission to improve Virginia statutes in these proceedings.

- R. Shawn Majette, member, Special Needs Alliance, Richmond, Va.

11 a.m. – 12 p.m.
Astoria

**Break-out Four: SPECIAL TOPICS IN MAINTAINING HOUSING**

The disability community is very diverse and a special needs trust is not always the only answer. The presenter will discuss what he calls the “Love and Protection Trust," which is a trust for a vulnerable and/or self-destructive adult child who is not legally disabled but still needs significant assistance and guidance.

- Rick Law, member, Special Needs Alliance, Aurora, Ill.
Thursday, July 7 continued

9:15 a.m. – 12 p.m.
SPECIAL SESSION FOR STATE ADVOCACY NETWORK LEADERS
Williford B

10 a.m. – 8 p.m.
WELCOME CENTER OPEN
Lobby Level

12:15 p.m. – 1:15 p.m.
EXERCISE CLASS: Strength Building with a Ball
A certified fitness instructor will show you how to use a small, inexpensive rubber ball (available at toy or dollar stores) to building strength, improve balance and stretch your muscles.

12:45 p.m. – 1:45 p.m.
STATE CAUCUSES
Please see page 27 for a listing of meetings scheduled.

2 p.m. – 3:30 p.m.
CONVENTION OPENING: BUILDING BETTER LIVES
People say again and again that the word they associate most with NAMI is “hope.” That hope derives, in part, from our remarkable stories of individuals’ recovery from mental illness, family healing, and the success of our organization on many fronts. Our convention will open with a celebration of the power of storytelling with inspirational stories of hope and recovery. This session will also feature a dialogue with NAMI Executive Director Mike Fitzpatrick.

- Rebbie Jackson, recording artist and member, NAMI Urban Los Angeles
- Bill Curtis, Chicago, Ill.
- Jessie Close, NAMI Montana
- Calen Pick, NAMI Montana
- Mike Fitzpatrick, executive director, NAMI, Arlington, Va.
- Pete Earley, author, Crazy: A Father’s Search Through America’s Mental Health Madness, Arlington VA

3:30 p.m. – 6:30 p.m.
EXHIBIT HALL AND NAMILAND OPEN

American Residential Treatment Association
Hope - Community - Healing

ARTAusa.org

With more than 30 member facilities offering residential care and treatment to adults with serious mental health challenges, we can help you find the right match. Visit our website for information on residential care, as well as a listing and description of our member facilities.

ARTAusa.org

Look for the ARTA logo in the exhibit hall and stop by and say hello!
SPECIAL INTEREST NETWORKING SESSIONS

3:45 p.m. – 5 p.m.

**Williford B**

**CHILDREN AND ADOLESCENTS**
Join us to get updates from the NAMI Child and Adolescent Action Center on projects focused on children, youth and young adults and to learn about exciting projects and initiatives underway in NAMI Affiliates around the country.

**PDR 2**

**BORDERLINE PERSONALITY DISORDER**
An update on current educational material and research on borderline personality disorder, including a preview and discussion of the NIMH study and video series by Kevin Dawkins, *When Someone You Love has BP: A Guide for Families*.

**Marquette**

**ARTISTS AS ADVOCATES**
Artists as Advocates uses a creative combination of arts and education through the performance of music, drama, visual art and dance to bust stigma and raise funds in local communities. Brought to you by Artful EDUtainment

**Williford C**

**CRISIS INTERVENTION TEAMS (CIT)**
Join us to learn more about a new initiative to create a model CIT curriculum and community outreach strategies, and share your feedback about approaches to CIT that work in your community.

**Williford A**

**NAMI FAITHNET**
Faith-based communities are becoming more and more welcoming and helpful to people living with mental illness. Come see how you can become part of this growing movement.

**PDR 1**

**SECLUSION AND RESTRAINT**
Group discussion on strategies and tactics to reduce and eliminate restraint and seclusion.

**Astoria**

**NATIONAL MINORITY MENTAL HEALTH MONTH TOWN HALL**
Come celebrate the month by sharing information about your multicultural efforts and hearing from others around the country.

**Waldorf**

**FEDERAL LEGISLATIVE BRIEFING**
An insider’s look at what’s happening right now in Washington, D.C. and what’s on the horizon.

5:30 p.m. – 6:30 p.m.

**STATE CAUCUSES**
Please see page 27 for a listing of meetings scheduled.

5:30 p.m. – 7 p.m.

**Waldorf**

**NAMI ILLINOIS ANNUAL MEMBERSHIP MEETING**

7 p.m. – 9 p.m.

**Grand Ballroom**

**HOMECOMING PARTY**
NAMI is so happy to be back in Chicago where we observed our 10th and 20th anniversaries. To celebrate our return to this great city, we’re kicking off this year’s convention with a homecoming party complete with dancing to a live band, games, food (a sampling of Chicago treats), a chance to contribute to a graphic history of NAMI, a poetry slam and a photo booth—so you can have a memento of the event to take home with you. Enjoy this chance to connect with old friends make new friends and get to know the NAMI staff in a relaxed and friendly atmosphere.

**POETRY SLAM**

8 p.m. – 9 p.m.

**Boulevard A**
SZ Magazine is America’s leading magazine devoted to Schizophrenia. For a limited time, NAMI members can enjoy a special offer!

To take advantage of this special offer, stop by booth #309 for all the details.
### State Caucuses

If your state does not have a scheduled caucus time, consult with your state leadership or check the message board for caucuses or group dinners that have been scheduled after this program went to press.

States with a smaller attendance will share meeting rooms for caucuses (each state taking a corner of a large room.) At 12:45 p.m. Maine, New Mexico, Utah, and Vermont will share Room PDR 4. At 5:30 p.m. Arkansas, Arizona, North Dakota, and Oregon will share the Astoria Room.

Consult your hotel map on pages 2-3 of the program for room locations.

<table>
<thead>
<tr>
<th>STATE NAME</th>
<th>CAUCUS TIME</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alabama</td>
<td>12:45 p.m.</td>
<td>Williford A</td>
</tr>
<tr>
<td>Alaska</td>
<td>No caucus scheduled</td>
<td>n/a</td>
</tr>
<tr>
<td>Arkansas</td>
<td>5:30 p.m.</td>
<td>Astoria (share)</td>
</tr>
<tr>
<td>Arizona</td>
<td>5:30 p.m.</td>
<td>Astoria (share)</td>
</tr>
<tr>
<td>California</td>
<td>12:45 p.m.</td>
<td>Williford B</td>
</tr>
<tr>
<td>Colorado</td>
<td>No caucus scheduled</td>
<td>n/a</td>
</tr>
<tr>
<td>Connecticut</td>
<td>12:45 p.m.</td>
<td>S-F</td>
</tr>
<tr>
<td>Delaware</td>
<td>No caucus scheduled</td>
<td>n/a</td>
</tr>
<tr>
<td>District of Columbia</td>
<td>No caucus scheduled</td>
<td>n/a</td>
</tr>
<tr>
<td>Florida</td>
<td>5:30 p.m.</td>
<td>Marquette</td>
</tr>
<tr>
<td>Georgia</td>
<td>12:45 p.m.</td>
<td>S-A</td>
</tr>
<tr>
<td>Hawaii</td>
<td>No caucus scheduled</td>
<td>n/a</td>
</tr>
<tr>
<td>Idaho</td>
<td>12:45 p.m.</td>
<td>S-I</td>
</tr>
<tr>
<td>Illinois</td>
<td>5:30 p.m.</td>
<td>Waldorf</td>
</tr>
<tr>
<td>Indiana</td>
<td>5:30 p.m.</td>
<td>Williford C</td>
</tr>
<tr>
<td>Iowa</td>
<td>12:45 p.m.</td>
<td>Marquette</td>
</tr>
<tr>
<td>Kansas</td>
<td>5:30 p.m.</td>
<td>S-C</td>
</tr>
<tr>
<td>Kentucky</td>
<td>12:45 p.m.</td>
<td>PDR 3</td>
</tr>
<tr>
<td>Louisiana</td>
<td>5:30 p.m.</td>
<td>S-A</td>
</tr>
<tr>
<td>Maine</td>
<td>12:45 p.m.</td>
<td>PDR 4</td>
</tr>
<tr>
<td>Maryland</td>
<td>5:30 p.m.</td>
<td>PDR 2</td>
</tr>
<tr>
<td>Massachusetts</td>
<td>5:30 p.m.</td>
<td>S-D</td>
</tr>
<tr>
<td>Michigan</td>
<td>12:45 p.m.</td>
<td>Astoria</td>
</tr>
<tr>
<td>Minnesota</td>
<td>5:30 p.m.</td>
<td>S-F</td>
</tr>
<tr>
<td>Mississippi</td>
<td>No caucus scheduled</td>
<td>n/a</td>
</tr>
<tr>
<td>Missouri</td>
<td>12:45 p.m.</td>
<td>S-D</td>
</tr>
<tr>
<td>Montana</td>
<td>No caucus scheduled</td>
<td>n/a</td>
</tr>
<tr>
<td>Nebraska</td>
<td>5:30 p.m.</td>
<td>S-B</td>
</tr>
<tr>
<td>Nevada</td>
<td>No caucus scheduled</td>
<td>n/a</td>
</tr>
<tr>
<td>New Hampshire</td>
<td>No caucus scheduled</td>
<td>n/a</td>
</tr>
<tr>
<td>New Jersey</td>
<td>12:45 p.m.</td>
<td>PDR 1</td>
</tr>
<tr>
<td>New Mexico</td>
<td>12:45 p.m.</td>
<td>PDR 4</td>
</tr>
<tr>
<td>New York</td>
<td>5:30 p.m.</td>
<td>Williford A</td>
</tr>
<tr>
<td>North Carolina</td>
<td>12:45 p.m.</td>
<td>PDR 2</td>
</tr>
<tr>
<td>North Dakota</td>
<td>5:30 p.m.</td>
<td>Astoria (share)</td>
</tr>
<tr>
<td>Ohio</td>
<td>5:30 p.m.</td>
<td>Williford B</td>
</tr>
<tr>
<td>Oklahoma</td>
<td>12:45 p.m.</td>
<td>S-G</td>
</tr>
<tr>
<td>Oregon</td>
<td>5:30 p.m.</td>
<td>Astoria (share)</td>
</tr>
<tr>
<td>Pennsylvania</td>
<td>12:45 p.m.</td>
<td>Williford C</td>
</tr>
<tr>
<td>Puerto Rico</td>
<td>No caucus scheduled</td>
<td>n/a</td>
</tr>
<tr>
<td>Rhode Island</td>
<td>No caucus scheduled</td>
<td>n/a</td>
</tr>
<tr>
<td>South Carolina</td>
<td>5:30 p.m.</td>
<td>PDR 3</td>
</tr>
<tr>
<td>South Dakota</td>
<td>No caucus scheduled</td>
<td>n/a</td>
</tr>
<tr>
<td>Tennessee</td>
<td>12:45 p.m.</td>
<td>S-C</td>
</tr>
<tr>
<td>Texas</td>
<td>12:45 p.m.</td>
<td>Waldorf</td>
</tr>
<tr>
<td>Utah</td>
<td>12:45 p.m.</td>
<td>PDR 4</td>
</tr>
<tr>
<td>Vermont</td>
<td>12:45 p.m.</td>
<td>PDR 4</td>
</tr>
<tr>
<td>Virginia</td>
<td>5:30 p.m.</td>
<td>PDR 1</td>
</tr>
<tr>
<td>Washington</td>
<td>12:45 p.m.</td>
<td>S-B</td>
</tr>
<tr>
<td>West Virginia</td>
<td>No caucus scheduled</td>
<td>n/a</td>
</tr>
<tr>
<td>Wisconsin</td>
<td>5:30 p.m.</td>
<td>Joliet</td>
</tr>
<tr>
<td>Wyoming</td>
<td>No caucus scheduled</td>
<td>n/a</td>
</tr>
</tbody>
</table>
GROUP ONE SYMPOSIA

SUICIDE PREVENTION AND INTERVENTION FOR SERVICE MEMBERS, VETERANS AND THEIR FAMILIES
In recent years, rates of suicides among the military and returning veterans have tragically increased. These deaths impact profoundly on family, friends and fellow soldiers and veterans. This symposium features an innovative program utilizing a community-based model to foster early recognition and intervention for soldiers and veterans at risk of suicides. Effective strategies for responding to suicide deaths and preventing contagion within the military setting and wider community will also be described.
- Ken Norton, LICSW, ACSW, Director, CONNECT, Concord, N.M.
- Mike Cohen, M.A., Executive Director, NAMI-New Hampshire, Concord, N.H.
- Major (Ret.) Joseph Varney, suicide prevention officer, Fort Campbell, Ky. (invited)
- Moderator: Clarence Jordan, member, NAMI Board of Directors, Cordova, Tenn.

FEDERAL SPECIAL EDUCATION LAWS
Nearly half of children with a mental health condition drop out of school starting at the age of 14—the highest drop-out rate of any disability group. But, with the right services and supports, children living with mental illness can succeed in school. This symposium is designed to make sure you know what your child’s rights are under the Individuals with Disabilities Act, how to develop an effective Individualized Education Program for your child and how to make sure that your child is getting the services and supports he or she is entitled to in school.
- Matthew Cohen, co-founder and partner, Monahan and Cohen Law Firm, Chicago, Ill.
- Moderator: Sue Abderholden, executive director, NAMI Minnesota, St. Paul, Minn.

HEALTH CARE REFORM, PART 1: WASHINGTON INSIGHTS
Even though partisan political fights and pending legal challenges continue to hang over the health care reform law, implementation at the federal and state levels is continuing. Key elements of the law for people living with mental illness and their families are moving forward, including:
• expanded eligibility for Medicaid;
• insurance market reforms, including a ban on pre-existing conditions exclusions;
• efforts to promote integration of mental and physical health; and
• development of innovative payment models.
Senior Obama Administration officials and health policy experts will provide the latest information on implementation of the Affordable Care Act and how it will impact the lives of individuals living with mental illness and their families.
- John O’Brien, special assistant to the administrator for health care financing, Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services, Washington, D.C.
- Melanie Bella, Office of Coordinated Care, Centers for Medicare and Medicaid Services, Baltimore, Md.
- Moderator: Sheila Amdur, member, NAMI Board of Directors, West Hartford, Conn.

The Richard T. Greer Advocacy Award will be presented during this session.
EMERGING TECHNOLOGIES TO IMPROVE CARE
A focus on emerging ideas to advance diagnostic skills and treatment, including reference EEGs and personalized neuropsychiatric medicine.
- Daniel Hoffman, M.D., president and chief medical officer, CNS Response, Denver, Colo.
- Jay Lombard, M.D., chief scientific officer, Genomind, LLC, Norfolk, Va.
- Nancy Grden, general manager, Genomind, LLC, Norfolk, Va.
- Don Breamish, VeriPsych, Dallas, Texas

The Excellence in Community Mental Health Award will be presented during this session.

NEW OPPORTUNITIES FOR SUPPORTED HOUSING
Despite cuts in federal and state funding for affordable housing programs, opportunities are emerging for new investments in supportive housing targeted to people living with mental illness. The Frank Melville Supportive Housing Investment Act—signed by President Obama in January—will create new options for nonprofit agencies and states for integrated and affordable housing options for people living with mental illness. This symposium will explore how NAMI State Organizations and NAMI Affiliates can use the new law to promote new investments in supportive housing in their communities.

Tony Zipple, executive director, Thresholds, Chicago, Ill.
Hugh Brady, North-Northwest Suburban Task Force on Supportive Housing, Wheeling, Ill.

GROUP TWO SYMPOSIA

CONFRONTING DISPARITIES AND EMBRACING CULTURAL COMPETENCE
Passage of the health care reform legislation has significant implications for addressing disparities in access and quality of care for diverse communities and improving cultural competence in service delivery. This symposium is aimed at equipping NAMI advocates with the knowledge and tools to successfully work for improvements in access and care.

Daniel Dawes, Esq., manager, Federal Affairs and Grassroots Network, Premier Healthcare Alliance, Washington, D.C.
Vivian H. Jackson, Ph.D., L.I.C.S.W., senior policy associate, National Center for Cultural Competence and National Technical Assistance Center for Children’s Mental Health, Georgetown University Center for Child and Human Development, Washington, D.C.
Moderator: Henry Acosta, member, NAMI Board of Directors, Plainsboro, N.J.

EMPLOYMENT: A CORNERSTONE OF RECOVERY
While successful approaches such as supported employment have been around for nearly two decades, the staggering unemployment rate for adults living with mental illness remains a national disgrace. Integrated employment remains a key element of recovery despite substantial evidence on what is effective in helping many people living with mental illness get and keep a job. Supported employment is unavailable in many parts of the country. This symposium will feature nationally recognized experts on supported employment and innovative agencies that have successfully placed individuals in jobs and continue to assist them keep those jobs.

Tony Zipple, executive director, Thresholds, Chicago, Ill.
Robert Drake, M.D., Ph.D., director, New Hampshire-Dartmouth Psychiatric Research Center, Lebanon, N.H.
Debbie Becker, senior project director, New Hampshire-Dartmouth Psychiatric Research Center, Lebanon, N.H.
Friday, July 8 continued

10:45 a.m. – 12:30 p.m.

**Continental A**

**HEALTH CARE REFORM, PART 2: BRINGING IT ALL BACK HOME**
A continuation of the earlier symposium, this session focuses on where the rubber meet the road in health care reform at the state and local levels. Participants will learn about state insurance exchanges, Medicaid expansion and steps advocates can take to ensure that the health care system of the future serves to improve the lives of people affected by mental illness.

- Kevin Martone, deputy commissioner, New Jersey Department of Human Services, Trenton, N.J.
- Suzanne Fields, M.S.W., L.I.C.S.W., senior consultant, Technical Assistance Collaborative, Boston, Mass.

**Waldorf**

**RELIGION AND SPIRITUALITY: ASSETS OR LIABILITIES IN RECOVERY?**
Prior to the last 20 years or so years, religion was considered either a symptom of a person's illness or an immature defense that a person should outgrow. For those who lived with serious mental illness, the role of religion or spirituality was ignored. However, with stepped-up research, there is a growing body of evidence that religion and spirituality, rather than being a part of a person's pathology, may in fact be beneficial in a person's recovery. Studies also discuss “negative religion” as being harmful to a person’s recovery. This symposium will address ways in which religion and spirituality may be a force for good in the recovery process and also ways in which beliefs, religious professionals and experiences with religious traditions may be harmful to a person's recovery.

- Nancy Clare Kehoe, R.S.C.J., Ph.D., Harvard Clinical and Translational Science Center, Boston, Mass.
- Moderator: Guyla Daley, member, NAMI Board of Directors, Hilton Head, S.C.

**Continental C**

**SOLITARY CONFINEMENT AND MENTAL ILLNESS: CRUEL AND UNUSUAL PUNISHMENT?**
Over-crowded prisons across the country frequently use solitary confinement, special housing units and other forms of administrative segregation to house inmates with severe mental illnesses. In Illinois, a class action lawsuit has helped lead to reforms in the treatment of inmates with severe mental illnesses. This symposium will feature presentations from individuals involved in that important case, including the lead attorney and an individual formerly incarcerated in Illinois' supermax prison who is now an advocate.

- Alan Mills, J.D., Legal Director, Uptown People's Law Center, Chicago, Ill.
- Brian Nelson, Uptown People's Law Center, Chicago, Ill.

*The Sam Cochran Criminal Justice Award will be presented during this session.*

**12:45 p.m. – 1:30 p.m.**

**5 - H**

**EXERCISE CLASS: Chair Exercises at Home**
A certified fitness instructor will show you how to design your own exercise program using a chair. This class will be especially valuable to people who don’t have the time, money and/or inclination to go to an exercise class.

**12:45 p.m. – 1:45 p.m.**

**International Ballroom**

**DRUMMING CIRCLE: Drumming Up Success**
Drumming is proving itself to be a vital tool for those who want to express themselves but do not know how to describe their feelings. Join us for this exciting rhythm event and share the unique and positive experience drummers have.
12:45 p.m. – 1:45 p.m.  
Southeast Exhibit Hall  

POSTER SESSION

F – 1  
The BAM Anti-bullying Method  

F – 2  
The Utilization of Group-as-a-Whole Work with Persons with a Severe Mental Illness in a Lodge Setting  
✓ Diana Semmelhack, Midwestern University, Downers Grove, Ill.

F – 3  
Family-centered Treatment: A New Model for In-home Services  
✓ William Painter, Jr., Institute for Family Centered Services, Denver, N.C.

F – 4  
SEARCH: What Families Need When Mental Illness Strikes  
✓ Randye Kaye, NAMI Connecticut, Trumbull, Conn.

F – 5  
Wellness Recovery Action Plan (WRAP) for Veterans and People in the Military  
✓ Walter Hudson, Resilience Advocacy Associates, Inc., Wooster, Ohio

F – 6  
Finding Wellness in Oklahoma Families Affected by Mental Illness  
✓ Mac McCory, NAMI Oklahoma, Oklahoma City, Okla.; George Hedrick, Oklahoma State University, Stillwater, Okla.; and Sandrel Jones Webster, Birth Choice of Stillwater, Stillwater, Okla.

F – 7  
Hoarding: From Chaos to Recovery, A Consumer View  
✓ Sally Fronsman-Cecil, NAMI Topeka, Topeka, Kan.

F – 8  
Personalizing the Approach to Schizophrenia Therapy  
✓ Tracy Hunter, Wingate University School of Pharmacy, Wingate, N.C.

F – 9  
Living with Borderline Personality Disorder: A Family Support Resource  
✓ Kevin Dawkins, Dawkins Productions, Inc., Hastings on Hudson, N.Y.

F – 10  
Innovative Education Group for Self Expression About Mental Health Treatment, Recovery and Advocacy: Using PhotoVoice in Inpatient Psychiatry  
✓ Jennifer Burns, Susie Piasecki, Ann Carlson, and Patty Johnstone, Advocate Good Samaritan Hospital, Downers Grove, Ill.

F – 11  
Peer Specialists Working to Eliminate Restraint and Seclusion  

2 p.m. – 3:15 p.m.

Workshop 1 – A  
Continental B

GROUP ONE WORKSHOPS

WORKING WITH A PERSON IN PSYCHOSIS
This workshop aims to provide tools by which people can work effectively with a person in psychosis. The presenter will show:
• how to use the “emotional sponge” nature of a person in psychosis to calm the person by creating a peaceful, positive environment around them;
• how to use the symbolic nature of hallucinations to understand the mindset of psychotic individuals and link their personal histories with delusions; and
• how to use “magical quests” of those in psychosis to create a team around the person to build alliances and move the person toward treatment.

By understanding these three elements of psychosis, those trying to help a person in psychosis can bridge the gap between personal and consensus reality and reach the rational core within the person’s hallucinatory experiences.
✓ Milt Greek, author, Schizophrenia: A Blueprint for Recovery, Athens, Ohio
Workshop 1 – B
PDR 2

RESTRAINT AND SECLUSION PAVING NEW GROUND: PEER ROLES IN HOSPITALS AND EMERGENCY SERVICES

Learn firsthand about how people in recovery are working to reduce and eliminate the use of restraint and seclusion in both hospitals and at emergency services providers. This workshop will offer:

- specific strategies to pro-actively prevent restraint and seclusion by providing comfort and wellness tools, educating staff on recovery philosophy and debriefing after the use of restraint and seclusion;
- successful strategies used in emergency services, including providing peer support throughout the process, addressing a patient’s physical needs and identifying coping tools; and
- ways to tap into support and expertise offered by the NAMI Consumer Council’s Restraint and Seclusion Committee.

These strategies and techniques can and should be duplicated everywhere around the country.

Gayle Bluebird, R.N., Bluebird Consultants, Gainesville, Fla.
Holly Dixon, Amistad/Riverview Psychiatric Center, Augusta, Maine
Deanna Bell, L.P.N., C.P.S., Taunton State Hospital, Massachusetts Department of Mental Health, Taunton, Mass.
Moderator: Howard Trachtman C.P.S., Metro Boston Recovery Learning Center, Waltham, Mass.

Workshop 1 – C
Continental A

RECOVERY CONNECTIONS: THE DREAM TEAM AT THE PSYCHIATRIC HOSPITAL

You can transform your psychiatric hospital into a consumer- and family-driven system of care. This workshop will present the three phases of the Recovery Connections process:

- organizing hospital staff trainings and establishing “NAMI Night” presentations directly on inpatient units for patients and their family members;
- transforming the hospital system by providing NAMI programs both during and after hospitalization; and
- hiring individuals who live with mental illness and family advocates as hospital staff and teaching them the roles they will play for persons in treatment and their families.

Any size NAMI Affiliate can undertake this project. We will provide a web-based resource kit to help you get started.

Patty Johnstone, Good Samaritan Hospital, Downers Grover, Ill.
Susie Piasecki, Good Samaritan Hospital, Downers Grove, Ill.
Ann Carlson, L.C.S.W., Good Samaritan Hospital, Downers Grove, Ill.
Paula Moore, R.N., M.S., Good Samaritan Hospital, Downers Grover, Ill.
Linda Richman, L.C.S.W., Good Samaritan Hospital, Downers Grove, Ill.
Moderator: Pat Doyle, NAMI DuPage County, Carol Stream, Ill.

Workshop 1 – D
Waldorf

SUPPORTING MENTAL HEALTH CONSUMERS AS PARENTS: OUTCOMES OF SUPPORTED PARENTING PILOT PROJECTS AND ASSESSMENT TOOLS IN THE MIDWEST

A majority of both men and women accessing mental health services are parents, yet the importance of their role (both to them and to their families) is often unrecognized. Little is done to incorporate the responsibilities, challenges and joys of parenting into the broader vision of mental health recovery and community reintegration movements. In this interactive workshop, presenters will:

- share outcome data on supported parenting programs in Illinois, Wisconsin and Michigan;
- describe the design of assessment tools to help people with mental illness develop good parenting skills; and
- assess the impact of supported parenting on children of people living with mental illness.

Supported parenting is a key ingredient in positive outcomes for long-term wellness, recovery and community reintegration for people living with mental illness.

Debra Silver, NAMI Atlantic Cape, New York, N.Y.
Joanne Riebschleger, Ph.D., L.M.S.W., Michigan State University, East Lansing, Mich.
Vanessa Vorhies, M.S.S.W., Thresholds, Chicago, Ill.
Teresa Ostler, Ph.D., University of Illinois, Urbana Champaign, Urbana, Ill.
Beth Lappen, M.A., Mental Health America of Wisconsin, Milwaukee, Wis.
Moderator: Maggie Jarry, NAMI Minnesota, Minneapolis, Minn.
**WHEN RESOURCES ARE SCARCE WE’VE GOT TO GET WORKING**

In the face of budget crises and reductions in Medicaid services, advocates must make hard choices about their advocacy agenda to ensure that people living with serious mental illness get the services they need to sustain and advance recovery. Employment has served as a primary recovery vehicle for many people living with serious mental illness. It offers opportunities to make money, meet people and form social relationships, have meaningful daily routines and contribute to their community. In this workshop, participants will:

- learn how to advocate for individual placement and support (IPS) employment services for people living with mental illness with employers, community leaders, legislators and providers;
- be able to identify the benefits of IPS employment and the employment outcomes for persons living with mental illness in a troubled economy; and
- understand how IPS employment promotes recovery.

NAMI teams in 10 states have already begun to use these ideas to promote a working life for people with mental illness. We will show you how to undertake this program in your community.

- **Betsy Johnson, NAMI Ohio, Columbus, Ohio**
- **Cathy Epperson, NAMI Kentucky, Somerset, Ky.**
- **Deborah Becker, Dartmouth Psychiatric Research Center, Lebanon, N.H.**
- **Moderator: Michael Cohen, NAMI New Hampshire, Concord, N.H.**

**BUILDING AND SUSTAINING A LATINO OUTREACH PROGRAM**

NAMI State Organizations and NAMI Affiliates all over the United States need to develop programs and skills to meet the needs of a Latino population that is growing nationwide. We need programs in Spanish that not only meet the language needs of this population, but that also respect and incorporate cultural differences in beliefs about mental illness and how to treat it. This workshop will present:

- the building blocks for developing an outreach program for the Spanish-speaking community;
- effective techniques for encouraging the participation of Spanish speakers in the programs they build; and
- methods of sustaining the funding, volunteers and participation of the community in their outreach to the Latino community.

NAMI Chicago has built and sustained a variety of programs and services for the area's Spanish-speaking communities. They will share their expertise and advice and encourage other NAMI State Organizations and Affiliates to develop similar programs.

- **Olga Rosas-Ruiz, NAMI of Greater Chicago, Chicago, Ill.**
- **Adam Johnson, NAMI of Greater Chicago, Chicago, Ill.**
- **Moderator: Suzanne Andriukaitis, NAMI of Greater Chicago, Chicago, Ill.**

**ADDRESSING MENTAL ILLNESS AMONG ASIAN AMERICANS AND PACIFIC ISLANDER COMMUNITIES**

Did you know that Asian American teenage girls have the highest rate of depressive symptoms of any racial, ethnic or gender group? What can we do about it? This and many other important considerations are addressed in the report of a NAMI Asian American and Pacific Islander Mental Health Listening Session released earlier this year. Attend this workshop to:

- receive an overview of key facts and considerations about Asian American and Pacific Islander (AAPI) communities;
- understand the broad diversity of cultures within the AAPI umbrella; and
- get examples of current efforts addressing the mental health needs of these communities

Panelists in this session will share their perspectives as participants of the listening session and highlight the issues as well as examples of successful programs and initiatives addressing mental health among AAPI communities.

- **Jei Africa, San Mateo County Health Department, Burlingame, Calif.**
- **Amanda Wang, Rethinkbpd, Great Neck, N.Y.**
- **Moderator: Marin Swesey, NAMI, Arlington, Va.**
TRANSITIONING STUDENTS LIVING WITH MENTAL HEALTH CONDITIONS TO LIFE AFTER HIGH SCHOOL

Studies indicate that as many as 20 percent of young people are at risk for mental illness. High school students experience symptoms during crucial stages of social, emotional and cognitive development. They are at great risk of dropping out of high school and their outcomes after high school are much less positive than people who don’t live with mental illness. This session addresses how schools and families can work together to not only identify and support at-risk students but also prepare them for life after high school. We will increase participants:

- ability to recognize and support students who are struggling with mental health disorders while they are still in high school;
- capacity to assist these students in developing self-advocacy and empowerment skills for life after high school; and
- knowledge and sensitivity to adolescent development affected by mental health disorders and identify research-based practices to increase positive post-school outcomes for these students.

The presenters are a special education professor and her daughter, a young adult living with mental illness. They will share research, strategies and resources that address the complexities of moving from a parent’s care to the adult world.

Fred Johnson, Seattle University, Seattle, Wash.

Moderator: Cinda Johnson, Seattle University, Seattle, Wash.

DIVERSION ON A SHOESTRING: STARTING A CRISIS INTERVENTION TEAM, JAIL DIVERSION PROGRAM AND MENTAL HEALTH COURT WITH NO MONEY

In the current fiscal climate, funding for new programs for people living with mental illness in the criminal justice system is almost nonexistent, in spite of the fact that the need for them keeps growing. However, with ingenuity and a solid understanding of how the criminal justice system works, successful programs can be established with existing resources. In this workshop, attendees will:

- understand the difference between pre- and post-diversion programs and mental health courts and the participants necessary for each;
- identify existing resources in their community that are essential to starting any type of mental health diversion program; and
- receive specific examples of how to use or shift existing resources to establish diversionary programs.

The presenters have established successful programs for a crisis intervention team, a jail diversion program and a mental health court with existing resources.

Fred Garrity, Camden County Prosecutor’s Office, Camden, N.J.

Moderator: Maureen O’Brien, Union County Prosecutor’s Office (retired), Elizabeth, N.J.

HOW TO RECOGNIZE AND REDUCE RISK FOR SUICIDE

The Centers for Disease Control estimates that 90 percent of all suicides are the result of a mental illness or substance abuse disorder. Yet, too often when an individual is diagnosed with a mental illness neither they nor their family are informed about the risk for suicide or how to respond to reduce suicide risk. This workshop will provide family members with basic information about suicidal behaviors including reviewing risk factors and warning signs for suicide. Specifically, participants will learn:

- fundamental facts about suicide events (threats, attempts, completions) and their relationship to mental illness; risk and protective factors, as well as warning signs for suicide; and
- safety planning and other strategies for reducing risk.

NAMI affiliates can and should be on the front line of suicide prevention. This workshop will provide you with some of the tools you need to get there.

Fred Norton, NAMI New Hampshire, Concord, N.H.

REAL HELP FOR PEOPLE LIVING WITH MENTAL ILLNESS AND SUBSTANCE ABUSE: AN INTRODUCTION TO INTEGRATED DUAL DISORDERS TREATMENT (IDDT)

The co-occurrence of mental illness and substance abuse is an established fact. So is the abysmal track record of our current systems of care in providing effective services for this doubly challenged group of people. The IDDT approach is an innovative evidence-based practice that provides treatment for both disorders at the same time, in the same place, by the same group of specially trained service providers. At the conclusion of this workshop,
GUIDE TO MEETING ROOM LOCATIONS

Lower Level: Southeast Exhibit Hall
- Mobley Room
- Registration Desk

Lobby Level: Continental A, B, C
- Buckingham's Information & Hospitality Desk

Second Floor: International Ballroom
- Grand Ballroom
- Normandie Lounge
- Boulevard Room

Third Floor: Marquette
- Joliet
- Waldorf
- Astoria
- Williford A, B, C
- Private Dining Rooms 1 - 7

Fourth Floor: Conference Room 4-C

Fifth Floor: Conference Rooms 5-A to 5-J

Workshop 1 - M
Williford A

Spirited and Recovery + Cultural Competence = Endless Possibilities
Powerful and life-changing spiritual beliefs, practices, and unforeseen events have helped shaped personal and communal life throughout human history, particularly in regard to mental health recovery and wellness. You are invited to a fascinating discussion and interactive workshop that will present powerful and innovative questions, activities, and discussion. We will focus on:
- how to mine the ways spirituality and cultural competence have and can continue to dramatically empower and support the journeys we travel;
- tools and resources available for personal/self-help, community, and program use, including recent materials produced by the STAR Center; and
- the significance of this work with and for underserved communities.

Please bring an inquisitive mind and open heart to this fascinating, evocative, fun, and enlightening session.

Philip Qualo, J.D., program manager, NAMI STAR Center, Arlington, Va.

Workshop 2 – A
Marquette

Implementing Crisis Intervention Teams (CIT) for Youth
Only about 20 percent of young people living with mental illness in this country get the treatment they need. At the same time, research shows that 70 percent of youth in the juvenile justice system are living with one or more psychiatric disorders and, each year, an alarming number of youth living with serious mental health treatment needs enter the juvenile justice system. Schools feel overburdened and unable to meet the needs of children, families don't know where to look for help, and law enforcement gets called in a crisis. Communities with Crisis Intervention Team (CIT) programs are beginning to expand them to include youth. CIT for Youth brings together schools, NAMI, law enforcement, and children's mental health providers to address the needs of children and youth. This workshop will show you how:
- to get buy-in from schools and other child-serving systems;
- coordinate efforts among schools, mental health providers, families, and law enforcement to get children and youth to treatment, not the juvenile justice system; and
- identify mental health and family services in your community and think creatively about how to get more out of what they have.

Attendees will receive a copy of NAMI's CIT for Youth implementation guide.

Jeffry Murphy, Chicago Police Department, Chicago, Ill.
Sherri Wittwer, NAMI Utah, Salt Lake City, Utah
Laura Usher, NAMI, Arlington, Va.
Moderator: Sam Cochran, University of Memphis, Bartlett, Tenn.
Workshop 2 – B
Williford B

A ONE-DAY PROVIDER EDUCATION PROGRAM

It is important for NAMI State Organizations and NAMI Affiliates to reach out to providers of mental health services. NAMI Greater Chicago has developed a one-day provider education program designed to enable providers to gain insight into the lived experiences of individuals and their families with the mental health service delivery system. Our “Forging Links” symposium offers practical skills to encourage providers to be more compassionate, supportive and effective in their interactions with individuals living with mental illness and their family members. Attendees of this session will learn:

• how to implement a one-day provider education program;
• about important topics to include in the curriculum; and
• methods for evaluating the program.

We have received enthusiastic feedback from past provider participants of “Forging Links”. Reaching out to providers of service is an important step in bridging the gap between people living with mental illness, their family members and providers of mental health services.

Alicia Palmer, NAMI of Greater Chicago, Chicago, Ill.
Betty Frazier, NAMI of Greater Chicago, Chicago, Ill.
Jennifer Gray, NAMI of Greater Chicago, Chicago, Ill.
Moderator: Suzanne Andriukaitis, NAMI of Greater Chicago, Chicago, Ill.

Workshop 2 – C
PDR 2

STRENGTHOFUS.ORG AND BEYOND: MEETING THE NEEDS OF YOUNG ADULTS LIVING WITH MENTAL HEALTH CONDITIONS

The success of StrengthofUs.org, NAMI’s online resource center and social networking website, has been phenomenal. By recognizing the lived experience of young adults living with mental health conditions, NAMI is now regarded as a leader on young adult issues and on youth engagement and involvement. Attendees at this workshop will:

• learn about resources available to effectively address the needs of young adults living with mental health conditions;
• find out how to use social networking and social media to reach out to these young adults in their communities; and
• hear directly from young adults living with mental health conditions about what resources and supports are needed to better address their unique needs.

This interactive workshop will equip participants with the knowledge, resources and tools needed to effectively address the unmet needs of young adults living with mental health conditions.


Workshop 2 – D
Joliet

TICKET TO WORK AND WORK INCENTIVES: PROVIDING FREE SUPPORT SERVICES TO PEOPLE WITH DISABILITIES WHO WANT TO WORK.

Thousands of Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI) beneficiaries have learned how to stay in control of their benefits while enriching their lives through employment. You can too. A Work Incentives Seminar Event will provide you the opportunity to learn how to take advantage of Social Security Work Incentives, including Ticket to Work. During this workshop, attendees will:

• learn how Work Incentives, including Ticket to Work, can affect their SSI or SSDI benefits;
• understand how to connect with Employment Networks and other support providers to explore work options, go back to school, or receive job accommodations or training; and
• receive information on resources available from the Ticket to Work program.

Presented by SSA’s Work Incentives Planning and Assistance, Social Security Administration, Office of Employment Support Programs, Baltimore, Md.

Workshop 2 – E
Continental C

NAMI/VA PARTNERSHIPS: EXPANDING NAMI SIGNATURE PROGRAMS TO VETERANS AND THEIR FAMILIES

As the largest mental health system in the world, the Veterans Administration has made a pledge to reach out to families of veterans whose psychiatric conditions in a military culture elicit enormous stigma and impose a demoralizing degree of isolation. For the past three years, NAMI has worked with the Veterans Health
Administration to bring the evidence-based Family-to-Family education program to large VA hospital centers. The NAMI/VA partnership has been extended for three more years. The workshop is designed to be an interactive session where attendees will begin in small break-out groups to discuss challenges they are facing in setting up F2F classes at VA hospitals and medical centers. Attend this workshop to learn from an “expert panel” best practice strategies to strengthen existing and create new NAMI/VA partnerships to expand F2F classes and other NAMI programs to veterans and their families.

- Brenda Piper, NAMI North Carolina, Raleigh, N.C.
- Patrice Maniaci, NAMI Kern County, Bakersfield, Calif.
- Russ Sempell, NAMI Kern County, Bakersfield, Calif.

PEERS HELPING PEERS: THE PRESCRIPTION ASSISTANCE COMMUNITY SERVICES PROGRAM

Prescription Assistance Community Services (PACS) is a peer-developed and peer-delivered support program that helps peers, family members and families of youth obtain free or low-cost medications, apply for state and federal benefits and navigate both the mental health and physical health systems in their communities. During the last two years, more than 1,000 individuals have received help from PACS. It is an effective, fundable model designed to be portable and expandable. Attendees at this workshop will:

- grasp the core principles and philosophies of the PACS model;
- understand how to develop and build a PACS program; and
- learn how to sustain and expand a PACS program in a NAMI Affiliate.

The core values of PACS can be adapted to meet the critical needs of any NAMI Affiliate. Our presenters will show you how.

- Michael Prager, NAMI of Washington County, Aloha, Ore.
- Moderator: Laura O'Neil, NAMI of Washington County, Aloha, Ore.

ENDING THE SILENCE: A NAMI EDUCATIONAL TOOL FOR USE IN SCHOOLS

Ending the Silence is an educational program to lessen stigma and raise awareness about mental illness among teenagers. It has been successful among high school freshmen in Dupage County (Ill.) for the past four years. Attendees at this workshop will learn:

- the elements of a stigma-reducing program for high school students;
- proven techniques to reach out to young audiences in your community to promote earlier intervention; and
- about the effects of mental illness on adolescents.

Over four years, this program has proven its success and is available to any NAMI Affiliate.

- Aileen Caravelli, NAMI DuPage County, Wheaton, Ill.
- Matt McNichols, NAMI DuPage County, Wheaton, Ill.
- Moderator: Brenda Hilligoss, NAMI DuPage County, Wheaton, Ill.

UNDERSTANDING DEPRESSION IN OLDER ADULTS: HELPING FAMILIES ADDRESS THE ISSUES

Although adults over the age of 65 account for only 12 percent of the population, they account for more than 16 percent of suicide deaths. Depression in older adults may be common, but it is not a normal part of aging. The risk of depression in the elderly increases when medical illnesses are present and when the ability to function becomes limited. Attend this workshop to learn:

- how treatment for depression can help prevent suicide and promote more positive physical health outcomes in older adults;
- risk factors and symptoms related to depression in older adults and how families can assist the older adult to get help; and
- how stigma in individuals, family members and professional providers is a barrier to treatment for depression and contributes to the risk of suicide.

Depression among older adults is widely under-recognized and undertreated. This workshop will help to reverse this trend.

- Bernadette Seifert, NAMI New Hampshire, Concord, N.H.
- Moderator: Michael Cohen, NAMI New Hampshire, Concord, N.H.
FRIDAY

3:30 p.m. – 4:45 p.m.

Workshop 2 – J
Waldorf

REACHING OUT TO FAITH COMMUNITIES: A TRAINING COURSE FOR NAMI MEMBERS

What role can faith communities play in helping people and families touched by mental illness? How do I get started helping my faith community better understand mental illness and what we’ve gone through? How do I respond to stigmatizing remarks and different beliefs? What new resources are available? Attendees at this workshop will:

• learn answers to these and other frequently asked questions about interfaith outreach;
• gain practical skills for initiating and organizing faith community outreach, sharing your story and working with your local affiliate; and
• view highlights from a new four-part, self-study training tool for NAMI members and affiliate leaders.

Come learn more about developing supportive faith communities that bring hope and help to all who are affected by mental illness. Each presenter has many years of experience working with faith communities and serves on the NAMI FaithNet Advisory Council.

Susan Gregg-Schroeder, Mental Health Ministries, San Diego, Calif.
Craig Rennebohm, Seattle Mental Health Chaplaincy, Seattle, Wash.
Moderator: Carole Wills, Wellsprings Mental Health Ministries, Indianapolis, Ind.

Workshop 2 – K
PDR 3

SUICIDALITY AND RISKS OF MEDICATIONS USED TO TREAT MENTAL ILLNESS

Suicidal thoughts interfere with a person’s quality of life and daily functioning. Suicide itself is a horrendous event for those left behind. This workshop will address the risks and benefits of medications for the person with suicidal ideation. The presenters will:

• identify common signs and symptoms that should raise concerns about a person’s safety and the risk of self harm;
• explain how medications used to improve depression can contribute to suicidal behavior; and
• describe how individuals, families and support networks can help manage the risk of medications in light of current regulatory actions regarding antidepressant and antiepileptic medications.

Understanding the risks and benefits associated with medications and suicide potential is essential for people who live with mental illness and their family members.

Jennifer Zacher, Captain James A. Lovell Federal Health Care Center, Chicago, Ill.
Kimberly Lintner, Meriter Hospital, Madison, Wis.
Moderator: Steven Burghart, Rolling Hills Hospital, Franklin, Tenn.

Workshop 2 – L
Williford C

THE CALM APPROACH TO ADVOCACY: GET THROUGH THE CRISIS, ADVOCATE FOR LEGISLATIVE CHANGE, MAKE MEDIA WORK FOR YOU

Family members: How do you get the concrete, state-specific help you need to get through a mental health crisis with a loved one? Advocates: How can you get involved in the legislative process and make your state laws work for you and others who need them? Communicators: What is the best way to use old and new media to get your message heard quickly, easily and economically? This workshop provides practical tools for anyone involved in crisis, advocacy, legislation or media. In panel presentations and break-out groups, the Treatment Advocacy Center will:

• share its new Psychiatric Crisis Resource Kit for families and other proven methods for responding effectively to a psychiatric crisis;
• present techniques for using both traditional and new media to influence, educate and transform the mental health conversation; and
• show how to go from “we’ve got a law that needs to be changed” to “we’ve got a new or better law.”

Get through a mental health crisis armed with information. Make a difference and educate others. Influence legislators.

Doris Fuller, Treatment Advocacy Center, Arlington, Va.
GUIDE TO MEETING ROOM LOCATIONS

Lower Level: Southeast Exhibit Hall
Mobley Room
Registration Desk

Lobby Level: Continental A, B, C
Buckingham’s
Information & Hospitality Desk

Second Floor: International Ballroom
Grand Ballroom
Normandie Lounge
Boulevard Room

Third Floor: Marquette
Joliet
Waldorf
Astoria
Williford A, B, C
Private Dining Rooms 1 - 7

Fourth Floor: Conference Room 4-C

Fifth Floor: Conference Rooms 5-A to 5-J

---

5 p.m. – 6 p.m.
4 - C

YOGA CLASS
Do you need a good laugh? Who doesn’t? A certified laughter yoga leader will present the benefits of laughter for people living with mental illness. Come join this fun, experiential laughter session. Laughter increases the “happy” chemicals in the brain, fostering a positive and hopeful attitude; decreases depression, stress and negative thoughts and feelings; improves many chronic medical problems; makes you feel good and much more.

IN OUR OWN VOICE DEMONSTRATION
Join us for this multimedia, interactive and inspirational presentation. In Our Own Voice is two individuals sharing their journey of recovery, from dark days through successes, hopes and dreams. Question-and-answer segments and a video of others sharing their stories will also be featured.

---

5 p.m. – 6:30 p.m.
PDR 2

EVENING PROGRAMS

7 p.m. – 9 p.m.

Waldorf

“I’M NOT SICK, I DON’T NEED HELP!” UNDERSTANDING AND DEALING WITH ANOSOGNOSIA
Anosognosia is the inability to perceive that one is ill due to impairment to the brain’s ability to see oneself accurately. It has been identified as the single biggest reason why more than 50 percent of people living with schizophrenia and bipolar disorder refuse treatment and when they do accept it, often stop after days or months have gone by. This session will reveal how anosognosia and the very poor adherence it creates—to all kinds of treatment and services not just drug treatment—differs from denial or simple stubbornness. It will provide practical communication tools to help participants lower tension with the individual they are trying to help and strategies for engaging the person in treatment.

• Xavier Amador, Ph.D., clinical professor, Columbia University, New York, N.Y.

Continental B/C

SCREENING: OC87
Mental illness interrupted Bud Clayman’s dream of a Hollywood career. Thirty years later, without waiting for his symptoms to vanish, he’s making the movie of his life. OC87: The Obsessive Compulsive, Major Depression, Bipolar, Asperger’s Movie is a touching (and funny) documentary about pain and vulnerability, family love and tension, empowerment and Bud’s quest for belonging. Behind the scenes, we see a parallel story unfold as Bud grapples with making the one movie he is certain will transform his future. The film screening will be followed by audience discussion with Bud and his co-directors Glen Holsten and Scott Johnston, all from Philadelphia.

Grant Park

DANCING IN THE PARK
For 15 years, the Chicago Department of Cultural Affairs has presented Chicago SummerDance in Grant Park (right across the street from the Chicago Hilton). The night begins with an introductory one-hour dance lesson at 6 p.m. followed by two hours of dancing under the stars on an open-air dance floor. All are invited and there is no charge.
Saturday, July 9

8 a.m. – 6 p.m.
Mobley Room

8:30 a.m. – 10:00 a.m.
International Ballroom

**CONNECTION CAFÉ OPEN**

**RESEARCH PLENARY: CELEBRATING 20 YEARS OF FAMILY-TO-FAMILY**

In its 20 years, NAMI's Family-to-Family program has helped literally tens of thousands of people understand and cope with a loved one's mental illness. Our Research Plenary this year will focus on this unique and life-changing program, including its recent certification as an evidence-based practice, its utility as an outreach tool to veterans and minorities and its many uses beyond education.

- Lisa Dixon, M.D., director, Division of Services Research, University of Maryland School of Medicine, Baltimore, Md.
- Steven Colton, NAMI Cook County North Suburban, Deerfield, Ill.
- Susan McCutcheon, R.N., Ed.D., Director of Family Services, Women’s Mental Health and Military Sexual Trauma, Office of Mental Health Services, Department of Veterans Affairs, Washington, D.C.
- Norma Bangs, national trainer, De Familia a Familia, Austin, Texas

The Distinguished Service Award will be presented during this session.

**10 a.m. – 10:45 a.m.**

**CAMINANDO HACIA EL BIENESTAR MENTAL (SPECIAL PROGRAMMING IN SPANISH)**

Le invitamos a ser parte de Caminando Hacia el Bienestar Mental, una conferencia en español donde escuchará historias de personas que han vencido problemas de bienestar mental en carne propia y recibirá información de cómo y dónde encontrar ayuda por parte de profesionales de salud. Esta conferencia es para cualquier persona interesada en aprender acerca del impacto que los problemas emocionales pueden tener en su familia, su vida y su bienestar. El evento se enfocará en proveer información sobre la salud mental en la comunidad latina, en cómo encontrar ayuda y en la recuperación.

10 a.m. – 3:30 p.m.
Boulevard Room

**WELCOME CENTER OPEN**

Lobby Level

**10:15 a.m. – 11:45 a.m.**

**ANNUAL BUSINESS MEETING**

There's more to the “business” of NAMI than meets the eye! Join us as we celebrate all that makes us truly "Better Together" as we recognize our Outstanding NAMI State Organization and Outstanding NAMI Affiliate, pay tribute to exemplary work in multicultural outreach and reducing stigma and welcome the new NAMI Board of Directors—all in one inspiring session! If you’ve ever felt the hope that NAMI represents or ever wanted to thank someone for sharing their hope, this is the time and place to do it.

The Outstanding NAMI Member, Outstanding NAMI State Organization, Outstanding NAMI Affiliate, Multicultural Outreach, and Lionel Aldridge awards will be presented during this session.

12:30 p.m. – 1:30 p.m.
PDR 1

**ARTS AT LUNCHTIME**

Reading: *StigMAAAA!! The Play*

The author will read this heartwarming, dark comedy about the journey of a mother and her five-year-old daughter through the mental health system. We follow this woman as she fights for services for her child and against stigma. Their journey spans over 12 years, as mom comes to grip with the fact that she has just come up against the greatest challenge in fighting her daughter’s illness—her daughter.

- Nancy Parker, playwright, New York, N.Y.

Performance: *Stars of Light Theatre Troupe*

This unique traveling theatre troupe is comprised mostly of people living with mental illness, along with family members and professionals. They have been performing since 1995. Their original productions are written by troupe members and feature vignettes about mental health, personal stories and music.

Performance: *That’s Edutainment!*

It’s time for you to be in the spotlight! Come and enjoy this performance of a collection of skits on mental health awareness. You’ll be able to see how drama can be a form of recovery.
1:45 p.m. – 3:15 p.m.
Williford B

SPECIAL SESSION FOR STATE ADVOCACY NETWORK LEADERS

GROUP ONE ASK-THE-DOCTOR SESSIONS

SCHIZOPHRENIA
- Peter Weiden, M.D., director, Psychotic Disorders Program, Center for Cognitive Medicine, University of Illinois at Chicago, Chicago, Ill.
- Moderator: Ralph Nelson, Jr., M.D., member, NAMI Board of Directors, Visalia, Calif.

BIPOLAR DISORDER
- Ken Duckworth, M.D., medical director, NAMI, Arlington, Va.

BORDERLINE PERSONALITY DISORDER
- Kenneth Silk, M.D., professor, Department of Psychiatry, University of Michigan Health System, Ann Arbor, Mich.
- Freda Friedman, Ph.D., faculty, Institute for Clinical Social Work, Chicago, Ill.
- Susanne Streicker, Ph.D., counselor, Evanston, Ill.
- Moderator: Jim Payne, member, NAMI Board of Directors, Falls Church, Va.

ASK-THE-NURSE
- Mary Moller, D.N.P., A.R.N.P., family psychiatric and mental health nurse practitioner and associate professor, Yale University School of Nursing, New Haven, Conn.
- Patsy Burnett, APRN-NP, MSN, family psychiatric and mental health nurse practitioner, Scie Care, Broken Bow, Neb.
- Moderator: Linda Jensen, R.N., M.N., Ph.D., member, NAMI Board of Directors, Papillion, Neb.

RECOVERY AND NEUROSCIENCE
- Jill Bolte Taylor, Ph.D., author, My Stroke of Insight, and spokesperson, Harvard Brain Tissue Resource Center, Bloomington, Ind.

3:30 p.m. – 5 p.m.
Waldorf

GROUP TWO ASK-THE-DOCTOR SESSIONS

SCHIZOAFFECTIVE DISORDER
- Will Cronenwett, M.D., instructor, Psychiatry and Behavioral Sciences, Feinberg School of Medicine, Northwestern University, Chicago, Ill.

DEPRESSION
- William A. Scheftner, M.D., chair, department of psychiatry, Rush University Medical Center, Chicago, Ill.
- Moderator: David Lushbaugh, member, NAMI Board of Directors, Atlanta, Ga.

OBSESSIVE-COMPULSIVE DISORDER
- John Calimari, Ph.D., director, Anxiety and Obsessive-Compulsive Disorders Treatment and Research Program, Rosalind Franklin University of Medicine and Science, North Chicago, Ill.
- Moderator: Clarice Raichel, member, NAMI Board of Directors, Lake Charles, La.

CHILDREN AND ADOLESCENTS
- Mani Pavuluri, M.D., Ph.D., associate professor, Institute for Juvenile Research, University of Illinois at Chicago, Chicago, Ill.
- Moderator: Carol Caruso, member, NAMI Board of Directors, Collegeville, Pa.

Ask-the-Doctor session descriptions continue on next page.
IMPROVING ADHERENCE TO MEDICATIONS

- Daniel Yohanna, M.D., vice chair and adult section chief, Department of Psychiatry and Behavioral Neuroscience, University of Chicago Medical Center, Chicago, Ill.
- Moderator: Keris Myrick, Ph.D., member, NAMI Board of Directors, Pasadena, Calif.

POST-TRAUMATIC STRESS DISORDER

- Ken Duckworth, M.D., medical director, NAMI, Arlington, Va.
- Moderator: Moe Armstrong, M.B.A., M.A., C.P.S., member, NAMI Board of Directors, West Haven, Conn.

YOGA CLASS

Do you need a good laugh? Who doesn’t? A certified laughter yoga leader will present the benefits of laughter for people living with mental illness. Come join this fun, experiential laughter session. Laughter increases the “happy” chemicals in the brain, fostering a positive and hopeful attitude; decreases depression, stress and negative thoughts and feelings; improves many chronic medical problems; makes you feel good and much more.

TALENT SHOWCASE

A long and much-loved tradition at the NAMI convention. Bring your talents—music, poetry, dance, drama—to share or come just to enjoy the show.

---

**OCD Chicago**

*A trusted resource for people with OCD, their families and treatment professionals.*

[www.ocdchicago.org](http://www.ocdchicago.org)
info@ocdchicago.org
773.880.1635

*Education. Resources. Friendship. Hope. We can help.*
What can a pharmaceutical company do to help people afford their medicines?

What are the AstraZeneca AZ&Me Prescription Savings Programs?
Programs that provide AstraZeneca medicines at no cost to qualifying people with no prescription drug coverage or Medicare Part D enrollees who experience difficulty affording them.

Who is AstraZeneca?
AstraZeneca is a pharmaceutical company that makes brand-name prescription medicines and has offered prescription savings programs for over 30 years.

The AZ&Me Prescription Savings Programs have over 20 AstraZeneca medicines available in the program. To learn more about the program or see a complete list of available medicines please scan the tag below or visit www.azandme.com

Call. Ask. Enroll.
1-800-AZandMe (1-800-292-6363) or AZandMe.com

Full Prescribing Information is available at www.astrazeneca-us.com, or by calling AstraZeneca at 1-800-236-9933.
You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch, or call 1-800-FDA-1088.

AZ&Me is a trademark of the AstraZeneca group of companies.

Get the free mobile app at http://gettag.mobi
WIN a 1-Year Subscription!

20 Subscriptions Drawn Daily!

Sign up for a chance to win an individual or bulk subscription!

Visit our BOOTH #204

Booth 204
NAMI would like to express its deepest gratitude to the following companies and organizations for their valuable contributions.
Seattle’s summers are gorgeous!
Sunny weather, beautiful lakes and glorious mountains.

Join us for our 2012 Convention in this spectacular city!