

LEARNING TOGETHER, CHANGING MINDS



National Alliance on Mental Illness

NAMI | Illinois

***Learning Together...
Changing Minds***



October 15–17, 2010

Featuring



Joyce Burland, PhD



Clarence Jordan



Marc Elliot

**A MENTAL HEALTH EDUCATIONAL
CONFERENCE
FOR PERSONS WITH MENTAL ILLNESS,
FAMILY MEMBERS AND PROVIDERS**

Embassy Suites Hotel and Conference Center
East Peoria, Illinois

Schedule At-A-Glance

Friday October 15, 2010

Program	Presenters (click here for Bios)
Keynote “Learning Together...Changing Minds”	Clarence Jordan
General Session: Supported Employment	Mike Cohen & Debbie Becker, Katherine Burson, Frank Ware & Tony Zipple
Lunch	Included in Registration Fee
Breakout Session —Dartmouth	Dartmouth Panel
Biological Causes & Risk Factors for Mental Illness	John Sweeney, PhD
A Dialog Among Experts...Panel for Employers	Dartmouth
NAMI Connection Recovery Support Group	
Benefits/Work Incentive Planning	Ron Mulvaney
Don't Get Drawn In: How to Stay Out of Power Struggles with Your Children	John Roope, MEd
Current Issues within Illinois	Illinois Dept. of Mental Health panel
Social Media 101: The Basics	Marijean Jagers
Reception and Dinner Honoring Joyce Burland	Included in Registration Fee
The Nature of Trauma Learning in the NAMI Family-to-Family Education Program, and a Story of Family Trauma	Joyce Burland, PhD

Saturday, October 16, 2010

Breakfast Buffet for those staying at the hotel	
Keynote Session—What Makes You Tic?	Marc Elliot
Team Building for Families	
The Effects of Trauma Across a Life Span	Mitchell Davenport, LCPC
Integrated Health Center (Emergency Department Diversion)	Panel: Drs. David Loveland, Arun Pinto, Ginger Garner, and Hilary Driscoll
NAMI Connection Recovery Support Group	
Lunch	Included in Registration Fee
Ask The Pharmacist	Dr. Christopher Gillette
Finding Support in the Faith Community	AJ French
How to Make Lemonade When Life Gives You Lemons	Richard Techman, Steve Colton, Rose Hamann, Shelley Holmes
Advanced Social Networking & How It Can Be Used to Promote NAMI	Marijean Jagers
Awards Dinner	Included in Registration Fee

Sunday, October 17, 2010

Faith Service	
Breakfast Buffet for those staying at the hotel	
<i>Affiliate Skill Building Time</i>	
Increasing Revenues: From Struggle to Stability	Beth Bowsky, B ² Consulting Services, LLC
<i>12:00 pm Lunch will be provided for those registered</i>	

Sunday's skill Building Workshop is not covered in your registration fee. There is an additional \$30 registration fee.

CONFERENCE OVERVIEW

Learning Together... Changing Minds

INSPIRING CONFERENCE KEYNOTE SPEAKERS



Clarence Jordan



Joyce Burland



Photo Courtesy of Chicago Daily Herald

Marc Elliot

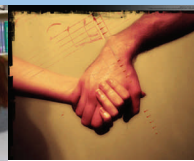
EDUCATIONAL CONFERENCE SESSIONS AND EXPERIENCES



Educational Sessions



Networking Opportunities



Support Groups



Exhibit Hall



Relax, Renew, Reconnect

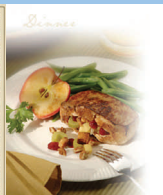
CONFERENCE SPECIAL EVENTS



Reception Honoring Joyce Burland



Awards of Excellence



Awards Dinner



Fundraising Workshop on Sunday

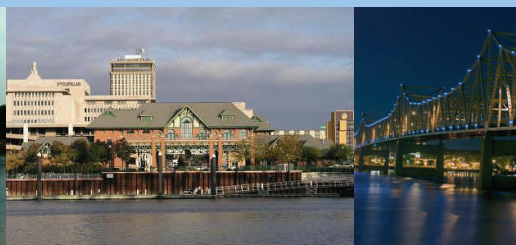
Increasing Revenues: From Struggle to Stability

Beth Bowsky
B² Consulting Services, LLC

ENRICHING RIVERFRONT LOCATION



Embassy Suites Hotel



Peoria River Front



Keynote Addresses

Learning Together... Changing Minds



Clarence Jordan, M.B.A.

You might say that public discrimination against individuals with mental illness simply because of their illness is appalling and you would be right. Even more so is the very personal kind of stigma that is internalized long before the public act of discrimination ever occurs.

This presentation addresses the principle barriers to mental illness recovery. Based on the lived experience of Clarence Jordan, a mental health consumer and NAMI National Board Member, the presentation looks at the available research on stigma and its many facets: the deeply personal, label avoidance, and public stigma. The presentation examines the role of the Peer Specialist through the eyes of the individual seduced by his illness through years of disempowerment.

The many facets of self efficacy and the role of the community is given sharp focus as the participant journeys, stage wise, through a process of discovery on the road to recovery.

The Nature of Trauma Learning in the NAMI Family-to-Family Education Program, and a Story of Family Trauma

Joyce Burland, Ph.D.



The NAMI Family-to-Family Education Program is rooted in a unique understanding of how families facing the trauma of mental illness in a loved one learn in spite of the stresses they are experiencing. This approach of “trauma learning” differentiates Family-to-Family from educational models based on principles of adult education, and accounts in many ways for the remarkable progress families make in the course. As part of this presentation, Dr. Burland will present a monologue on her own traumatic journey as her family struggled with two generations of schizophrenic illness.

What Makes You Tic?

Marc Elliott



Photo Courtesy of Chicago Daily Herald

Sharing anecdotes about his own disabilities and how people have treated him, Marc demonstrates the power of perseverance and tolerance in a fun and easily relatable manner. He shares with audiences the tools that have allowed him to be successful in dealing with his challenges. By examining Humor, Acceptance, Advocacy, Tolerance, and Support, Marc leaves those that have seen his speech with an open mind and a sense of optimism in dealing with their own personal challenges.

BREAKOUT SESSIONS

Learning Together... Changing Minds

- **Biological Causes and Risk Factors for Mental Illness**

John Sweeney, PhD

National Institute for Mental Health has funded a 5-site family study (Chicago is one site) to study how genes impact brain development and function, how these effects differ across schizophrenia and bipolar disorder. This presentation will summarize preliminary findings of this study.

- **NAMI Connection Recovery Support Group**

NAMI Connection is a recovery support group for adults living with mental illness that is expanding in communities throughout the country. These groups provide a place that offers respect, understanding, encouragement, and hope. All groups are confidential – participants can share as much or as little personal information as they wish. These support groups are open to all adults with mental illness regardless of diagnosis. Participants should feel welcome to drop by and share feelings, difficulties, or successes. Everyone is a valued participant. This support group is offered twice during the conference.

- **Social Media 101 – The Basics**

Marijean Jagers

Social Media 101-The Basics will give a baseline understanding of several key social media tools and how they can benefit your organization. Marijean will guide you on a tour of: FaceBook, Blogs, Twitter, and YouTube, and answer questions such as “How do I know that social media isn’t just a fad?” and “What is the difference between a FaceBook personal, organization and cause page?”

- **Social Media 202**

Marijean Jagers

Launching into Social Media will show you how to effectively leverage a variety of

social media tools. Through tips, advice, and success stories from your peers, we’ll show you how to engage your fans on FaceBook, build a following on Twitter, and make blogging manageable and effective. We’ll also discuss how to promote your online presence and integrate all of your social media tools to have a stronger impact.

- **Don't Get Drawn In! How to Stay Out of Power Struggles With Children**

John Roope, M.Ed.

Practical strategies and language for diffusing and preventing power struggles while building relationships with children. Help children become partners in the process of learning to control their own behavior. This program is ideal for teachers and other professionals who work with children, and, when shared with both teachers and parents, provides an excellent framework for consistency and support between home and classroom or other settings.

- **The Effects of Trauma Across a Life Span: An Introduction**

Mitchell Davenport, LCPC

Recent studies have shown that childhood trauma can affect people for the rest of their lives-usually in undesirable ways. This presentation explains what trauma is; symptoms necessary for a diagnosis of Post Traumatic Stress Disorder; and then concludes with a very interesting study, called the “ACE” study. This is a study conducted on 17,000 adults regarding the impact of childhood trauma on their adult life.

- **Integrated Health Center (Emergency Department Diversion)**

Moderator: Dr. David Loveland
Panelists: Dr. Arun Pinto, Dr. Stoner, Hilary Driscoll

The Integrated Health Center is a newly opened, peer staffed emergency room diversion program. It is a collaborative effort between Heartland Clinic, Methodist Hospital, Human Service Center, and Tazwood Center. Its mission is to serve as an alternative to the emergency room or jail when someone is in crisis and to connect patients to a medical home.

Breakout Sessions Continued

- **Ask the Psychiatric Pharmacist**
Open Discussion Have Your Psychiatric Medication Questions Answered!

Chris Gillette, PharmD, BCPP

Psychiatric medications play a key role in the recovery process as it pertains to mental illnesses. This session will provide a brief overview of psychiatric medications for the treatment of mental illnesses followed by a moderated question and answer session.

- **How to Make Lemonade When Life Gives You Lemons**

Moderator: Richard and Michele Techman
Panelists: Rose Hamann, Steven Colton, Shelley Holmes

Presenters represent a wide range of backgrounds from around Illinois and explain how their near full recovery is possible despite various regional diversions. You will learn there are no barriers to recovery and following the right treatment plan.

- **Finding Support in the Faith Community**

AJ French, CRSS

Join us and discover how to connect and relate with a faith community that is sensitive to those living with mental health conditions. This session is for individuals who may want to explore diverse faith communities and also for those who participate in faith communities on a regular basis.

NOTE: Presenter bio's can be found at <http://il.nami.org/presenters>

ABOUT THE HOTEL



EMBASSY SUITES
HOTELS*

100 Conference
Center Drive
East Peoria, IL
61611

Phone: 309.694.0200

A block of rooms has been set aside for the conference at a rate of \$99 per night plus tax.

Reservations must be made on or before September 23, 2010 to receive the group rate.

Contact the Embassy Suites directly to make your overnight accommodations.

WHAT YOUR CONFERENCE REGISTRATION INCLUDES

Conference registration fee includes:

Friday - Lunch and Dinner;
Saturday - Lunch and Dinner;
Plus all training materials on Friday and Saturday

A COMPLIMENTARY BREAKFAST BUFFET IS OFFERED DAILY BY THE HOTEL TO OVERNIGHT GUESTS

Sunday's Skill Building Workshop

NOTE: This workshop is not covered in your conference registration. There is an additional registration fee of \$30 which covers the cost of training materials and lunch.

Increasing Revenues: From Struggle to Stability

Beth Bowsky , B² Consulting Services, LLC

Going beyond the basic overview provided in many shorter trainings, this day long workshop will focus on the details of "how to" for the various methods of generating funds for your organization—grants, events, direct mail and direct solicitation. Once you have decided what methods best suit your NAMI, (and you should use multiple methods) they must be brought together in a coordinated, comprehensive annual plan designed to ensure you meet your budgeted revenue goals. Workshop participants will create plans for their NAMI to implement upon returning home.

REGISTRATION INFORMATION

Registration Type	Early Bird Registration before Sept. 1	Registration after Sept. 2	On-site Registration Oct. 15-17
Person with a Mental Illness	\$125	\$175	\$200
Student	\$125	\$175	\$200
NAMI Member	\$150	\$200	\$250
Non-Member	\$225	\$275	\$300
Presenter	\$125	\$175	\$200
Fundraising Workshop	\$30	\$30	\$30

Registrations are non-refundable.

On-site registrants are not guaranteed meals or conference materials. Please be sure to register early.

You can also register online at <http://il.nami.org>

HOTEL SHUTTLE SERVICE

The Embassy Suites Hotel has an airport shuttle. You will need to let the hotel know 24 in advance when you need to be picked up. (309) 694-0200.

TRANSPORTATION INFORMATION

Via Peoria Charter Bus -Tickets must be purchased from the driver with CASH ONLY. If you require an ADA accessible bus, you must inform them at least 48 hours prior to departure.

To Peoria:

- From O'Hare Bus/Shuttle Ctr: 10:15am, 3:00pm, 7:00pm, and 10:15pm
- From O'Hare Terminal #5: 10:20am, 3:05pm, 7:05pm, and 10:20pm
- From Woodfield Mall (Sunday departure only): 2:50pm and 6:30pm
- From Oakbrook Mall (Sunday departure only): 3:25pm and 7:25pm
- From Midway Airport (There is a transfer in Joliet): 10:25am, 3:10pm, 7:10pm, 9:30pm
- From Louis Joliet Mall: 11:15pm, 4:00pm, and 8:00pm
- From BP Station I-55 and Rt. 116 in Pontiac: 12:15pm, 5:00pm, 9:00pm
- From Illinois State University: 12:55pm, 5:40pm, 9:40pm

Arrival into Bradley University in Peoria: 1:55pm, 6:40pm, and 10:40pm.

Departures Back Home

From Bradley University: 4:00am, 6:00am, 10:30am, 2:20pm, and 5:50pm

Via Greyhound Bus-Greyhound has stations in several cities and towns throughout Illinois. They have a station in Peoria, IL at the Peoria airport. For more information, contact Greyhound at 1-800-231-2222.

Via Amtrak-Attendees will need to take a train on the Illinois and Missouri Routes which has stops in Chicago, Summit, Joliet, Dwight, Pontiac, Bloomington/Normal, Lincoln, Springfield, Carlinville, Alton and St. Louis. Attendees will need to get off at the Bloomington/Normal station and take a "Thruway Bus" on the Burlington Trailways line that will take them into Peoria, IL. The stop in Peoria is the Peoria Airport.



NAMI Illinois 2010 Mental Health Education Conference

Please complete one form for each person attending. **Early Bird Registration deadline: September 1, 2010**
Be sure to include your email address, as we will be sending conference confirmations by email. Print clearly.

Name: _____

Address: _____

City: _____ State _____ Zip _____

Phone () _____ Email _____

NAMI Affiliate/Agency/Organization: _____

Conference Registration Rates are per person and **non-refundable**.

Please register me for the NAMI Illinois conference at the following Rate- I am a:

_____ Person with a Mental Illness	\$125
_____ Student	\$125
_____ NAMI Member	\$150
_____ Non-Member	\$225
_____ Presenter	\$125

_____ I will be attending the Sunday Skill Building Workshop and am including the additional registration fee of \$ 30

After September 1, 2010 – Add Total Enclosed \$ 50 \$ _____

You can register on-line at <https://namiil.ejoinme.org/MyPages/ConferenceRegistration/tabid/203089/Default.aspx>

Hotel Information

Embassy Suites and Conference Center
100 Conference Center Drive
East Peoria, Illinois 61611
309.694.0200

Be sure to mention you are attending NAMI Illinois' Educational Conference to receive the reduced room rate of \$99 per night. Hotel reservation deadline is **Sept. 23, 2010**.

NAMI Illinois is not responsible for your hotel reservations.

I request special accommodations and/or dietary needs while attending the NAMI Illinois Conference.

(please specify) _____

Registrations are non-refundable
Walk-in participants to the conference are welcome, but seating and meals are not guaranteed.

I qualify to receive CEUs.

I am a:
Social Worker
Nurse
Teacher
CRSS
Other _____

CEUs available: CPDU, LCSW, LCPC, IAOPACA (CRSS), and Nursing

Conference registration fee includes:
Friday - Lunch and Dinner;
Saturday - Lunch and Dinner;
Plus all training materials on Friday and Saturday

Please check **all** meals you will be attending.

A cooked to order, breakfast is provided daily by the hotel.

Friday

Lunch
Dinner

Saturday

Lunch
Dinner

Sunday

Lunch

(for persons registered for the Skill Building Workshop)

Please mark **all** that apply to you:

- F2F Teacher/State Trainer
- Basics Teacher/State Trainer
- Family Support Group Facilitator
- P2P Mentor/State Trainer
- Connection Facilitator/Trainer
- IOOV Presenter/Trainer
- Affiliate President
- Other _____

Please make checks payable and mail to:
NAMI Illinois
218 West Lawrence
Springfield, Illinois 62704
Phone: 800-346-4572 Fax-217-522-3598