



## MAINSTAGE EVENTS

**THURSDAY**  
**8:30 AM**

### **FIRESIDE CHAT WITH KENNETH COLE AND DAN GILLISON**

Join us as we kick off NAMIcon 2023 with renowned designer, social activist, and visionary Kenneth Cole. Along with NAMI CEO Dan Gillison, they will discuss launching Kenneth's Mental Health Coalition during the COVID-19 crisis. NAMI is proud to be part of the Coalition which seeks to end the debilitating stigma surrounding mental health and change the way people talk about, and care for, mental illness. Discover how Kenneth's influence is inspiring other brands to join our movement!

**THURSDAY**  
**4:30 PM**

### **MOVING FROM TRAGEDY TO TRANSFORMATION: A CONVERSATION WITH PERCY "MASTER P" MILLER AND CARMELA WALLACE**

The iconic Percy "Master P" Miller and tireless advocate Carmela Wallace sit down with NAMI Associate Chief Medical Officer, Christine Crawford, to get to the real heart of overcoming tragedy, grief, loss of a child, addiction, and other mental health challenges. Learn how they are moving from grief to advocacy and now use their experiences and compassion to help countless others. You don't want to miss this inspirational session!

**FRIDAY**  
**8:30 AM**

### **RESEARCH AIMED AT BETTER TREATMENTS, TAILORED FOR YOU**

Join us as Dr. Josh Gordon from the National Institute of Mental Health shares the latest in precision psychiatry research, the importance of individualized treatment, and the new transformative treatments of tomorrow. NIMH is the leading federal agency supporting mental health research in the US and around the globe, where they support a broad portfolio of research.

**FRIDAY**  
**4:00 PM**

### **NAMI NEXTGEN**

Join us as our NAMI Next Gen members discuss real mental health issues youth face today. As they share their experiences – their troubles, their victories, their hopes. They'll talk about how they work to ensure youth and young adults feel seen and heard... and how you can support the youth in your life.

**SATURDAY**  
**8:30 AM**

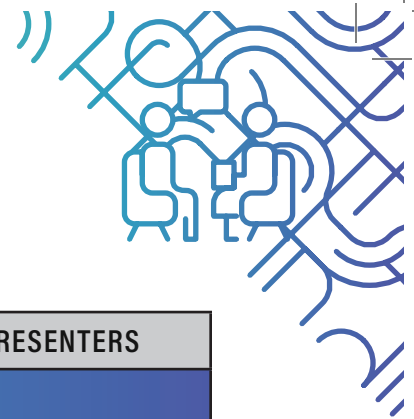
### **YOU ARE NOT ALONE BOOK PANEL**

Named a USA Today best-selling book, hear from the contributors from the powerful stories included in "You Are Not Alone," including John Moe, Sierra Grandy, Ray Lay, Dawn P. Brown, Tracy Green, and author and NAMI Chief Medical Officer, Dr. Ken Duckworth.

#### **CONTENT WARNING**

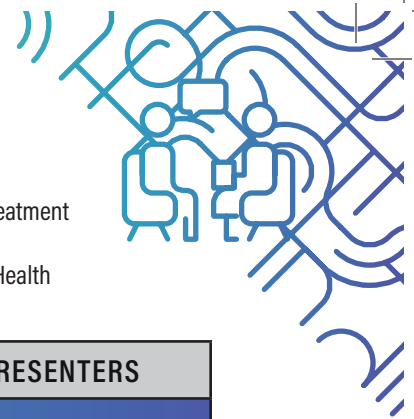
Please be aware that many of these sessions may discuss or refer to potentially distressing topics such as: Abuse/Assault, Sexual Abuse/Assault, Addiction/Substance Use, Violence/Trauma, Racism/Racial Violence, Eating Disorders, Suicide/Self-Harm, Death/Dying, Homophobia/Transphobia, Military Conflict, Consumer/Survivor/Ex-Patient Trauma.

If at any point you feel overwhelmed or triggered, we have two rooms available upstairs in 206A & 206B to decompress. One room is a community space with our amazing Peer Support Specialists who are there to talk and listen. One room is a calm space to relax and have some quiet time. If you need further assistance, please locate a staff member (identifiable by their lanyards) and they will help.



## Event Schedule

TIME	LOCATION	SESSION/PRESENTATION	PRESENTERS
<b>WEDNESDAY</b>			
12:00 – 1:00 PM	Community Hub	Alliance Day Networking Lunch	Darcey Mamone Christine Neil
1:00 – 2:00 PM	Ballroom	<b>Welcome and NAMI 10X Session: A Fireside Chat</b> Moderated by Cathryn Nacario, CEO, NAMI San Diego	Dan H. Gillison, Jr. Seán Stickle Annette Gantt
12:00 – 3:00 PM	101 Block	<b>NAMI Staff-Led Breakout Sessions</b>	
	101A	<b>Volunteers: How to Gain, Train and Retain</b> How do you gain volunteers? How do you train volunteers? How do you retain volunteers? In this introductory session, we will go over the steps on how to attract the best volunteers from all areas of your community for everything from your NAMI Board to NAMI Programs to your NAMIWalks event...and keep them!	Mary Sorensen Morgan Sills
	101B	<b>The Space Between: How NAMI State Organizations and Affiliates Can Offer Programs in Underserved Communities</b> NAMI comprises over 700 organizations across the United States, and even that is insufficient to service every community in the country. Given the proliferation of mental health awareness in the past few years, NAMI's recognition has also received a similar increase. So how can NAMI provide programs and support within those areas lacking a NAMI organization?  Fortunately, there are options available to both State Organizations and NAMI Affiliates. The Field Governance & Membership team will provide insight - based on the NAMI Governing Documents - on how NAMI Organizations can broaden their reach.	David Binet Sabrina Harris Jacquelyn Walsh
	101C	<b>Ready, Set, Launch: A New Toolkit to Help NAMI Organizations Plan for Their Future</b> NAMI's Field Capacity Building (FCB) Team has been hard at work with field leaders to develop robust tools and resources that are responsive to the organizational capacity needs of the Alliance. We are excited to launch one such tool that is focused on Strategic and Action Planning that aims to meet NAMI State Organizations and Affiliates where they are and help them thoughtfully engage in a planning process with their stakeholders. During this session, we will provide a brief overview of the FCB team's work and how it supports the Alliance, share the Strategic and Action Planning toolkit and how we engaged the field in our work, and review how NAMI organizations can use the toolkit to plan for their futures.	Sheel Pandya Ashley Pollowitz Dr. Sherrie Vaughn
	101J	<b>Where Does NAMI Stand on That? Setting NAMI Policy Positions and Priorities</b> Ever wonder how NAMI decides what public policy issues to speak out on? In this session, you will learn about what goes into designing a NAMI-wide policy position, how we tackle new and emerging policy issues and, most importantly, how you can have a voice in the process. Attendees will walk away with an understanding of the input opportunities for NAMI's policy positions and priorities as well as best practices for getting input into their own state and local-level policy priorities.	Hannah Wesolowski Jennifer Snow Stephanie Pasternak
	101H	<b>Building Relationships to Sustain, Retain and Gain Donors Across All Sectors</b> The saying in fundraising is "People Give to People." But how does that translate into dollars for your programs and projects? We'll discuss how to talk about the impact of your work and hone your elevator pitch for different audiences - individual donors, grant funders and corporate partners.	Jessica Edwards

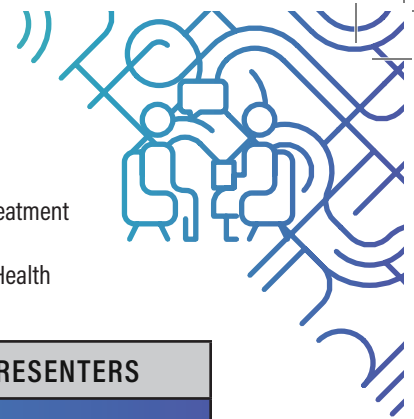


## Event Schedule

### Impact Session Categories:

- Best Practices for State Organizations and Affiliates
- Crisis Response and Intervention
- Culture and Identity in Mental Health
- Innovations in Research and Treatment
- Workplace Mental Health
- Youth and Young Adult Mental Health

TIME	LOCATION	SESSION/PRESENTATION	PRESENTERS
<b>WEDNESDAY (CONTINUED)</b>			
	101I	<b>NAMI Education Programs and NAMI Leader Training: Everything You Want to Know and More</b> Members of the National Education team will share updates on NAMI education programs, training opportunities and newly-created resources for outreach. Join us as we debut and discuss the new virtual training event, the Program Directors Learning Expo. There will also be time for Q&A.	Teri Brister, PhD Susan Caban Anita Herron Nikki Rashes Jessica Howell
3:15 – 4:00 PM	101 Block	<b>NAMI Staff-Led Breakout Sessions Repeated</b>	
4:00 – 4:30 PM	Ballroom	Awards/Closing	Annette Gantt Sheel Pandya
4:30 – 6:00 PM	Rooms 101A-F	<b>Support Groups</b> • 2 Family Support Groups • 2 Connection Support Groups • 1 Young Adult Connection Group	
6:30 – 8:30 PM	Ballroom	<b>Welcome Reception</b> We are so excited to welcome you to NAMICON 2023!! Join us as we kick things off with this lively shindig! There will be food, drinks, a DJ, games and lots of amazing people. Can't wait to see you there!	
<b>THURSDAY</b>			
7:00 – 7:30 AM	Hotel Lobby	Sunrise Walk with NAMIWalks	
8:30 – 10:00 AM	Ballroom	<b>Fireside Chat with Kenneth Cole and Dan Gillison</b> Join us as we kick off NAMICON 2023 with renowned designer, social activist and visionary Kenneth Cole. Along with NAMI CEO Dan Gillison, they will discuss launching Kenneth's Mental Health Coalition during the COVID-19 crisis. NAMI is proud to be part of the Coalition which seeks to end the debilitating stigma surrounding mental health and change the way people talk about, and care for, mental illness. Discover how Kenneth's influence is inspiring other brands to join our movement!	
10:30 – 11:30 AM	101 and 102 Blocks	<b>Impact Sessions</b>	
Innovations in Research and Treatment	102B/C	<b>Prescribed Psychedelics: Use 'Em or Lose 'Em?</b> This session offers a summary of cutting-edge research regarding the use of prescribed psychedelics in a variety of mental illness settings.	Dr. Victoria Harris
Crisis Response and Intervention	102D/E	<b>5 Takeaways from Meeting Crisis Needs in a Rural Community</b> This session will define problems facing rural communities responding to crisis, describe the why and how of Connections Bozeman service delivery architecture and discuss the importance of community development and maintaining momentum. Last, we will identify ways to make crisis work for any rural community with key lessons and steps forward.	Heather Genovese Paige Bichler, MSN, RN
Crisis Response and Intervention	101A	<b>How 988 Can Help Us Transform Crisis Response</b> 988 opened a national conversation about how we respond to people in a mental health crisis. But it will take more than a number to help everyone in crisis. Efforts are underway in communities across the country. Hear about how NAMI and partners are ensuring every person in crisis has someone to talk to, someone to respond and someplace safe to go – and the change that means to the status quo.	Hannah Wesolowski Dr. Margie Balfour

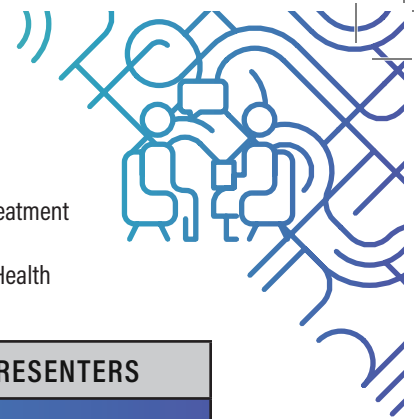


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<b>THURSDAY (CONTINUED)</b>			
Best Practices for State Organizations and Affiliates	101B	<p><b>How to Identify and Attract Corporate Partners</b></p> <p>Are you looking to engage new corporate partners? By joining this session, you'll walk away with an understanding on how to locate companies, how to distinguish yourself among competitors and how to best present NAMI in front of corporate prospects.</p>	Morgan Sills Mary Sorensen
Workplace Mental Health	101C	<p><b>Beginning the Journey: How To Start a Mental Health Employee Resource Group In Your Workplace</b></p> <p>During the pandemic, many companies created Employee Resource Groups (ERGs), providing community, education and advocacy, to address a growing mental health workplace crisis. This session will serve as a roadmap for employees looking to stand up a mental health ERG in their organization — from identifying a need and creating a leadership team, to holding difficult conversations with HR and legal to creating meaningful programming to effectively serving the mental health needs of a diverse workforce.</p>	Douglas Brush Stefanie Hoffman
Culture and Identity in Mental Health	101D	<p><b>HBCU/College Engagement: It Starts With You(ng) Scholars Rise Up!</b></p> <p>A discussion by current HBCU college students on creating innovative strategies to address mental health gaps on the campus. This workshop addresses advocacy, wellness and wellbeing while balancing diversity, mental health and campus life.</p>	Tonja Miles Laklieshia Izzard, EdD, LPC, NCC HBCU students
Innovations in Research and Treatment	101H	<p><b>Competency Restoration: Identifying Barriers and Creating Change</b></p> <p>The number of people deemed incompetent to stand trial due to their mental illnesses has increased greatly across the country. This has resulted in many of the state-run hospitals only able to take people from jails, people languishing in jails and a revolving door into the jails. Learn about the four-year process used in Minnesota to bring together stakeholders to create a comprehensive overhaul of the competency restoration system, which passed in 2022.</p>	Sue Abderholden, MPH
Youth and Young Adult Mental Health	101I	<p><b>Lived Experience Narratives: A Lesson on The Healing Power of Storytelling</b></p> <p>This session will provide attendees with an overview of the benefits of creative and culturally responsive storytelling practices such as spoken word poetry, journaling, narrative fiction, oral history recitation and memoir writing in mental healthcare. Learn about expressing one's lived mental health experiences through storytelling to promote healthy identity exploration and affect systemic change, while learning how to craft their own lived experience narratives.</p>	Sophie Szew
Culture Identity in Mental Health	101G	<p><b>Implementing FaithNet in Your Community</b></p> <p>The NAMI FaithNet initiative joins NAMI state and local affiliates, faith leaders and congregations of all faith traditions to share education on how to embrace and support faith-based communities in managing their mental health. If you would like to learn more about FaithNet or implement the initiative in your local community, this is the workshop for you. Hear from the Cross-Cultural Innovation and Engagement Hub and members of the FaithNet Advisory Team.</p>	Dawn L. Brown Kyle Galimba Doug Beach Babu George Mathew
Crisis Response and Intervention	101E	<p><b>Law Enforcement's Role in Behavioral Health Diversion: Knitting Together the Crisis Continuum</b></p> <p>Are you looking to engage new corporate partners? By joining this session, you'll walk away with an understanding on how to locate companies, how to distinguish yourself among competitors and how to best present NAMI in front of corporate prospects.</p>	Senior Lieutenant Allen G. Herring Retired Chief Paul Pazen Ernie Stevens

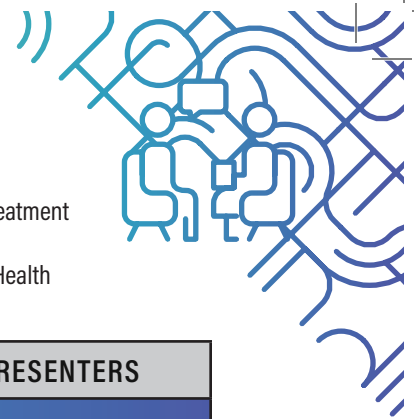


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<b>THURSDAY (CONTINUED)</b>			
Best Practices for State Organizations and Affiliates	101F	<p><b>NAMI Provider: Sharing Lived Experiences with the Health Care Community</b></p> <p>This session combines NAMI Provider materials coupled with first person storytelling from individuals, families and mental health professionals regarding their mental health journey. This provides a platform for providers to be more empathic and compassionate as well as aid in a reduction of anxiety, stigma and negative attitudes when treating patients with mental illness. The session will also provide strategies and tools for developing a diverse team of program leaders to use marketing and research to help implement and expand the NAMI Provider course into healthcare facilities and academic institutions.</p>	Daryn Nelsen-Soza, MSW, LICSW, LCSW Dawn Grittmann, PharmD, CPHQ
Culture and Identity in Mental Health	101J	<p><b>Symptoms of PTSD</b></p> <p>PTSD can be an intimidating diagnosis. So, what do you actually know about PTSD? How does it affect the quality of life for veterans? How can you support and help veterans in your life?</p> <p>Join veteran David Kendrick, Jr., as he shares symptoms of PTSD as rated for by the Department of Veterans Affairs (VA) and walks through his personal diagnosis. You'll learn:</p> <ul style="list-style-type: none"> <li>• How these symptoms contribute to veteran suicide</li> <li>• What life is like for a veteran going through a mental health crisis</li> <li>• How PTSD impacts the family and friends of a veteran</li> </ul>	David Kendrick, Jr.
11:30 – 1:30 PM	Community Hub	Lunch and Ice Cream Expo	
1:30 – 2:30 PM	101 & 102 Blocks	<b>Impact Sessions</b>	
Crisis Response and Intervention	101D	<p><b>Getting Real about Long-Acting Injectables: Experts and Individuals with Lived Experience Discuss LAIs</b></p> <p>This session features a panel discussion that offers a deep dive view into the lived experience of people who live with serious mental illness who leverage Long Acting Injectables (LAIs) as a treatment option. Moderated by NAMI's Associate Medical Director, Dr. Christine Crawford, this roundtable will spread awareness and education on the LAI treatment and peoples' experiences with it.</p>	Dr. Christina Crawford
Innovations in Research and Treatment	102B/C	<p><b>Table Top! Using Games to Develop Social and Emotional Learning (SEL) Skills</b></p> <p>This presentation will explore the neuropsychological underpinnings of the social and emotional difficulties in children and how those challenges might manifest. Social and Emotional Learning (SEL) programs are designed to quantify and teach the skills for interpersonal interactions, self-regulation, emotional awareness and prosocial communication. This presentation will model games that are effective in teaching these skills and empower teachers, parents and students to implement them.</p>	Dr. Matt Zakreski
Crisis Response and Intervention	102D/E	<p><b>Developing the Workforce for Crisis Response: Community Behavioral Health Crisis Responders</b></p> <p>A review of the values and core competencies for Community Behavioral Health Crisis Responders to ensure they are prepared to provide safe, compassionate and effective crisis support without law enforcement unless crime or safety-related risks are present. Learn about current crisis workforce constraints and how a competency-based approach can support workforce diversification and expansion.</p>	Leah Pope, PhD Amy C. Watson Michael T. Compton, MD MPH



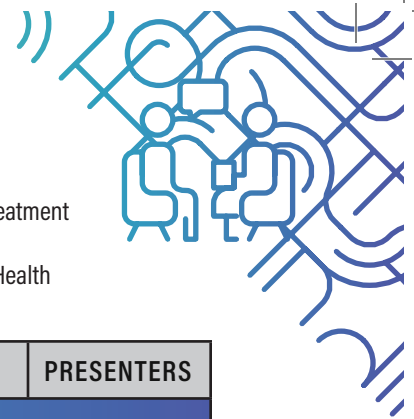
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<b>THURSDAY (CONTINUED)</b>			
Youth and Young Adult Mental Health	101E	<p><b>From Tragedy to Triumph: Powerful Stories and Best Practices from Youth Suicide Survivors</b></p> <p>Learn new perspectives on suicide prevention from three Generation Z and millennial suicide survivors who each started their own mental health organizations. Drawing on their personal and professional experiences, learn their stories, treatments that worked for them, innovative ideas to overcome suicidal ideation and how we can all work together to create a world with zero deaths by suicide.</p>	Sam Eaton Francesca Reicherter, MS Tori Tobias
Culture and Identity in Mental Health	101H	<p><b>Cultural Competencies: Lessons Learned From the Last Frontier</b></p> <p>This session establishes a baseline for cultural competencies focusing on examples from indigenous Alaskan cultures and from Veteran cultures.</p>	Nick Hoeffler
Youth and Young Adult Mental Health	101A	<p><b>Student-Athletes Facing The Hidden Opponent</b></p> <p>A panel from The Hidden Opponent will discuss the nonprofit's mission to shatter the stigma surrounding mental health in athletics by educating, advocating and supporting student-athletes. Our team will discuss The Hidden Opponent's current programs, how to get others involved and how to make an impact on campuses across the country. Attendees will also learn about challenges that student-athletes continue to face and why mental health is important in athletics.</p>	Dexter Hein-Harrison Morgan Philliber Andy Saul
Best Practices for State Organizations and Affiliates	101F	<p><b>Yin and Yang of Awareness and Engagement: A Simple System</b></p> <p>Learn how a small group (three or more) can implement a simple system to raise awareness across cultures and engage volunteers, donors and partners. It's a streamlined, five-step process. Case studies demonstrate how the process works in any size community. Identify your priorities and calculate what's truly doable for your team. Plus, there's a role in this process for people living with a mental health condition, family and friends as well as volunteers, board members and staff.</p>	Parker Harrington
Culture and Identity in Mental Health	101G	<p><b>Compartiendo Esperanza and the Sharing Hope Series: The Relaunch</b></p> <p>The Sharing Hope and Compartiendo Esperanza Series is new! Join this workshop to understand how Cross-Cultural Innovation and Engagement Hub is engaging diverse communities in the discussion on mental health and well-being in Black and Brown communities, terminology and culturally centered language and implementing community conversations.</p>	Dawn L. Brown Archie Green Kyle Galimba Laura Martinez
Crisis Response and Intervention	101I	<p><b>Understanding Treatment Courts</b></p> <p>This session introduces the adult treatment court team. It identifies the duties and responsibilities of each team member while highlighting their impact on outcomes, including standards of practice. The session discusses the correlation between substance use disorders, co-occurring disorders and mental illness for individuals that come in contact with the criminal justice system. Additionally, this presentation discusses organizations, agencies or individuals that are a vital part of treatment courts meeting the needs of the target population. The session will identify opportunities for professionals and individuals with lived experiences to interact with and engage this populations. Learning objectives:</p> <ul style="list-style-type: none"> <li>- Identify the composition of a treatment court program and team members roles and responsibilities</li> <li>- Identify the correlation between criminal justice involvement, substance use disorders and mental health</li> <li>- Identify opportunities for cross-agency collaborations to improve outcomes in the area of substance use disorder and mental health</li> </ul>	Vanessa Price



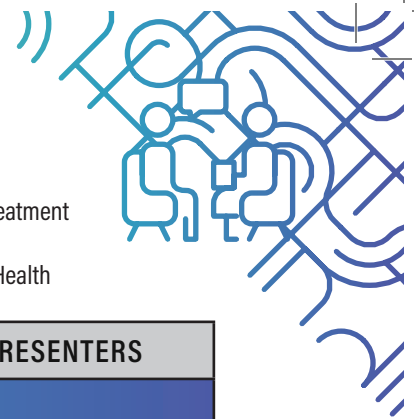


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<b>THURSDAY (CONTINUED)</b>			
Workplace Mental Health	101B	<b>Raising the Bar for Workplace Mental Health</b> Leaders at global organizations and companies around the world have established workplace programs to improving employee well-being, setting a bar for workplace health. The future of work now depends on how companies can continue to raise this bar. Learn how Amazon is taking on the problems of mental health access, quality and impact head on, and ensuring that all employees and their families have access to a range of mental health and well-being resources to meet their unique needs.	Bettina Thompson Siska Treacy, MBA
2:30 – 3:30 PM	Community Hub	Coffee Break	
3:00 – 4:00 PM	Rooms 101 and 102	<b>Impact Sessions</b>	
Workplace Mental Health	102B/C	<b>Got Mental Health?</b> <b>How Companies are Prioritizing Mental Well-Being</b> Mental health and well-being at work impacts productivity, performance, retention, recruitment and more. Don't miss this session featuring some of the top global companies as they share why workplace mental health is not just a nice to have, but a business imperative and the innovative ways they have prioritized workplace mental health.	Darcy Gruttadaro
Culture and Identity in Mental Health	102D/E	<b>I'm Not Broken; Don't Fix Me:</b> <b>Disability Justice and Mental Health Care</b> This session explores mental health work in the context of justice movements around disability and inclusion. Beginning with a historical perspective, we trace the emergence of the Disability Rights movement, the social and medical models of disability and the disability justice movement and how they impact/ed people's experiences of mental illness, mental healthcare and the changing role of providers in the healing landscape.	Abbie Shain, MSW, LICSW
Best Practices for State Organizations and Affiliates	101B	<b>Flashpoint: Taking Action to Tackle Rising Rates of Mental Health Crises and Suicide</b> Now more than ever, the NAMI Helpline connects with people in extreme distress or who feel hopeless. Many reach out while experiencing suicidal ideation, during a mental health crisis or panic attacks. Some express threats of violence to themselves or others. It is a sign of our times. During this session, you will learn how you can help or best equip your NAMI Helpline with procedures, protocols and training that address these serious and urgent needs.	Dawn P. Brown Megan Rochford, PCC-S
Youth and Young Adult Mental Health	101H	<b>Key Learnings From Presence of Mind:</b> <b>A Cross-Sector Approach to Support Youth Mental Health</b> There is a need for new approaches that support youth mental health by meeting them where they are, with messaging that aligns with ways they consume information. In 2020, Kaiser Permanente created Presence of Mind, the first mental health initiative embedded into pre-existing professional esports networks. This session will focus on reviewing the implementation of Presence of Mind, discussing the need for tailored messaging and reviewing lessons learned from a cross-sector approach.	Gino Mortillaro, MD
Workplace Mental Health	101I	<b>Breaking Ground in Law Enforcement:</b> <b>The Mental Wellness Check-in Initiative</b> In 2021, the City of Hyattsville Police Department launched a groundbreaking initiative: Every officer and dispatcher would be required to meet once a quarter in one-on-one, 50-minute mental wellness check-in sessions with licensed mental health professionals. In this session, the program developer will discuss how the Department launched it, the partnerships and funding required and the hurdles, successes and results after one year of sessions at this small Maryland police department.	Adrienne Augustus, MPA



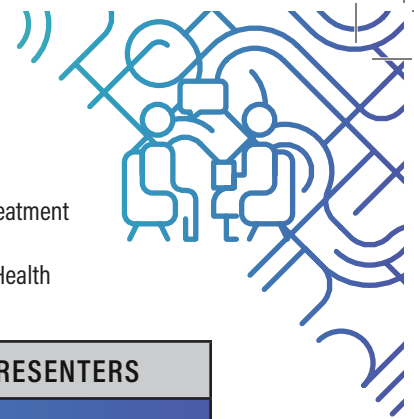
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<b>THURSDAY (CONTINUED)</b>			
Youth and Young Adult Mental Health	101A	<p><b>Our Turn to Talk: Youth Mental Health Documentary</b></p> <p>Our Turn to Talk affirms and helps normalize the feelings and experiences associated with asking and answering some of the most difficult questions in life: How do you find solace, sanity and connection in the midst of mental and emotional confusion? What makes a life worth living, especially when you feel hopeless or disconnected?</p>	Beth Murphy Jennifer Marshall
Innovations in Research and Treatment	101F	<p><b>Clozapine: Together Increasing Access for the Most Effective Antipsychotic</b></p> <p>This presentation will review the current research on clozapine's utilization and effectiveness, and will additionally explore the individual, prescriber and system/administrative barriers to more widespread utilization. Individuals and families can play a key role in advocating for a trial of clozapine if other medications have not been successful.</p>	Robert O. Cotes, MD
Innovations in Research and Treatment	101C	<p><b>Promoting Brain Recovery in Early Psychosis</b></p> <p>At the conclusion of this continuing medical education activity, the participant should be able to:</p> <ul style="list-style-type: none"> <li>- Describe the typical profile of cognitive deficits in early phases of psychotic illness</li> <li>- Discuss the principles of neuroscience-informed cognitive training</li> <li>- Identify the effects of targeted cognitive training in early phases of psychotic illness</li> </ul>	Dr. Sophia Vinogradov
Crisis Response and Intervention	101G	<p><b>Everyone at the Table: Embedding Equity into 988</b></p> <p>988 holds the promise of creating a system that provides people in crisis with a compassionate mental health response. But for many people, implementing the three pillars of crisis care (someone to talk to, someone to respond, somewhere safe to go) does not guarantee a less traumatic and more equitable experience. Evidence shows that many people in underserved communities hesitate to ask for help, fearing that it will do more harm than good. During this session learn about how to make equity a priority in 988 so that we create a system that is a safe, accessible service for everyone.</p>	Matthew Shapiro Dr. Kisha B. Holden
Crisis Response and Intervention	101D	<p><b>Expanding Access to Mental Health in Asian American/Pacific Islander Communities</b></p> <p>Responding to the heightened violence towards AAPI communities and limited culturally centered practices focusing on the needs of Asian Americans, Mango Tree Counseling was created in 2020 to develop bridges to healing for Asian Americans in the Philly metro area. Insights will be shared regarding the unique needs of AAPI communities garnered from 20 free community wellness seminars, notes from group supervision and reflection on case vignettes and AAPI text.</p>	Joann Francis, LCSW, MSS, MLSP Felicia Luo, LPC
4:30 – 5:30 PM	Ballroom	<p><b>Moving from Tragedy to Transformation: A Conversation with Percy "Master P" Miller and Carmela Wallace</b></p> <p>The iconic Percy "Master P" Miller and tireless advocate Carmela Wallace sit down with NAMI Associate Chief Medical Officer, Dr. Christine Crawford, to get to the real heart of overcoming tragedy, grief, loss of a child, addiction and other mental health challenges. Learn how they are moving from grief to advocacy and now use their experiences and compassion to help countless others. You don't want to miss this inspirational session!</p>	
6:30 – 8:30 PM	Ballroom	<p><b>Me2/ Orchestra</b></p> <p>We'll start with a candlelight vigil led by the NAMI Service Members, Veterans and Families Council. Then, Me2/, the world's only classical music organization created for individuals with mental illnesses and the people who support them, will perform. Me2/ serves as a model organization where people with and without mental illnesses work together in an environment where acceptance is an expectation, patience is encouraged and supporting each other is a priority. The session will include an exciting opportunity to join the orchestra on stage to serve as the conductor.</p>	



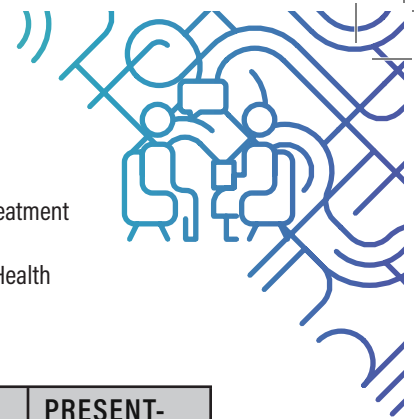


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- Youth and Young Adult Mental Health

TIME	LOCATION	SESSION/PRESENTATION	PRESENTERS
<b>FRIDAY</b>			
7:00 – 7:30 AM	Hotel Lobby	Sunrise Walk with NAMIWalks	
8:30 – 9:30 AM	Ballroom	<p><b>Research Aimed at Better Treatments, Tailored for You</b></p> <p>Join us as Dr. Josh Gordon from the National Institute of Mental Health (NIMH) shares the latest in precision psychiatry research, the importance of individualized treatment and the new transformative treatments of tomorrow. NIMH is the leading federal agency supporting mental health research in the US and around the globe, where they support a broad portfolio of research.</p>	
9:30 – 10:00 AM	Community Hub	Coffee Break	
10:00 – 11:00 AM	101 and 102 Blocks	<b>Impact Sessions</b>	
Youth and Young Adult Mental Health	102B/C	<p><b>Youth Peer Support: For Young People, By Young People</b></p> <p>This session will discuss best practices around Youth Peer Support (YPS), what policies are needed to effectively support YPS and will give examples from states with strong YPS programs.</p>	Marissa Howdershelt, BA Emily Kim Kayla Tawa
Best Practices for State Organizations and Affiliates	101E	<p><b>C.A.R.E. Together: Discovering A New Way to Promote Diversity, Equity and Inclusion</b></p> <p>Cultivating Awareness Respect and Empowerment (C.A.R.E.) Together honors and invites cultural awareness and promotes inclusivity through shared experience while reducing stigma that surrounds mental health. The program is intended to address issues of diversity, equity and inclusion that affect a NAMI affiliate's local community. This session will teach affiliate members how they can adopt this presentation by outlining the mission, format, logistics and how to deliver these presentations.</p>	Amy Durham Austin Messick Edward James Portillo, MA
Innovations in Research and Treatment	101F	<p><b>Using Peer Support, Technology and Data to Improve Treatment Adherence for Those with Obsessive-Compulsive Disorder</b></p> <p>In this talk, Dr. Feusner will describe recent advances in improving outcomes for treating obsessive-compulsive disorder (OCD). Exposure and Response Prevention therapy, a form of cognitive-behavioral therapy, is a first-line, evidence-based treatment for OCD for adults and children. It is effective for the majority of those who engage in it, but treatment adherence can be challenging for some due to the nature of the treatment as well as different life circumstances that arise. To help with this issue, NOCD, a provider of video teletherapy ERP, utilizes machine learning to identify those at risk of non-adherence in conjunction with peer support from "Member Advocates" who have successfully completed treatment. Member Advocates engage at-risk patients through digital messaging to help them through challenges in the early stages of treatment. This intervention has resulted in an average of 30% more therapy sessions completed. These results will be discussed in the context of how peer support programs and data science can enhance the effectiveness of treatment.</p>	Jamie Feusner, MD
Innovations in Research and Treatment	101B	<p><b>Nevada Success on the Frontline: How to Create Meaningful Teen Peer Support</b></p> <p>Learn about suicide prevention, the Nevada Caring Contacts program design and the steps of implementation. The program was selected as a winner of SAMSHA's Recovery Innovation Challenge in 2022.</p>	Laura Yanez Cherylyn Rahr-Wood, MSW



## Event Schedule

### Impact Session Categories:

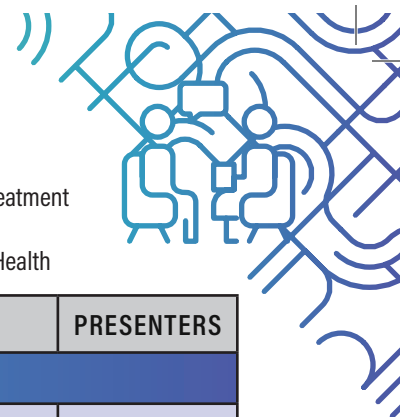
- Best Practices for State Organizations and Affiliates
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TIME	LOCATION	SESSION/PRESENTATION	PRESENTERS
<b>FRIDAY (CONTINUED)</b>			
Crisis Response and Intervention	101G	<p><b>Does Congress Care About People with Mental Illness? How Last Congress Surprised Us All</b></p> <p>This session will provide a recap of the major legislation passed in the 117th Congress and its impact on people with mental illness. Hear updates on NAMI's policy priorities and what NAMI is doing to advocate for people with mental illness at the federal level during the next two years of divided government. This session will share the status of current proposals and ways that NAMI leaders and advocates can get involved.</p>	Hannah Wesolowski Michael Linskey Jennifer Snow
Workplace Mental Health	101C	<p><b>Creating a Culture of Support: Mental Health in the Workplace</b></p> <p>American workers are stressed out, burned out and in need of help. While more workplaces are looking for ways to prioritize mental health, many executives don't know where to begin. During this session, presenters will explain how NAMI leaders can use their personal and professional experiences with mental health to help companies address escalating rates of burnout and develop practices to support employees affected by mental health conditions.</p>	Aleta Barnett Christine Michaels, MSHSA
Culture and Identity in Mental Health	101D	<p><b>Fireside Chat on NAMI Leading the Community Health Equity Alliance</b></p> <p>Join us to learn about NAMI's growing community work to ensure that Black/African Ancestry and Immigrant adults living with serious mental illness have access to timely and effective care by eliminating health inequities. You will hear how influential community partnerships secured by NAMI organizations strengthened their reach and impact. You will also hear how this work impacts people's lives by hearing the real stories directly from two of NAMI's Ambassadors sharing their personal stories. Moderated by Courtney Lang, JD.</p>	Angelina Brown Hudson Kim H. Jones Soul Cole Marcus Smith II
Workplace Mental Health	102D/E	<p><b>Data-Informed Workplace Mental Health Strategy</b></p> <p>A thought-provoking session on workplace mental health strategy. Dr. Serena Huang, a data analytics and HR executive with experience measuring workplace wellbeing in Fortune 500 companies, will inspire the participants to create effective strategies to improve employee mental health</p>	Serena H. Huang, PhD
11:00 – 12:30 PM	Community Hub	Lunch	
12:30 – 2:00 PM	Ballroom	<p><b>Breaking the Silence Film and Discussion</b></p> <p>A fresh, new-look film about how the mind can break, and how it can ultimately heal, BREAKING THE SILENCE is a profoundly personal story about psychosis and psychotic conditions. Devoid of the traditional cookie-cutter approach to tackling these difficult issues with a superficial brush, it will no doubt touch countless hearts and minds, no matter who you are or where you are in life. Panelists include Josh Kellman, MD; Co-Director and Producer Freddie Bell; and Writer, Director and Producer Dara Sanandaji, JD, CFP.</p>	
1:00 – 2:00 PM	101 and 102 Blocks	<b>Impact Sessions</b>	
Culture and Identity in Mental Health	101D	<p><b>Effectively Engaging BIPOC Communities</b></p> <p>During this panel discussion, participants will be able to hear from NSONAs who are successfully engaging Sharing Hope, HBCU, Compartiendo Esperanza initiatives and implementing in the community.</p>	Dawn L. Brown Archie Green Kyle Galimba Laura Martinez

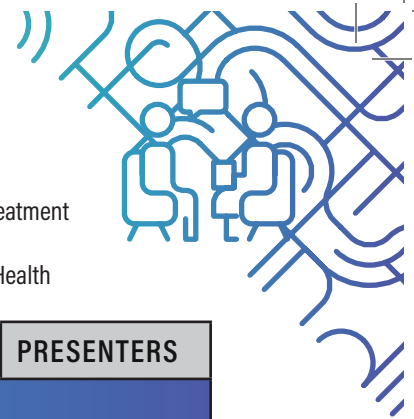
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<b>FRIDAY (CONTINUED)</b>			
Culture and Identity in Mental Health	102 B/C	<b>The Legal and Policy Fight for Equitable, Affordable Mental Health Care</b> Cover topics including: <ul style="list-style-type: none"> <li>• Insurer tactics and impact on care</li> <li>• Illegal claim denials</li> <li>• Low reimbursements</li> <li>• ERISA's role</li> <li>• Protections for patients/providers</li> <li>• Mental Health Parity Act obligations</li> <li>• Legal and policy action</li> <li>• Case updates and implications</li> <li>• Efforts to change public policy</li> <li>• Fighting back</li> <li>• How to protect patient/provider rights</li> </ul>	Caroline Reynolds David Lloyd Katie Dzurec, JD, MPA
Best Practices for State Organizations and Affiliates	102 D/E	<b>The Impact of Veteran Treatment Courts and How to Utilize Them</b> Learn how and why Veteran Treatment Courts were established, the effectiveness of the court and its shortcomings.	Joel Ojida
Youth and Young Adult Mental Health	101A	<b>RACE to Be Human: The Impact of Race and Racism on Youth Mental Health</b> A screening of the RACE to Be Human film, which explores the impact of race and racism on our mental health at school, work and home through a diverse collection of youth personal narratives alongside DEIB expert, mental health professional and educator voices.	Scilla Andreen
Workplace Mental Health	101B	<b>The Rx for Well-Being: A New Framework for Enabling Holistic and Inclusive Well-Being</b> The Rx for Well-Being, a framework inspired by The Blue Zones, frames well-being with an inclusive lens, providing simple yet meaningful ways for employees to take care of themselves. The Rx for Well-Being focuses on three key areas: <ul style="list-style-type: none"> <li>• MEDS: Mindfulness, Exercise (Movement), Diet and Sleep</li> <li>• Vitamin C: Connection, Compassion, Cash/Credit Comfort and Comedy</li> <li>• Vitamin D: Nature</li> </ul>	Dana Rixter Tyece Wilkins-Amadi
Youth and Young Adult Mental Health	101C	<b>BIZ X CAYR Network: Emergent Health Equity Youth Social Entrepreneurs in California and Our Community</b> Learn outcomes from a years-long dialogue and research project about youth mental health perspectives in California and how BIZ Stoop x CAYR Network fosters community transformation. Our organizational design, pathways to youth leadership and campaigns to uplift youth led solutions will be highlighted in this session.	Desiré Johnson
Crisis Response and Intervention	101E	<b>Successes in Behavioral Crisis Response: Unarmed, Trauma-informed Culturally-Affirming</b> In this session, Canopy Roots will share how they launched and grew the Behavioral Crisis Response (BCR) team in partnership with the City of Minneapolis. The BCR is the City's newest first responder dispatched by 911 to support people experiencing a mental health crisis. The BCR is a team of unarmed, culturally responsive and trauma-informed mental health practitioners operating citywide 24/7. The program is managed by Canopy Roots, a majority Black-owned and women-led mental health organization based in the Twin Cities	Taylor Crouch-Dodson, MPP Candace Hanson, MA, LPCC Taylor Shultz, MA, LPCC
Crisis Response and Intervention	101F	<b>Peers Across the Crisis Continuum</b> In this presentation NASMHPD Recovery experts will present on the work of the National Division of Recovery Support Services which includes members in 44+ states and territories. This presentation will provide participants with an understanding of the existing recovery support infrastructure nationally. In addition, participants will leave with the most recent data and understanding of how states are implementing peers in crisis services across the country.	Amy Brinkley, CRS/CHW, CAPRCII Dana Foglesong, MSW, NCPS, CRPS

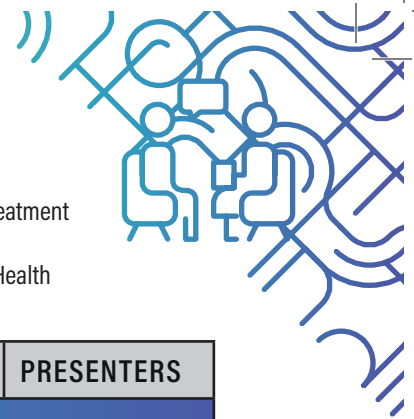


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TIME	LOCATION	SESSION/PRESENTATION	PRESENTERS
<b>FRIDAY (CONTINUED)</b>			
2:00 – 2:30 PM	Community Hub	Coffee Break	
2:30 – 3:30 PM	Blocks 101 and 102	<b>Impact Sessions</b>	
Best Practices for State Organizations and Affiliates	102B/C	<p><b>Building a Strong Bench: CEO and Board Succession Planning</b></p> <p>According to Board Source, in 2015, only 34% of Boards had a formal working succession plan. A written “planned” and “unplanned” succession plan helps protect your organization from instability and possibly collapse. In this session, participants will learn:</p> <ul style="list-style-type: none"> <li>• The Board’s responsibility to provide a succession plan</li> <li>• Preparing for the departure: outlining responsibilities, maintaining the strategic plan and supporting an interim CEO/Board President</li> </ul>	Retired Lieutenant Todd Donovan, MSLD
Culture and Identity in Mental Health	102D/E	<p><b>Social Media and Mental Health</b></p> <p>Sit down with key social media platforms and creators as we discuss social media and its impact, influence and uses around mental health. What effects do these growing platforms have on our brains - especially youth and young adults. How are these platforms promoting self-care, community and growth? How can you do the same? Join us and be part of the conversation!</p>	
Culture and Identity in Mental Health	101B	<p><b>Trauma Informed Care Best Practices for the LGBTQIA+ Community</b></p> <p>Lived experience of trauma influences all aspects of life. For marginalized communities, trauma happens daily. This session will help you understand the role of Peer Support and how to best utilize Peer Support Specialists as advocates for positive outcomes. We’ll also discuss how to work with your treatment team for compassionate and person-centered care.</p>	LaGenia Bailey, PharmD, BCPP, C-IAYT
Best Practices for State Organizations and Affiliates	101A	<p><b>I Want To Hold Your Hand: NAMI Partnerships with Local, State and Federal Government</b></p> <p>NAMI Colorado and its partners have been key allies, conduits, and advocates for advancing mental health resources at every level of government. Learn how NAMI’s voice can be heard from local advisory councils to State legislators as well as Governor’s cabinet and Attorneys General to US Senators and the White House. This session includes volunteers, staff and public officials that also hone in on efforts to ensure that persons of color, rural and others often marginalized are heard.</p>	Babu George Mathew Ray Merenstein, MAMC
Innovations in Research and Treatment	101G	<p><b>Help for Families: Improving Care Coordination During Early Psychosis Treatment</b></p> <p>Past treatment interventions for early psychosis have largely been focused on individuals to the exclusion of family members. Innovative treatments such as NAVIGATE (coordinated specialty care) include family education and support in treatment</p>	Melissa Dalhoe, MSW, LICSW Anne Williams-Wengerd Michelle Wagner, MS Theo Baars
Innovations in Research and Treatment	101E	<p><b>Why We Didn’t Tell You: Learning From Lived Experience of Those with Suicidal Thoughts</b></p> <p>This session aims to reduce the stigma of suicide by encouraging frank, open dialogue about reasons people might have for not disclosing suicidal intent.</p>	Torry Bernard Grace Grinnell Steve MacHattie Valerie Lepoutre, RSS



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TIME	LOCATION	SESSION/PRESENTATION	PRESENTERS
<b>FRIDAY (CONTINUED)</b>			
Culture and Identity in Mental Health	101D	<b>Bug Therapy Film and Panel</b> Bug Therapy is a story about a mosquito named Citronella who faints at the sight of blood. We follow her as she gets up the courage to enter group therapy for the first time. Join us as we watch all-star cast of Meghan Trainor, Dr. Phil, Jay Leno, Sterling K. Brown and more tell this heartwarming story. The panel discussion will feature co-creators Michael Jann and Michelle Jourdan.	Michael Jann Michelle Jourdan
Culture and Identity in Mental Health	101H	<b>The Anxious Black Man</b> This session will highlight the socioeconomic disparities that block mental health treatment and education for Black men in America. Through research and a firsthand account of living with Generalized Anxiety Disorder, participants will see how triggers under the umbrella of poverty (racism, classism) have caused black men to be behind in regards to mental health intelligence, causing delays or even restriction with upward mobility in America.	Justin Banks
Crisis Response and Intervention	101C	<b>Lessons Learned From Mobile Crisis Response Teams</b> Our system is designed around crisis care- the most expensive and difficult type of care, which is damaging to individuals, families and communities. San Diego has made substantial investments in early interventions while still building out crisis care. San Diego's case study will articulate the successes of Mobile Crisis Response Teams, and why more state and federal resources are needed to integrate 988, develop an adequate messaging and education campaign and address equity barriers	Cathryn Nacario Mary Woods Dr. Luke Bergmann Dr. Christine Davies Tina Klotz Shawn Keating
4:00 - 5:00 PM	Ballroom	<b>NAMI Next Gen</b> Join us as our NAMI Next Gen members discuss real mental health issues youth face today. As they share their experiences – their troubles, their victories, their hopes. They'll talk about how they work to ensure youth and young adults feel seen and heard... and how you can support the youth in your life.	
5:00 - 6:30 PM	Rooms 101A-F	<b>Support Groups</b> <ul style="list-style-type: none"> <li>• 2 Family Support Groups</li> <li>• 2 Connection Support Groups</li> <li>• 1 Young Adult Connection Group</li> </ul>	
5:00 - 6:30 PM	102B/C	<b>Board Candidate Speeches</b>	
6:30 - 8:00 PM	Ballroom	<b>NAMI Celebration</b> It's a party—and you're invited! You don't want to miss this fabulous night of good food, drinks, live music, games and most of all... lots of fun. Make lasting memories with old and new friends alike!	
<b>SATURDAY</b>			
7:00 - 7:30 AM	Hotel Lobby	Sunrise Walk with NAMIWalks	
7:15 - 8:15 AM	102B/C	Faith Service	
8:00 - 9:00 AM	Community Hub	Breakfast	
9:00 - 10:00 AM	Ballroom	<b>You Are Not Alone Book Panel</b> Named a USA Today best-selling book, hear from the contributors from the powerful stories included in "You Are Not Alone," including John Moe, Sierra Grandy, Ray Lay, Dawn P. Brown, Tracy Green and author Dr. Ken Duckworth.	





## FLASH SESSIONS

30-minute presentations and will be featured in the NAMI Community Hub at the Minneapolis Convention Center.

**THURSDAY  
10:30 AM**

### **A COMMUNITY APPROACH: FAITH-BASED PARTNERSHIPS TO IMPROVE MENTAL HEALTH**

*Speakers: Christine Essig and Stacey A. Isaacson*

We will share our learnings and strategies from partnering with faith leaders to better understand and address the top mental health needs within their communities and how we are partnering to meet those needs, particularly in underserved communities. Learning objectives include how to:

- Listen to the voice of the community to identify needs and inform strategy
- Leverage community partnerships and trusted community leaders
- Incorporate and customize evidence-based practices for the audience

**THURSDAY  
11:30 AM**

### **EMOTIONAL SUPPORT ANIMALS: AN INNOVATIVE, HOLISTIC APPROACH**

*Speaker: Prairie Conlon, LCMHC, LPC, NCC*

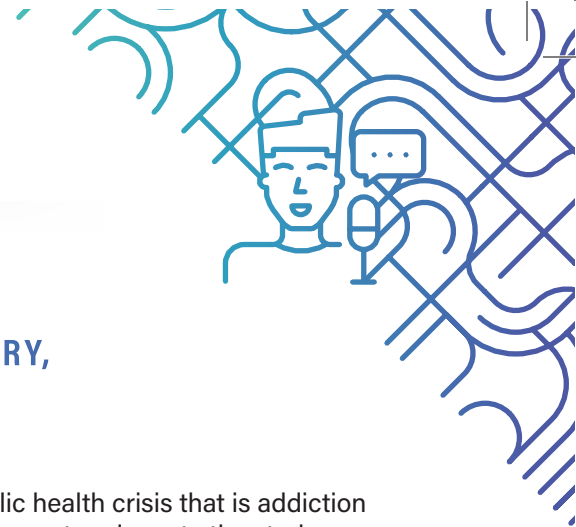
Emotional support animals have many misconceptions surrounding qualification, who can prescribe them and how they benefit clients. This session will help participants learn more about this non-invasive form of consistent daily therapy, to include determining qualification, how it works collaboratively with a client's existing treatment plan and how it creates a comfortable path for those who might be timid about seeking mental health treatment for the first time.

**THURSDAY  
11:30 AM**

### **DO IT FOR THE 'GRAM: SOCIAL MEDIA IN MENTAL HEALTH EDUCATION AND ADVOCACY**

*Speaker: Pratyusha Pilla*

People under 20 years old are not reading newsletters or following Facebook pages. These modalities of communication are no longer efficacious when it comes to the adolescents and young adults of 2023. NAMI has access to experts and a wealth of resources which can save lives, and to share these properly, we need to meet people where they are rather than expecting them to find us. This presentation will examine what we can do moving forward from individual and organizational perspectives.



THURSDAY  
1:30 PM

### ARTISTS SET THE NARRATIVE OF OUR COUNTRY, LET'S STOP THEM FROM DYING

*Speaker: Sean Daniels*

The Recovery Project wants to change the narrative of the public health crisis that is addiction in our country. By being of service to artists—who both need support and create the stories that form our understanding of the world—and the general public, we hope to shatter the stigma of asking for assistance, thereby saving lives.

THURSDAY  
2:30 PM

### USING COMMUNITY BASED INTERVENTIONS TO ADDRESS BARRIERS OF MATERNAL HEALTH AMONG AFRICAN AMERICAN WOMEN

*Speaker: Dr. Nicole Arkadie*

Participants to learn about a community-based intervention activity that fostered a sense of belongingness among 25 African American (AA) mothers who attended a moms empowerment event. They will learn strategies of therapeutic intervention that helped AA mothers feel heard, reduced distress levels and created a community. They will gain knowledge about term self-rescue and be able to apply the strategies learned to assist in having psychological flexibility and mental wellness

THURSDAY  
4:00 PM

### HORSES FOR MENTAL HEALTH

*Speakers: Lynn Thomas and Lynn Moore*

Horses for Mental Health is a non-profit that aims to increase awareness, public engagement, funds and access to programs incorporating horses for mental health and personal growth. In this session you'll learn about the amazing work they do and how equine therapy could help you! Make sure to stop by their booth in the Community Hub to meet some actual horses!

FRIDAY  
10:00 AM

### EMPATH UNITS: THE PATIENT-CENTRIC INNOVATION IN HOSPITAL EMERGENCY DEPARTMENT PSYCHIATRIC CARE

*Speaker: Scott Zeller, MD*

The historic shortcomings of crisis care in hospital emergency departments are well known, yet in many regions there are few alternatives for the highest-acuity conditions – and even in areas with robust community crisis programs, many individuals still inevitably go to ERs. We can improve with Emergency Psychiatry Assessment, Treatment and Healing (EmPATH) units – calming, comfortable settings in hospitals completely separate from the ER, with amazing outcomes, no coercion and high satisfaction.



FRIDAY  
11:00 AM

### ON OUR OWN TERMS: REACTIVATING THE BLACK EXPERIENCE TOWARD COLLECTIVE HEALING

Speaker: Charlyn Anderson

In May 2018, Starting With Today launched The Shape Up: The Barbershop Talks Series, a program that brings Black male therapists and professionals to the Black barbershop. Highlighting best practices learned, this session's objectives are:

- Identify, name, integrate and celebrate cultural traditions that provide elevated wellbeing and healing
- Prioritize strength-based lens and practices to both individual and collective care
- Identify ways to partner with nontraditional community care providers

FRIDAY  
12:00 PM

### EMBRACING, ENGAGING AND EMPOWERING MILITARY AND VETERAN CAREGIVERS

Speaker: Lisell Perez-Rogers, MA

Hidden Heroes and Hidden Helpers are the caregivers supporting our nation's Veterans. These Caregivers play a critical role in the mental health outcomes of their Veteran, but often experience mental health and wellness challenges of their own. In this session, participants will learn:

- The role caregivers play in supporting Veteran health outcomes
- The unique factors that contribute to caregivers' mental health and wellness
- Barriers to accessing mental health care
- How to support caregivers

FRIDAY  
2:00 PM

### HEALING BLACK MEN AND YOUTH FROM TRAUMATIC GRIEF: UTILIZING THE BRUH APPROACH TO THERAPY

Speaker: Allen Lipscomb, PsyD, LCSW

This workshop is designed for mental health clinicians and providers. The goal is to teach, inform and encourage mental health practitioners to provide anti-oppressive and antiracist clinical services to Black men and youth experiencing traumatic loss with an equity and inclusive clinical approach. In this session, participants will:

- Identify how African American/Black men and youth respond to grief, loss and trauma.
- Be able to examine stigmas, stereotypes and cultural beliefs about Black male expression

