

CONFERENCE AGENDA

FRIDAY, AUGUST 19th (Continued)

11:45 am - 12:30 pm	Food and Mood: The science behind the effects of food on mental health <i>Trudy Scott, President, National Association of Nutrition Professionals</i>	Grand Ballroom
12:30 pm - 2:00 pm	Peer Empowerment Luncheon - Vision with Action: Raising the Bar <i>Adam Bar, Author</i> - Motivation speech to encourage people to seek the avenues that help in their healing. His belief in exercise and diet helped him overcome his depression and go on to become Mr. Southern California Iron Man. The question he asks "Are you raising your bar to fulfillment, health, and wealth?" <i>Joe Teixeira, Consumer Programs Coordinator, NAMI Sacramento</i> - Vision with Action: Molding the Future of NAMI'S Consumer and Client programs. NAMI programs offer consumers help with recovery and support. The speaker will explore how NAMI programs offer consumers ways to help themselves and their communities. Healing can be accomplished through helping others. If you dream and don't act, it is just a dream. But if you dream and act, you change the lives of many. You can make a positive difference for yourself and for others.	California Ballroom 1
12:30 pm - 2:00 pm	LUNCH ON YOUR OWN	
2:00 pm - 3:30 pm	Ask the Doctor Workshops	
	Bipolar Disorder: Dr. Curley Bonds <i>Moderator: Dorothy Hendrickson, President, NAMI California</i>	Capital Ballroom A
	Major Depression, Anxiety: Dr. Owen Wolkowitz <i>Moderator: Roberta English, NAMI California Board Member</i>	Capital Ballroom B
	Schizophrenia: Dr. Cameron Carter <i>Moderator: Coleen Peters, Secretary, NAMI California Board</i>	Sacramento Ballroom
	Pediatric Mental Illness: Dr. Mark Edelstein <i>Moderator: Randy Beckx, NAMI California Board Member</i>	Capital Ballroom C
	Spanish-speaking Session: Dr. Sergio Aguilar-Gaxiola <i>Moderator: Oscar Guzman, NAMI California Board Member</i>	California Ballroom 2
3:30 pm - 4:00 pm	BREAK	
4:00 pm - 5:30 pm	Workshops	
	Choices in Recovery	Capital Ballroom B
	CANVAS: Developing Innovative Volunteer-Based Wellness Programs	Capital Ballroom 2
	Food and Mood: 9 Steps to Eliminate Anxiety, Stress, Social Phobia & Panic Attacks	Capital Ballroom A
	The California MHSA Multicultural Coalition (CMMC)	Capital Ballroom C
	The Importance of Spirituality in Recovery	California Ballroom 3
	Using Logic Models to Initiate Action and Sustain Change	California Ballroom 1
	YOU CAN with NAMI CAN! Legislative Advocacy	Sacramento Room
	What You Need to Know about Mental Illness and SSI	California Ballroom 4
5:30 pm - 6:30 pm	President's Reception - by Invitation Only	Terrace Room
6:30 pm - 9:30 pm	Dinner & Entertainment	Grand Ballroom

WORKSHOPS

FRIDAY, AUGUST 19th

4:00 pm - 5:30 pm

Choices in Recovery

Capital Ballroom B

Choices in Recovery is a valuable resource for individuals with schizophrenia and their loved ones. The program offers live educational events and user-friendly materials about the journey of recovery. The program is relevant for people recently diagnosed with schizophrenia as well as individuals who have lived with the illness for many years. The presentation is UNBRANDED regarding medication.

Presenters: Dr. Thomas Gazda, MD, Board Certified in Family Practice and Psychiatry; Lee Stephan, Director, Adults with Serious Mental Illness for Community Health Network; Dr. Michael Fuller, MD, Exemplary Psychiatrist NAMI award winner, 2001; Dr. Eduardo Constantino, MD, Assist. Professor of Psychiatry at State University of NY; Dr. Manoj Waikar, MD, Psychiatrist

Moderator: May Farr, NAMI California Board Member

CANVAS: Developing Innovative Volunteer-Based Wellness Programs

California Ballroom 2

The CANVAS Workshop discusses innovative and low-cost programs that promote Wellness by encouraging consumers to become more self-reliant and to utilize available low-cost community services. "Easy Eats" teaches consumers how to prepare low-cost and nutritious meals. "Bikes for Wellness" provides consumers with helmets, locks and renovated bikes. The "Book Club" and "Drop Ins" provide weekly socializations.

Presenters: Marilyn Moyle, Mentor & Past Chairwoman, NAMI Yolo County; Caron Livingstone, Member, NAMI Yolo County

Moderator: Shannon Jaccard, NAMI California Board Member

Food and Mood: 9 Steps to Eliminate Anxiety, Stress, Social Phobia and Panic Attacks

Capital Ballroom A

Learn how your anxiety and social phobia may be eliminated by: eating real food, removing sugar and balancing blood sugar, removing gluten and caffeine, optimizing digestion, balancing brain chemistry with amino acids, addressing pyroluria, addressing lifestyle and other factors.

Presenter: Trudy Scott, Certified Nutritionist

Moderator: Frances Tibbits, Treasurer, NAMI California

The California MHSA Multicultural Coalition (CMMC)

Capital Ballroom C

Introduction to the CMMC. Learn how CMMC fits into the Strategic Plan for the Statewide Prevention and Early Intervention Reducing Disparities Project and how underserved communities will be impacted.

Presenters: Stacie Hiramoto, Director of REMHDCO; Sherman Blackwell, NAMI CA Board Member; John Aguirre, NAMI CA WWT Program Director and CMMC member

Moderator: Sherman Blackwell, NAMI California Board Member

The Importance of Spirituality in Recovery

California Ballroom 3

We have good rehab programs which support consumer goals with housing, socializing, employment, etc. but we seem to lack programs which support the consumer's spirituality needs. We all have spirituality and consumers aren't an exception. This is an area that needs to be addressed, but it has to be addressed in a sensitive and accepting manner. As staff or family members, we can't force our beliefs on consumers but let them develop their own path. In this workshop I will give practical suggestions on how this can be done and how we can support members with their spiritual path and how it can help with the recovery process. I will give examples how I lead a non-denominational group in a mental health program.

Presenter: Cindy Tuttle, Retreat Coordinator and Author, Voice of Joy

Moderator: Brenda Scott, 1st Vice President, NAMI California

WORKSHOPS

FRIDAY, AUGUST 19th

4:00 pm - 5:30 pm

Using Logic Models to Initiate Action and Sustain Change

California Ballroom 1

The participants will learn about logic models as a method to develop innovative approaches to action and change. A review of The Collaborative Post-Crisis Response and Support Logic Model will be presented.

Presenters: Christopher Zubieta, President & CEO Psynergy; Kathy Forward, NAMI Santa Clara President; John Mitchem, NAMI Santa Clara Past President; Lynda Kaufman, Public Relations Psynergy

Moderator: Coleen Peters, Secretary, NAMI California

YOU CAN with NAMI CAN! Legislative Advocacy

Sacramento Room

NAMI CAN! was created with tools gained from the November 2010 NAMI legislative conference, Game On! Winning at the New Advocacy Game. Its purpose is to facilitate communication among NAMI California and affiliates to utilize the power of NAMI advocacy.

Presenters: Bettie Reinhardt, NAMI CAN! Coordinator; Mark Gale, 2nd VP, NAMI California

Moderator: Mark Gale, 2nd Vice President, NAMI California

What You Need to Know About Mental Illness and SSI

California Ballroom 4

Get an overview of the SSDI/SSI program, including eligibility requirements (particularly as they pertain to mental illness), benefits, and the application process. Specific challenges in California, given current nationwide backlog, and state furloughs will be examined. Strategies to get through the application process faster will be shared.

Presenter: Tai Venuti, Manager of Strategic Alliances, Allsup

Moderator: Gail Evangelidi, NAMI California Board Member

DINNER & ENTERTAINMENT

6:30 PM - 9:30 PM

GRAND BALLROOM

Comedian Joshua Walters

Joshua Walters is one of California's premiere bipolar speaker/performers. He draws from his own life experience using comedy, vocal percussion, and storytelling. His work strikes a chord. Joshua Walters' first full length solo play, Madhouse Rhythm, debuted in 2008 to critical acclaim. Madhouse Rhythm is an autobiographical collage of traditional theater, spoken word, and beatbox (the art of vocal percussion). This show has had a great impact in the theater and mental health community and is now included as part of the Performance and Disability Studies curriculum at UC Berkeley.

Movie: My Brother Mike, by Lisa Sheridan

My Brother Mike is an intimate portrait of blues rock pianist Michael Sheridan. Captivating footage of Michael in recording sessions and interviews shows the genius of his lyrics and musicality, his unpretentious idiosyncrasies, and his love of life. The stories in My Brother Mike will surprise you and touch your heart.

From understated interviews to jam sessions, you will learn about mental illness, and how one family cared for and supported the musicality and dignity of their brother and son.