

2018 NAMI Texas Conference Program

October 26-27, 2018 • Austin, Texas



#SpeakYourMind

#NAMITXCon18

Speak Your Mind
Sponsors

Thank you to our sponsors!

Brave Sponsor- \$10,000



Resilient Sponsor- \$5,000



Sharing Sponsor- \$2,500



Stigma-Free Sponsor- \$1,500



Schedule At a Glance

Friday, October 26

Noon Registration opens & Exhibit Area opens

2:00 – 3:15 pm 1st Breakout Session

- Life After Trauma: An Innovative Path to Recovery and Resiliency
- Understanding Special Populations and Crisis – Everyone is a First Responder
- Coping with a Psychotic Break: A First-hand Family Experience
- HEB Family Foundation Congregation Well-Being Study: Some Preliminary Findings
- Challenges in End-of-life Care for Mental Health Patients

3:30 – 4:45 pm 2nd Breakout Session

- Cultural Considerations During Early Intervention with First Episode Psychosis
- Examining Factors of Resiliency Following Traumatic Events
- Don't Blame the Parents: Heal Yourself through Writing
- Handle with Care: The Delivery of a Diagnosis
- Suffering in Silence: Recognizing and Addressing the Hidden Signs of Eating Disorders

4:45-5:15 pm Break

5:15 pm Exhibit Area closes

5:15 – 6:00 pm Movie & Popcorn: "Beyond Silence"

6:30 – 9:00 pm NAMI Texas Annual Awards Celebration*

**Separate ticket required/seated dinner event*

Saturday, October 27

7:30 am Continental breakfast opens & Exhibit Area opens

7:55 am Welcome

8:05 am "It's Alright" - A musical performance by Just Louis with Alexa Doggett

8:10 am Keynote Speaker - Joseph Guillory, M.D.

9:00 am Overview of the Day - John Dornheim, NAMI Texas Board

9:15 – 9:30 am Break

9:30 – 10:45 am 3rd Breakout Session

- The Power of Work
- Motivational Interviewing in Trauma Treatment
- A Unique Threesome: FASD, Mental Illness, and the Criminal Justice System
- Overcoming Lack of Insight
- What's SUPP?: A Substance Use Prevention Program & New Mental Health Efforts

11:00 am – 12:15 pm 4th Breakout Session

- One Family's Journey
- If You're Happy and You Know It, Thera-Play
- Program Pop-Up - Updates on NAMI Programs
- Understanding the Effects of Psychological Trauma and Abuse
- LOSS (Local Outreach to Suicide Survivors) Teams

12:30 pm Luncheon Keynote – Ask the Doctor, Shiva Mansourkhani, M.D.

1:15 pm NAMI Texas Business Meeting

2:15 – 3:30 pm 5th Breakout Session

- Action/Focus Board
- Suicide Prevention Among Veterans and Their Families
- Building Relationships Building Teams
- Advocating for an Individual Held in County Jail, Part 1
- The Best End-of-Year Fundraising Campaign EVER!

3:45 – 5:00 pm 6th Breakout Session

- Mental Illness and the Media
- Breaking Through: How Understanding Helps People Tackle Tardive Dyskinesia
- Advocating for an Individual Held in County Jail, Part 2
- Framework for MH Advocacy
- Expansion of Ending the Silence

5:00 - 5:30 pm Break

5:30 pm Exhibit Area closes

5:30 – 6:30 pm Speak Your Mind Peer Panel

NAMI Texas Board of Directors meeting

Speak Your Mind

Schedule of Events

Friday, October 26

Noon Registration opens & Exhibit Area opens

2:00 – 3:15 pm 1st Breakout Session

Limestone II

Life After Trauma: An Innovative Path to Recovery and Resiliency

CEUs available

Presenter: Dr. Valerie Rosen

PTSD no longer needs to be a lifetime illness; cure is possible. Cognitive Processing Therapy (CPT) is an evidence-based treatment for PTSD with robust results where 50-100% of patients who complete the 12-session protocol no longer meet criteria for PTSD. Seton's Restore Program is an innovative intensive outpatient program that combines CPT with DBT skills, resiliency training, group outings, and Trauma Sensitive Yoga (TS-yoga). TS-Yoga is another evidenced-based modality that has been shown to be beneficial in trauma work. Regardless of the type of trauma one experiences, one often feels their body has betrayed them when flight or fight responses continue to occur post-trauma. TS-Yoga enables a person who has been traumatized to regain control of their body. This presentation will include the rationale and research behind CPT and TS-Yoga, the nature of the Restore Program, and how patients have benefited from this innovative approach to recovery.

Dr. Rosen is a native Texan who graduated from UT Austin, UT Medical School at Houston, and completed a Psychiatry Residency at Yale School of Medicine. After graduating, Dr. Rosen worked at Yale University Health Services, until returning to Texas in 2013. Her predominant area of expertise is PTSD and trauma; she is a regional Trainer for Cognitive Processing Therapy (CPT). She also specializes in psychotherapy and medication management for college, graduate, and professional school students and is actively engaged in ways to improve treatment and access to psychiatric care for veterans and active military. In her role as Assistant Professor of Psychiatry at UT Dell-Seton, she enjoys teaching and supervising residents and medical students, seeing patients, conducting clinical research, and is the developer and Medical Director for the Restore Program, an intensive outpatient program for trauma.

Longhorn

Understanding Special Populations and Crisis: Everyone is a First Responder

CEUs available

Presenter: T. Victor Lloyd

In the U.S., 20% of adults suffer with mental illness with 40% of those experiencing serious mental illness substantially limiting one or more major life activities. The addition of substance abuse or dependency disorders increases the prevalence of a triggered situation resulting in a crisis. A national survey estimates 7% of police investigations involve persons living with mental illness. The public expectation is that law enforcement professionals are prepared to meet any and all possible interventions safely and effectively. But the reality is that anyone may find themselves as the first responder. The understanding that a mental health crisis is real to the individual experiencing the situation is critical. Empathy, an understanding of the physiology of crisis triggers along with de-escalating techniques are key to prevent the crisis from escalating. This session examines how effective mental health training methodology has changed and in the ever-changing world, everyone is a first responder.

Mr. T. Victor Lloyd is a training specialist for the Center for Cognition and Recovery in Cleveland, Ohio. Mr. Lloyd has been in the mental health field for over 25 years including over 15 years conducting training and education about mental illness and de-escalation skills for law enforcement and many other community organizations. He was named Educator of the Year by NAMI of Hamilton County, Ohio in 2007. Mr. Lloyd holds a master's degree in Theology and a Master of Arts degree in Pastoral Counseling.

Speak Your Mind

Schedule of Events

Bluebonnet

Coping with a Psychotic Break: A First-hand Family Experience CEUs available

Presenters: Jane Williamson, RN, LPC, BHCM and Rachel M.

The biopsychosocial underpinnings of schizoaffective disorder and its relationship to autism spectrum disorders (ASD) is beginning to be understood in the field of neuroscience. This presentation reviews what is currently understood from a scientific standpoint with a counterpoint of personal experience. The audience will increase in understanding about the features of a psychotic break – signs, symptoms and presentation. Special attention will be delegated to the comorbidity between ASD and psychotic disorders. The presentation will also include a personal story of life with ASD, an encounter with psychosis, and some of the tools that have helped in coping with these experiences.

Jane Williamson has a PhD in Education, Master's in Counseling and BS in Nursing. She has worked in the behavioral health field for over 30 years and is currently at Amerigroup, working as a Behavioral Health Case Manager, specializing with individuals who have Intellectual and Developmental Disorders (IDD).

Rachel M., age 25, is the daughter of Dr. Williamson and is gifted as non-neurotypical. Some people label this "Asperger's disorder" and "Schizoaffective disorder." Her family labels her "Rachel."

Pecan A

HEB Family Foundation Congregation Well-Being Study: Some Preliminary Findings CEUs available

Presenters: Gabriel A. Acevedo and Brandon Vaidyanathan

HEB Family Foundation, in partnership with the University of Texas-San Antonio, has fielded a survey of well-being outcomes among San Antonio congregations. This presentation will cover some preliminary findings of the survey. Questions we plan to address with survey data include: (1) How are different congregations faring in terms of average levels of parishioner well-being, and what might explain this variability? (2) Are congregations generally understanding of mental health issues, or do church leaders and parishioners tend to negate or even stigmatize mental illness? (3) How does being embedded in a church environment that is unsupportive of mental illness affect the well-being of parishioners who are facing distressing life circumstances (e.g., traumatic life events, financial hardship)? We discuss the implications of our findings and provide some preliminary comments on how congregations appear to be handling mental health issues.

Gabriel A. Acevedo (Ph.D., Sociology, Yale University, 2005) is Associate Professor of Sociology in the Department of Sociology and Public Health at the University of Texas at San Antonio. Dr. Acevedo's research is in the Sociology of Religion, Sociology of Islam, Latino/a Religion and Spirituality, Religion and Mental Health.

Brandon Vaidyanathan is Associate Professor of Sociology. Born and raised in the Arabian Gulf, he has an educational background that includes a BBA from St. Francis Xavier University in Nova Scotia, an M.Sc. in Management from HEC Montreal, a Ph.D. in Sociology from the University of Notre Dame, a specialization in Design Thinking from the Darden Business School, and training in Nonprofit Performance Measurement from the Harvard Business School and Kennedy School. His research examines the cultural dimensions of religious, commercial, medical, and scientific institutions.

Pecan B

Challenges in End-of-life Care for Mental Health Patients CEUs available

Presenter: Jenny Beauchamp, LCSW, ACHP-SW

End-of-life and palliative care have gained considerable attention over the past 10 years. Due to the complexity of needs for patients with existing mental illness, their end-of-life needs are largely

Speak Your Mind

Schedule of Events

overlooked and not addressed in a comprehensive way. Barriers in the health care setting include a fear that initiating conversations around death and dying will provoke a negative reaction and add to already challenging behaviors. In addition, medical and mental health teams may be challenged to have a strong care partnership with regard to accessing end of life care. Limited literature exists in the arena of caring for the severe and persistent mental health patient at the end of life. A comprehensive care model must be designed for this population.

Jenny Beauchamp is an LCSW with a certification in Hospice and Palliative Care. She has worked in many different settings including homeless services, hospital discharge planning, long term care and hospice in New York City and Austin. Currently, she is a Behavioral Health Case Manager with Amerigroup, providing care to the IDD population. Jenny is passionate about hospice and end of life care and encourages everyone to have the difficult conversation with their loved ones to ensure that we are all honored at the end of life regardless of our abilities or disabilities.

3:30 – 4:45 pm 2nd Breakout Session

Limestone II

Cultural Considerations During Early Intervention with First Episode Psychosis CEUs available
Presenters: Meredith S. Jones, Steven Dorsey, Terry Selvera, Veronica Alfalla, Tameka Thompson

The initial detection and management of psychosis through early intervention with CSC (Coordinated Specialty Care) teams has become an immeasurable development in mental health care over the past few years. The 2014 signing of the 113th Congress H.R. Bill 3547 increased the Community Mental Health Block Grant Program by \$24.8 million, providing the necessary funding to fully allocate FEP (First Episode Psychosis) programs nationwide. It also afforded funding to NIMH (National Institute on Mental Health) and SAMHSA (Substance Abuse and Mental Health Services Administration) for the development of guidance and structure for states implementing effective FEP programs. Even though consideration was given, it wasn't until the CSC teams were engaged with the communities that they discovered the substantial impact culture plays in the treatment of early intervention with first episode psychosis. This presentation will examine the multiple pathways towards recovery after first episode psychosis. This will include the essential cultural considerations and awareness necessary to build a foundation for both the individual and their families concerning a successful journey towards recovery.

Meredith S. Jones serves as the Education & Outreach Coordinator for Bluebonnet Trails Community Services ClearPath FEP Program. Meredith has been involved in a number of recovery related initiatives and projects including Board member and Chair of Community Outreach and Diversity for RecoveryATX, former Co-Chair of the Peer Advisory Council, state trainer for Peer Specialist endorsement courses with ViaHope, member of the PAIMI Council for Disability Rights of Texas, The HB10-Mental Health Condition and Substance Use Disorder "Parity" Workgroup, and HB1486 Peer Support Stakeholder Workgroup. He is a group facilitator for SMART Recovery, The Hearing Voices Network and numerous NAMI education courses, as well as a certified Texas Offender Education Instructor. In 2017, he was awarded the Robert E Hopkins Torch Award at the Central Texas African American Family Conference on Mental Health, and the Mark Korenek Consumer Quality of Life Award for NAMI Texas. Steven is the team lead of ClearPath Early Onset Psychosis. Born a military brat on Fort Hood, he was raised on MRE's and kiwi boot polish. At the University of North Texas Steven majored in Psychology and fell in love with both jazz and Thai food. During an internship with Mothers Against Drunk Driving he coordinated a candlelight vigil for people affected by drunk driving. Witnessing the gravity of human resilience, he realized he wanted to make a difference by helping people. Steven graduated with his MS in Counseling Psychology and joined Bluebonnet Trails, first as a case manager, then as an LPHA with the EOU.

Speak Your Mind

Schedule of Events

Bluebonnet

Examining Factors of Resiliency Following Traumatic Events CEUs available

Presenter: Rose Ann King, Ph.D., LPC-S, LSSP

Resilience can be defined as an individual's ability to navigate psychological, social, cultural, and physical resources that sustain well-being during times of difficulty. Unexpected traumatic events can occur at any time which may affect an individual's level of resiliency. To lessen the impact of traumatic events and increase resiliency, effective treatment plans are developed through assessment, communication, and monitoring on an ongoing basis. When working with individuals demonstrating characteristics of trauma, it is important for parents and professionals to exhibit an awareness of the skills necessary to increase the likelihood of success at home, school, and in the community. In order to address the needs of individuals experiencing trauma, it is important for therapists, medical personnel, and families to understand essential elements required to provide support to this population. Interventions to promote resiliency include creating a safe environment, gathering information, and providing connections to resources.

Dr. Rose Ann King is a Licensed Psychologist and Licensed Specialist in School Psychology. Presently, she works as a UM Care Manager for Anthem. Prior to joining Anthem, Dr. King worked as a Licensed Professional Counselor with a large behavioral health organization as part of the Mobile Crisis Team. She has ten years of experience conducting psychological evaluations and psycho-educational assessments, during which time she advocated for children and their families to have better access to care/service within the school/community microcosm.

Longhorn

Don't Blame the Parents: Heal Yourself through Writing

Presenter: Maya Lazarus

Responsible parents do their best for their children but can get caught up in a quagmire of confusion and denial when faced with a child who seems not normal. How do you process the myriad emotions that erupt from day-to-day interactions with your child and others? This was what Maya Lazarus had to deal with in her family's roller coaster ride, raising their daughter with a mental health issue. Finally, she decided to write it all out. Through the process of drafting and revising her self-published memoir, *Through the Rabbit Hole: One Family's Bipolar Success Story*, Maya reflected more deeply on how these events affected her and her family. She learned that writing can be healing. In this workshop, Maya will provide guidance on various ways to use writing as a processing and healing tool.

*Maya Lazarus taught English for 22 years to non-native speakers in Colombia and Costa Rica, and in upstate New York to children and adults. She later worked as a development editor of educational materials before writing *Through the Rabbit Hole: One Family's Bipolar Success Story*, a memoir. She says it was "called to be written" to offer hope to parents who struggle with their children's mental health issues and don't know what to do.*

Pecan A

Handle with Care: The Delivery of a Diagnosis CEUs available

Presenter: Elizabeth Devine, M.Ed., LPC-S

The emergence of symptoms that indicate a psychiatric disorder creates a great deal of confusion and anxiety for both individuals and their loved ones. All too often, an individual is medicated or treated for symptoms with less than sufficient attention given to the delivery of a diagnosis and its implications. This presentation will discuss the value of mindfully and empathically informing individuals of their condition, components of an effective treatment plan and, most importantly, reasons to maintain hope.

Elizabeth Devine, M.Ed., LPC-S serves as the Executive and Clinical Director of Innovation360 Austin, an organization that provides comprehensive and collaborative wrap around care to

Speak Your Mind

Schedule of Events

individuals with a wide array of mental health disorders. As a Licensed Professional Counselor Supervisor, Elizabeth has provided counseling to children, adolescents and adults for issues related to family and parenting support, substance use disorders, family violence, personality disorders, and emerging adulthood challenges.

Pecan B

Suffering in Silence: Recognizing and Addressing the Hidden Signs of Eating Disorders CEUs available

Presenters: Cora Glazer, LMSW, and Adee Levinstein, MS, RD, CSSD, LD

The incidence of eating disorders ranges from 0.4% for anorexia to 1.5% for bulimia and 1.6% for binge eating disorder, representing millions of Americans (American Psychiatric Association). Yet damaging, outdated stereotypes often prevent those suffering from getting care (Sonnevill & Lipson, 2018). Our presentation aims to combat these clinical blind spots by outlining signs and symptoms of eating disorders encountered in a range of settings, including schools, sports teams, outpatient therapy, doctor's offices, substance abuse treatment, and more. We discuss next steps to take in each setting when an eating disorder is suspected, and outline criteria for which level of care may be indicated depending on severity. Because part of the pathology of eating disorders involves significant cognitive distortion which often prevents individuals from recognizing the severity of their symptoms and the need for help, educating and empowering members of the community to recognize and approach eating disorders is imperative.

Cora Glazer, LMSW, grew up in small-town Athens, Ohio. During her undergraduate years at the University of North Carolina at Chapel Hill, she co-founded Embody Carolina, an organization that provides trainings for students on how to support friends and loved ones suffering from eating disorders. After getting her Master's in Social Work from the University of Texas at Austin, she continued to develop her passion for eating disorder education and treatment through her role as a Behavioral Health Counselor at Eating Recovery Center.

Adee Levinstein, MS, RD, CSSD, LD, completed her Medical Dietetics studies and internship at University of Missouri's Coordinated Program in Dietetics. She then went on to complete a sports nutrition fellowship and graduate assistantship while obtaining her Master's in Exercise Science at Auburn University and becoming a Certified Specialist in Sports Dietetics. There, Adele developed her passion for improving and healing her clients' relationships with food and movement. She currently works as a Registered Dietitian at Eating Recovery Center in Austin.

5:15 pm Exhibit Area closes

Limestone II

5:15 – 6:00 pm Movie & Popcorn: "Beyond Silence"

Meet Jeff, Lauren and Lloyd, three different people who share one common experience—their lives have been transformed by speaking up for mental health. The film provides a glimpse into their lives and their diagnoses—which include bipolar disorder, schizophrenia, depression and anxiety—ultimately weaving together a story about how speaking up is key to living well. "Beyond Silence," directed by Shaul Schwarz and executive produced by Demi Lovato, celebrates the strength, perseverance and dedication of these courageous individuals determined to break through the silence often associated with mental illness and help others along the way.

Lonestar Ballroom

6:30 – 9:00 pm NAMI Texas Awards Celebration*

**separate ticket required/seated dinner event*

Speak Your Mind

NAMI Texas Awards

We are proud to recognize the dedication, courage and hard work of the 2018 NAMI Texas Award Honorees who are mental health heroes!

Texas Senate Committee on Health and Human Services
Charley H. Shannon Advocate for Justice Award
Recognizing efforts to improve legislation, laws, and conditions of the mental health arena.

Dr. Mahesh Dave
Mental Health Professional of the Year
For a professional that goes above and beyond the normal performance expectations to ensure excellent treatment, promote recovery, reduce stigma, and show compassion.

Keri Blakinger
Betty Fulenwider Media Award
Awarded to a person who actively seeks and accurately covers stories on mental health, unafraid to report the injustices those with mental illness face and pushing to report successes in the mental health field.

Andrew Horner
Volunteer of the Year
For a NAMI member who has given selflessly of their time in the past year to support NAMI Texas and local affiliates' mission and activities.

Valerie Milburn
Mark Korenek Consumer Quality of Life Award
For a peer who fearlessly shows the world what recovery means by speaking out and advocating for the rights of people diagnosed with a mental health condition.

Doug Beach
Jackie Shannon Enduring Volunteer Award
Recognizes a NAMI member for their consistent dedication and effective work over many years not only in a local affiliate, but also as a volunteer for NAMI Texas.

Carolyn Hamilton
Dedication to the Cause Award
Recognizes tireless and ongoing dedication to the mission of NAMI Texas.

Sandra Martinez
Above and Beyond Award
This special honor recognizes dedicated work above and beyond to improve the quality of life for all Texans living with mental illness and their families.

Speak Your Mind

NAMI Texas Awards



Angelique and Rep. Garnet F. Coleman and Karen and Rep. Four Price, Honorary Co-Chairs

In the 2017 legislative session, Rep. Price and Rep. Coleman collaborated on mental health parity reform, criminal justice issues, and peer services. Both recognized as a Top Ten Best Legislator by *Texas Monthly*, Rep. Price and Rep. Coleman exemplify leaders who recognize mental health as a key priority for Texans.

State Representative Garnet Coleman has earned a reputation as a diligent leader representing the Houston area since 1991. He has worked to increase services and decrease the stigma associated with mental illness. Representative Coleman remains active and involved in the Houston community, serving on the boards of the Mid-Town Redevelopment Authority, the National Mental Health Association, and the Ensemble Theater.

State Representative Four Price, a fourth generation Texan from Amarillo, is serving in his fourth term in the Texas House of Representatives where he has the privilege of advocating for constituents residing in five Texas Panhandle counties. As the chair of the House Committee on Public Health, Rep. Price works to develop programs for the prevention and treatment of mental illness. Rep. Price received the NAMI Texas Charley H. Shannon Advocate Award in 2016.



Featured Artists

The NAMI Texas Awards Celebration features the performance of an original song called "Alright" performed by New York rapper "Just Louis" and partner Alexa Doggett.

Louis Joshua Vetter is a musician, actor, sound designer, and writer. Under the name Just Louis he performs in and around NYC. He's happy to open a conversation about mental health through his music.

Alexa Doggett is a beloved member of the NAMI Texas family, having spoken most recently at the Empowerment through Collaboration, Communication, and Advocacy conference in May. Alexa is pursuing a career in performing arts in New York.

Speak Your Mind Schedule of Events

Saturday, October 27

Lonestar Ballroom

7:30 am Continental breakfast opens & Exhibit Area opens

7:55 am Welcome – Holly Doggett, Executive Director, NAMI Texas

8:05 am "It's Alright" - A musical performance by Just Louis with Alexa Doggett

8:10 am Keynote Speaker - Joseph Guillory, M.D. CEUs available



Dr. Joseph Guillory grew up in an impoverished neighborhood in Lake Charles, LA, with two older brothers and a large extended family: his mother is one of fourteen and father is one of sixteen. This upbringing instilled a passion for community development and social justice. After graduating high school, he left for Baylor University with the dream of returning in order to give back to his community. He went on to medical school at McGovern Medical school in Houston, where he learned that he could best serve patients as a psychiatrist. Currently, he is a 2nd year resident at the University of Southwestern Psychiatry Residency. His career interests are community psychiatry, child/adolescent psychiatry, healthcare administration and academic medicine. He is currently working to better understand and develop peer-to-peer programs. His keynote will focus on his journey toward and perspective on psychiatry.

9:00 am Overview of the Day - John Dornheim, President, NAMI Texas Board of Directors

9:30 – 10:45 am 3rd Breakout Session

Longhorn

The Power of Work CEUs available

Presenter: Colleen Gardner

What is it about work that makes us feel empowered, accomplished, and successful? From a young age, everyone discusses what they want to be when they grow up. Work is a substantial part of adulthood. Some individuals with mental health diagnosis are able to obtain and maintain competitive employment, while others may struggle and can benefit from other types of employment. The power of work can come from engaging in a variety of activities. In this presentation, we will discuss the importance of work, how it influences how someone feels, and the different ways to achieve individualized employment. We will also explore some of the factors that contribute to a person's success and discuss state and community work programs.

Colleen Gardner is an LPC and works as a Behavioral Health Case Manager with Amerigroup where she assists individuals with Intellectual Development Delay (IDD) achieve their wellness goals and coordinates care. Colleen has 10 years of experience working in the field of vocational rehabilitation and has a passion for helping people reach their goals, identify their strengths, and live their best life. Colleen is also a certified Mental Health First Aid Instructor.

Bluebonnet

Motivational Interviewing in Trauma Treatment CEUs available

Presenters: Tara Casady, Ph.D., Venée M. Hummel, LCSW, and Iman Williams Christians, Ph.D.

Past research suggests that Motivational Interviewing strategies are helpful for treatment, engagement and planning. Similarly, current research has focused on the ways in which post-traumatic growth is helpful in facilitating recovery from traumatic experiences. In this workshop,

Speak Your Mind

Schedule of Events

participants will be taught how to incorporate Motivational Interviewing strategies in the assessment, treatment planning, and intervention stages of challenging trauma treatment scenarios. In addition, the use of post-traumatic growth within a Motivational Interviewing context will be addressed in order to bolster engagement, cognitive and behavioral flexibility, and to assist clients in recognizing strategies within their existing coping repertoire.

Tara Casady, Ph.D. is a clinical psychologist at Steven A. Cohen Military Family Clinic at Endeavors Killeen. Dr. Casady completed a two-year postdoctoral research fellowship in the Department of Psychiatry at the UTHSCSA with the STRONG STAR Research Consortium and Consortium to Alleviate PTSD, serving as a research therapist for a large randomized clinical trial examining PTSD and insomnia treatment with active duty Army service members. Her clinical experiences are in the areas of trauma and substance use, primarily serving Veterans, Active Duty Army, and individuals involved in the criminal justice system. Finally, Dr. Casady has extensive experience in the application of evidenced-based treatments such as Cognitive Processing Therapy, Cognitive Behavioral Treatment of Insomnia, Exposure, Relaxation, and Rescription Therapy.

Venée M. Hummel is a Licensed Clinical Social Worker at The Steven A. Cohen Military Family Clinic at Endeavors and part-time faculty member with the Garland School of Social Work at Baylor University. She specializes in combat trauma and the impact of military deployments on families. Ms. Hummel completed a two-year fellowship with the STRONG STAR Research Consortium and Consortium to Alleviate PTSD at UT Health San Antonio. She is expertly trained in Cognitive Processing Therapy for PTSD and Cognitive Behavioral Therapy for Insomnia and Nightmares. Her training allows her to provide therapy interventions, and also led her to contribute to the development of the CBT-I&N manual, provide consultation to newly trained providers in CPT, and regularly provide clinical workshops on relevant topics impacting military mental health.

Iman Williams Christians, Ph.D., Clinic Director, Steven A. Cohen Military Family Clinic at Endeavors in Killeen Dr. Williams Christians is a Clinical Psychologist with over 10 years of experience working in the field of substance use and posttraumatic stress disorders (PTSD). She completed a two-year postdoctoral fellowship at UT Health San Antonio where she gained experience in PTSD research with Drs. Patricia Resick and Edna Foa. Dr. Williams Christians specializes in Cognitive Processing Therapy and is certified in Prolonged Exposure Therapy for combat-related PTSD. She has extensive experience working with veterans and active duty service members. Her current professional interests include trauma and PTSD, suicide prevention in veterans and cultural competence.

Pecan A

A Unique Threesome: FASD, Mental Illness, and the Criminal Justice System CEUs available

Presenters: Lyn McMurry and Maggie Hodgson

There is much knowledge of the physical effects of prenatal alcohol exposure, but less is known of the mental health implications. This presentation provides awareness of fetal alcohol spectrum disorder (FASD) and its DSM-5 psychiatric diagnosis - neurobehavioral disorder associated with prenatal alcohol exposure (ND-PAE). Recent studies indicate FASD prevalence is higher than autism. Estimates are 94% of individuals with FASD/ND-PAE have co-occurring mental health conditions. Misdiagnosed as ADHD, oppositional defiant disorder or mood disorder, individuals have trouble with self-regulation, judgment and reasoning. Children and adults often end up in the legal system, with the average age of trouble with the law age 12.8 years. Individuals do not learn from experience; therefore, recidivism rates are high. We will explain behaviors that may indicate consideration of an FASD/ND-PAE diagnosis. Participants will learn communication skills and strategies to achieve the best outcome for individuals with FASD/ND-PAE. Recommendations for probation and other interventions will be provided.

Speak Your Mind

Schedule of Events

Lyn McMurry is a state trainer for NAMI's Basics program. In addition to advocating for NAMI, she advocates for understanding of FASD/ND-PAE, with co-occurring mental health conditions. Her son was diagnosed with FASD at age 16, after years of having no explanation for his anger, rage, disruptive school behaviors, and even some trouble with the law. She has taught several Basics classes at the local juvenile justice center and presented an overview of FASD/ND-PAE to probation officers and staff the center. In 2017, Lyn was a finalist for the Community Service Award sponsored by government executives in DFW, for her FASD/ND-PAE awareness efforts.

Maggie Hodgson's primary career path was in human resources management. She has the unique experience of raising three children—one NT (neurotypical/"normal"), one with Down Syndrome, and one with FASD. FASD made raising a child with Down Syndrome look like a walk in the park. Her daughter with FASD was not formally diagnosed until the age of 19, which meant a childhood of missed services and support. Incarceration, homelessness, crystal meth addiction, all resulting from the effects of FASD. A passionate educator, Maggie wants to help others understand FASD and support this largely ignored population.

Limestone II

Overcoming Lack of Insight CEUs available

Presenters: Cheryl Rayl and Rick Rayl

A common symptom of delusional psychiatric disorders is anosognosia, or lack of insight. This presentation will introduce a technique created by Dr. Xavier Amador called LEAP (Listen, Empathize, Agree, Partner.) The goal of the workshop is to open the door to a communication style that will enable the person you are trying to help accept what you have to offer, rather than trying to run from it.

Cheryl Rayl is a licensed professional counselor with over 25 years of experience working with people who hear voices. She helped facilitate the first Schizophrenia Anonymous groups launched by Schizophrenia and Related Disorders Alliance of America (SARDAA) in the late 1990s. Her passion took on a new level when her son was diagnosed with schizophrenia in 2002. Cheryl owns Grace Counseling Center in Lewisville and Fort Worth, Texas.

Rick Rayl is Director of Pharmacy at University Behavioral Health of Denton.

Pecan B

What's SUPP?: A Substance Use Prevention Program & New Mental Health Efforts CEUs available

Presenters: Emmett Gill, Alan Hardin, and Ashley Wallace

The presentation will include reflections on the implementation of a Substance Use Prevention Program (SUPP) at a Division One athletic program behavioral health unit housed in sports medicine. The SUPP program is a public health/peer education hybrid approach that represents part of an ongoing effort to address alcohol, marijuana and Adderall use. The presentation will describe the hybrid approach including the integral work of the SUPP student-athlete leadership board, the behavioral health staff and various non-behavioral health units in athletics. The remainder of the presentation will focus on the next phases of our work including inserting program content on mental health as it relates to substance use prevention, and working to help insure any "side effects" that our work might elicit are minimized.

Emmett Gill, Ph.D., has worked at North Carolina Central University, the U.S. Military Academy Prep School (USMAPS), where he supervised men's and women's basketball student-athletes academic, social and athletic performance enhancement; and Rutgers University, as an assistant professor and faculty mentor for women's basketball. While at NCCU, Gill developed the Student-Athletes Wellness Center; a collaboration between the MSW program and athletics. He is the president of the Alliance of Social Workers in Sports, which promotes individual and community well-being through partnerships between the profession of social work and the field of athletics.

Speak Your Mind

Schedule of Events

Allen Hardin oversees the Texas Athletics Sports Medicine & Performance support areas for all men's and women's athletic teams. He serves as the administrator for the Sports Medicine, Athletic Performance and Performance Nutrition staffs. The Temple, Texas native was previously the Director of Clinical Research and a Physical Therapist at the Berkshire Institute. Hardin is an American Board of Physical Therapy Specialties (ABPTS) Certified Specialist in sports physical therapy, a Certified Athletic Trainer and a Certified Strength & Conditioning Specialist.

Ashley Wallace is Assistant Director, Clinical Behavioral Health, and is a Licensed Clinical Social Worker working with primarily young adults and athletes.

11:00 am – 12:15 pm 4th Breakout Session

Bluebonnet

One Family's Journey CEUs available

Presenters: Joseph Tijerina, Melissa Tijerina

Joseph and his mom, Melissa, will share their family's story of road blocks encountered and overcome. They will share detours they navigated at home school, and in the mental health treatment community to move down the road from school suspensions, crisis episodes, and hospitalizations to college enrollment and workforce success. This interactive workshop will incorporate humor, readiness assessment tools, and concrete strategies for families on this same journey to balance safety and support with parent-child collaboration to prepare youth to find their own voice and manage their mental health as a young adult. Families will leave with a list of what to pack and an action plan for developing their own road map to seeing a positive future, regardless of the view in the rearview mirror.

Joseph Tijerina has lived with a mental health diagnosis since the age of 5 and is an In Our Own Voice presenter for NAMI. He is currently enrolled in Northwest Vista College in San Antonio and also works as an IT help desk technician. He also enjoys playing chess competitively for fun.

Melissa Tijerina is a Licensed Master of Social Worker and currently works in the community mental health field. She is a NAMI Basics instructor, as well as a Mental Health First Aid instructor. She is the proud parent of two adult children.

Longhorn

If You're Happy and You Know It, Thera-Play CEUs available

Presenters: Paul A. Jurek, LPC-S, LMFT-S and Ashley M. Griffin, M.S.

Humor can be a weapon or a shield; a mental health professional would be keen to know the difference. Humor has the ability to either grow or hinder progress in a systemic approach to working with clients in therapy. It's common for families to present to therapy with hesitation or fear. A therapist can use play to break down tension and reduce negative emotion. In treatment, laughter and humor can be used as an intervention to disrupt the family pattern and create different outcomes. Laughter is a coping strategy that can reduce stress and strengthen interpersonal relationships. All humans have the ability to play, and sometimes it's up to the mental health professional to remind the clients that laughter is known to be the best medicine. Play can be used to create positive energy amongst individuals, which can lead to an even more favorable connection within a family.

Paul A. Jurek, Ph.D., LPC-S, LMFT-S is in private practice in Denton, Texas. He has over 47 years' experience in the mental health field. Dr. Jurek has held clinical positions at psychiatric hospitals, MHMR centers and the federal government. He has presented at state and national conferences.

Speak Your Mind

Schedule of Events

Ashley M. Griffin, M.S. in Family Therapy, is a recent graduate at Texas Woman's University. She holds an M.S. in psychological sciences that focused on social and personality psychology. Her background includes various positions in mental health fields, such as: student therapist at the TWU CFTC, mental health technician for two psychiatric hospitals in DFW, graduate research assistant for two labs at UTD, and a child protective services intern in Rockwall county.

Pecan A

Program Pop-Up - Updates on NAMI Programs

Presenter: Patti Haynes, NAMI Texas Program Director

Pecan B

Understanding the Effects of Psychological Trauma and Abuse CEUs available

Presenter: Colleen Paxton, LMFT-S, LPC-S

The effects of psychological trauma can be unbearable and intolerable. Traumatized individuals can become hyper-vigilant to threat, due to their perceived or actual trauma experiences. After one is traumatized, how one experiences life will be forever altered because trauma can cause actual changes in the brain. Trauma also contributes to one of the greatest source of sufferings: the lies we tell ourselves as a result of the trauma. Traumatized people continue to secrete large amounts of stress hormones long after the situation or danger has passed. Traumatized people can become stuck and stumped in their emotional growth many times because they can't imagine new experiences in their lives. This presentation will look at the problem and treatments that can help to heal the body and the brain.

Colleen Paxton, LMFT-S, LPC-S, is the Clinical Director for Inpatient Services at West Oaks Hospital in Houston. Colleen has Master's of Science in Marriage and Family Therapy from Our Lady of the Lake University and is a Licensed Marriage and Family Therapist Supervisor and a Licensed Professional Counselor Supervisor. Colleen has been a therapist for 15 years and specializes in adolescents and their families.

Limestone II

LOSS (Local Outreach to Suicide Survivors) Teams CEUs available

Presenters: Landon Dickeson, Phyllis Finley, and Tammy Weppelman, MS, CRC, LPC-S

This presentation will cover the history, implementation, and effectiveness of the Denton County LOSS Team. Considering the impact and legacy of suicide in the community, we strive to better understand suicide and the ripple effect with a focus on postvention efforts which ultimately reduce the incidence of suicide in the community. We seek to instill hope that surviving these losses is possible through ongoing support and resource referral.

Landon Dickeson is an LPC-Intern with a MS in Clinical and Mental Health Counseling and two years of experience in the mental health field. He has worked in inpatient and residential settings, as well as crisis assessment services. He currently serves as the LOSS Team Coordinator for Denton County MHMR.

Phyllis Finley works as the MCOT Community Liaison for the Denton County MHMR Center. During her 23 years at the Center she has worked as a residential therapist, residential supervisor and MCOT On-Call.

Tammy Weppelman, MS, CRC, LPC-S, has worked at Denton County MHMR since 2001 in a variety of positions, and as the Administrator of Crisis Services since 2007. Tammy graduated from the University of North Texas with a master's degree in rehabilitation counseling and is a certified rehabilitation counselor and licensed professional counselor.

Speak Your Mind

Schedule of Events

Lonestar Ballroom

12:30 pm Luncheon Keynote - Ask the Doctor CEUs available

Shiva Mansourkhani, M.D



Dr. Mansourkhani will answer your questions in this popular Q & A session.

Dr. Mansourkhani is an Assistant Professor specializing in Child and Adolescent Psychiatry at Texas Tech Health Sciences Center El Paso and is Board Certified by the American Board of Psychiatry and Neurology.

1:15 pm NAMI Texas Business Meeting

2:15 – 3:30 pm 5th Breakout Session

Longhorn

Your Action/Focus Board

Presenter: Michelle Mata

An Action/Focus Board is a visual representation or collage of the things that you want to achieve in your life. I will explain briefly about the Action/Focus Board and the benefits of focusing on well-being and wellness activities. I will give some suggestions on possible ideas to help attendees start creating their own Action/Focus Board (for example, going back to school/work, taking a trip, coping skills and/or wellness activities). All items will be available for the attendees to start creating including boards, magazines, glue sticks and scissors. This workshop is open to all attendees--peers, family, youth, care-givers, and mental health professionals.

Michelle is a mother and grandmother who volunteers with NAMI SA. She is a Peer Mentor, IOOV Presenter and State Trainer and a member of the Education Committee. She is also a Member at Large with the NAMI Texas Peer Leadership Executive Council. She works every day on managing her mental health wellness by staying active in her community.

Bluebonnet

Suicide Prevention Among Veterans and Their Families CEUs available

Presenters: Iman Williams Christians, Ph.D. and Sandy Emanuel, LCSW

According to the CDC, Texas has seen a 19% increase in suicide rates across the state. Nationally, Veterans account for 18% of all deaths from suicide. The Department of Defense has cited an average of 20 Veterans die from suicide each day. Unfortunately, the number of military spouses, siblings, and parents is unknown as they are typically not counted. There are many stressors that can affect the mental health of veterans and their families, however, stigma, social isolation, and lack of knowledge about local suicide prevention resources keep individuals from receiving mental health services. Mental health providers, community organizations, and families are uniquely positioned to help address these needs. This presentation will provide clinical strategies for risk management, crisis response planning and lethal means restriction. It will also identify the barriers to help seeking and ways to take action when a client, friend, family is struggling with thoughts of suicide.

Iman Williams Christians, Ph.D., Clinic Director, Steven A. Cohen Military Family Clinic at Endeavors in Killeen Dr. Williams Christians is a Clinical Psychologist with over 10 years' experience working in the field of substance use and post-traumatic stress disorders (PTSD).

Speak Your Mind

Schedule of Events

She completed a two-year postdoctoral fellowship at UT Health San Antonio where she gained experience in PTSD research with Drs. Patricia Resick and Edna Foa. Dr. Williams Christians specializes in Cognitive Processing Therapy and is certified in Prolonged Exposure Therapy for combat-related PTSD. She has extensive experience working with veterans and active duty service members. Her current professional interests include trauma and PTSD, suicide prevention in veterans and cultural competence.

Sandy Emanuel, LCSW, Clinic Director, Steven A. Cohen Military Family Clinic at Endeavors in El Paso Sandy is a Licensed Clinical Social Worker with more than 20 years of social work, inpatient psychiatric, clinical and operations management experience. She has served as an Adjunct Professor for the Social Work Program at New Mexico State University, and as a field instructor and clinical supervisor for University of Texas El Paso. Over her professional career, Sandy has mentored dozens of interns in the fields of social work and counseling and maintains a commitment to serving her local communities. Sandy is a graduate from NMSU with a masters in Social Work. As a military spouse, Sandy has a personal connection to the unique needs of our veterans and their family members.

Pecan A

Building Relationships . . . Building Teams CEUs available

Presenter: Gayla Campbell

This presentation will highlight examples of how providers can work together to build a team to better meet the needs of Behavioral Health and Intellectual and Developmental Disability consumers and allow the consumer to have as much input as possible in their own care. Building relationships with each agency allows us to help the consumer with support and know whom to contact when there is a need. A strong collaboration between all agencies that interact with the consumer gives the consumer more resources, as well as giving each of us information about the gaps in services in order to be creative about how to fill them.

Dr. Gayla Campbell has been in the field of Mental Health for approximately 35 years. A frequent speaker at conferences, she teaches behavioral health CEU classes over the state of Texas. Currently she is working for Amerigroup Medicaid with the IDD population. She is also a published author and has written Finding Joy After Divorce, An Inside View of Grief and Healing Hurts, a curriculum for a group setting along with an accompanying devotional book.

Limestone II

Advocating for an Individual Held in County Jail (Part 1) CEUs available

Presenters: Diana Claitor and Krishnaveni Gundu

When an individual with mental illness is behind bars in county jail, there is often a feeling of helplessness accompanying the experience of trying to navigate the system. The number of people in these settings has reached crisis levels. There are steps that families, communities, and advocates can take to help and support individuals with mental illness who are behind bars in county jails.

Diane Claitor founded the Texas Jail Project (TJP) in 2006. As the executive director of the only county jail specific advocacy organization in Texas for the past 11 years, she has answered thousands of emails and calls from families across the state and continues to update an innovative website - texasjailproject.org - that provides help and information to families and friends of the approximately 65,000 inmates in the county jails of Texas. In addition, under her leadership in 2016, TJP launched "Jailhouse Stories: Voices of Pretrial Detention in Texas", a website collection of first-hand accounts of what happens to people and families as a result of incarceration in county jails prior to conviction. She has successfully supported three bills reforming treatment of pregnant women in county jails, and worked on others, including one prohibiting nighttime releases of people from county jails and another that would limit the use of solitary confinement of people experiencing mental illness. Claitor is routinely contracted by state and national media outlets as a

Speak Your Mind

Schedule of Events

source and the publication of *Preventable Tragedies: How to Reduce Mental Health-Related Deaths in Texas Jails*, produced by the UT School of Law's Civil Rights Clinic.

Krishnaveni Gundu is one of four co-founders of the Texas Jail Project and serves as the board president as well as a program coordinator. After volunteering in Bhopal, India with Union Carbide's gas-affected communities, Krish led the International Campaign for Justice in Bhopal as its US coordinator for several years. She is also the co-founder of tejas barrios, an environmental health and justice organization based in Houston. With a Bachelors degree in electronics, she coaches math at the Lone Star Community College and provides STAAR math intervention services at the Cy Fair Independent School District in Houston, TX.

Pecan B

The Best End-of-Year Fundraising Campaign EVER!

Presenter: Mary P. Walker

If you had more money, you could do more good in your part of the world! Did you know that over 30% of total charitable giving happens between Thanksgiving and the end of the year? And 12% of total charitable giving occurs in the last three days of the year! Let's help NAMI benefit from this spirit of generosity! This research-based approach to fundraising empowers attendees to create a successful end-of-year campaign. Included is a customizable plan outlining the right actions at the right time for this year's campaign to be the best ever. As an added bonus, attendees will learn how to thank and follow up with benefactors to make sure next year's fundraising efforts are even more successful.

Mary P. Walker is an independent consultant who educates and empowers charitable organizations to go out and do more good. After a career as a sales professional with IBM, Mary became the communications specialist at a faith-based nonprofit, where she was instrumental in growing an established base of donor support by a factor of five during a time when fundraising was down overall. In 2015, she founded Charity Architect to share her skills, insights and experiences with other nonprofits. Mary is a three-year board member of NAMI Brazos Valley and serves on the Finance Committee. She is also a director of the Lone Star Lions Eye Bank in Manor, and vice president of the College Station Noon Lions Club.

3:45 – 5:00 pm 6th Breakout Session

Longhorn

Mental Illness and the Media CEUs available

Presenter: Anthony Zoccolillo, PhD.

In this presentation we will look at the stigma associated with mental illness and our role in perpetuating it, and what we can do to minimize it. We will talk about what stigma is, how misinformation about mental illness is communicated, and both the direct and indirect impact of that stigma. A special emphasis will be placed on the historical role the media has played in communicating misinformation about mental illness as well as personal stories of the impact stigma has had. Finally, we will integrate elements from NAMI's Stigma Free Challenge and discuss ways in which everyone can help fight against the stigma that exists.

Dr. Anthony Zoccolillo is Assistant Professor at Texas A&M University in Corpus Christi. He relocated to South Texas after previously holding teaching and administrative positions at Rutgers University, The College of New Jersey, and DeVry University. Dr. Zoccolillo makes a special point of emphasis in his General Psychology class on mental illness, specifically the stigma associated with it, and hopes to provide a positive role model to the nearly 750 freshman students he teaches annually.

Speak Your Mind

Schedule of Events

Pecan A

Breaking Through: How Increased Understanding and Openness are Helping People Tackle Tardive Dyskinesia

CEUs available

Presenter: Catherine Judd, MS, PA-C, and Shelly B.

This will be a joint session with a mental health clinician and a patient advocate living with tardive dyskinesia (TD). The healthcare provider will give a general overview of TD, incidence and prevalence information, and common symptoms associated with clinical presentation. Patient videos will be used to better illustrate the many faces and severity of TD, along with identifying resources available for clinicians, patients, and caregivers to get more information about TD. Additionally, a patient advocate will be interviewed who will describe the impact and realities of living with TD. Lastly, the HCP and patient advocate will answer questions from the audience.

Catherine Judd is a Senior PA at Parkland Health and Hospital System, Jail Mental Health Program, Dallas Texas and Clinical Assistant Professor and Psychiatry Preceptor at the University of Texas Southwestern Medical Center, Department of PA Studies. Her clinical practice over the past 35 years has been primarily adult and geriatric mental health. She has worked internationally in Egypt and Ghana. She has a special interest in patients with serious mental illness, mood disorders, schizophrenia and substance use, as well as geriatric patients with mood disorders and cognitive decline. Research interests have included clinical trials in schizophrenia, depression, cognitive behavioral therapy in depression in the Psychosocial Research Center and in the Psychoneuroendocrinology Research Group at UT Southwestern Dept. of Psychiatry. Ms. Judd was a past recipient of the Provider of the Year Award by the Texas Alliance for the Mentally Ill and awarded Educator of the Year Award by the School of Health Professions, UT Southwestern Medical Center.

Shelly B. began to notice symptoms of tardive dyskinesia after taking antipsychotic medications to treat her depression, bipolar disorder, and severe anxiety. She has suffered from low self-confidence and embarrassment, but is willing and eager to share her story to help people understand TD better.

Limestone II

Advocating for an Individual Held in County Jail (Part 2)

CEUs available

See Part 1.

Pecan B

Framework for Mental Health Advocacy

Presenters: Greg Hansch and Sherry Cusumano

In this session, the NAMI Texas Public Policy Director (Greg Hansch) and Public Policy Committee Chair (Sherry Cusumano) will present the NAMI Texas public policy platform for 2019-20. The public policy platform provides a framework of NAMI Texas priorities for the 2019 Texas legislative session. The presentation will cover the process that NAMI Texas uses to develop its platform, the key issues affecting individuals with mental illness and their family members, and the priority mental health policy issue areas that NAMI Texas will work on in 2019-20. As NAMI Texas is a grassroots organization that deeply values the perspective of its membership, a portion of the presentation will be dedicated to receiving input and feedback from the audience. The participants will leave feeling empowered to advocate for mental health reform in partnership with NAMI Texas during the 2019 legislative session and beyond.

Greg Hansch has served as Public Policy Director for NAMI Texas (the Texas affiliate of the National Alliance on Mental Illness) since 2015 and originally joined NAMI Texas in 2012. His professional experiences include participating in the Policy Academy of the Hogg Foundation for Mental Health, interning for a state mental health agency, and serving in an executive position for a community-based mental health program. He is a Licensed Masters-Level Social

Speak Your Mind

Schedule of Events

Worker and a family member of a person with serious mental illness. He holds a master's degree in Social Work with a concentration in Nonprofit and Public Management from Rutgers University. As a staffer for NAMI Texas, Greg was involved in many different mental health policy issues during the 2013, 2015, and 2017 legislative sessions.

Sherry Cusumano serves as the Executive Director of Community Education and Clinical Development for Medical City Green Oaks Hospital in Dallas. In addition, she has worked with and for families and peers as an advocate and educator, specifically in her roles as Chair of the NAMI Texas Public Policy Committee, President of NAMI Dallas, and NAMI Family-to-Family Instructor and Trainer. Sherry holds a BA in Counseling from Ottawa University, a BS in Nursing from Jacksonville University, and an MA in Healthcare Management from the University of Texas at Dallas.

Bluebonnet

The Expansion of NAMI Ending the Silence

Presenter: Patti Haynes

NAMI Ending the Silence, a mental health education program for high school students was recently revised and now includes training specifically designed for students, school staff and families. This three-part package will impact this generation of students by educating the people they have the greatest interaction with – their friends, family members and school staff. Based on real-life experiences, the program is delivered by a two-person team, one of whom is a young adult living in recovery from a mental health condition. The program includes an educational PowerPoint to teach the audience about signs and symptoms of various mental health conditions and emphasizes that mental health conditions are treatable, and recovery is possible. During the presentation, a young adult shares their journey of recovery from a mental health condition and there is a Q&A dialogue.

Patti Haynes, NAMI Texas Program Director, has been involved with NAMI since 1999 when she began seeking help for her son when he was an adolescent. She has served on the NAMI Texas Board of Directors and the NAMI Dallas Board of Directors along with several committees that support children and adolescents experiencing mental health challenges. Patti has a passion for supporting the local NAMI Affiliates, not only when it comes to education, but also keeping them alive and strong.

5:30 pm Exhibit Area closes

Limestone II

5:30 – 6:30 pm Speak Your Mind Peer Panel

Presenters: Byl Boyd, Michelle Mata, Clint Mallet, and Diane Banks



Byl Boyd is a Father, Author, Public Speaker, Advocate, Ordained Minister. He moved to Abilene in 2016 from Moultrie, Georgia, where he was an active member of NAMI. Byl has served as a NAMI Connection Recovery Support Group Facilitator and Trainer, Peer-to-Peer Mentor and Trainer, In Our Voice Presenter and WRAP Facilitator as well as NAMI Walk Team Captain. After moving to Texas, he established the Abilene Affiliate and within two years has been successful in achieving Model A status. Last year he was selected as the NAMI Texas Volunteer of the Year. NAMI Abilene has, thanks in part with funds received from a grant by the Community Foundation of Abilene, established Abilene's first mental health clubhouse, the PHOENIX House.

Speak Your Mind

Schedule of Events



Michelle Mata, of San Antonio, has 2 adult children, Shawn and Kimberly, 2 grandbabies, Mercy Rose and Benjamin, with a 3rd one due in January. She also has an Emotional Support Animal, Tank. A NAMI member since 2003, she is a NAMI IOOV Presenter and State Trainer, Peer to Peer Leader and State Trainer. She recently joined NAMI Texas Peer Leadership Executive Council as a Member at Large. Michelle is passionate about the work she is doing to help educate Law Enforcement Officers and leading the P2P course to help peers get back to living in wellness despite having mental health conditions. Michelle loves to quilt, embroider and line-dance. Michelle manages her wellness by being active and having something to do every day.



Clint Mallet, a volunteer and peer leader with NAMI Brazos Valley, has been living in recovery from Bipolar Disorder, has Parkinson's Disease and is a suicide survivor. Clint's work with NAMI Brazos Valley has included but is not limited to facilitating support groups, teaching classes and working with the local Board of Directors. Most recently, Clint was chosen to serve on the NAMI Texas Peer Leadership Council representing NAMI Brazos Valley. He lives in Bryan, Texas with his wife Kimberly and their children.



Diane Banks joined NAMI in 2017 to better understand herself. While living in recovery she also wanted to be a support system to her daughters, her father, and other family members living with serious mental illnesses. She currently represents NAMI El Paso on the NAMI Texas Peer Leadership Council, is a Certified NAMI Peer-to-Peer Mentor and an In Our Own Voice presenter. She has completed the NAMI Peer to Peer Recovery Education Course, the Texas Assisted Outpatient Treatment (AOT) Symposium and most recently NAMI Smarts for Advocacy Training. As an 18 -year Army Veteran she also wants to positively impact the lives of her fellow Veterans who have been affected by mental illness. Diane recently completed the NAMI Provider course and is currently a graduate student in the field of forensic psychology with the hopes of completing her PhD.

Republic Ballroom
NAMI Texas Board of Directors meeting

Speak Your Mind
In Memoriam



Leah Thedford
1979-2018

Board of Directors, NAMI Texas
Chair of NAMI Peer Leadership Council
Chair of NAMI Texas Peer Leadership Council Membership & Outreach Committee

“My mom had mentioned NAMI to me so I checked out their website and I saw that the NAMI 2009 convention was coming up. I was so excited because I thought I could find out if I was getting effective treatment for my schizoaffective disorder and if there were any new treatments. I took what little bit of money I had and scheduled the trip.

“It was one of the best decisions I ever made in my life. NAMI has transformed my life. It has given me purpose and the ability to help others through support groups, events like the Capitol Day Rally, NAMIWalks and many other activities.

NAMI has been a part of my life since the 2009 convention and my recovery has been possible because of it.”

In honor of Leah’s dedication to NAMI, the NAMI Texas Board of Directors announces the Leah Thedford Peer Scholarship which will make it possible for more people living with a mental health condition to attend the annual state conference that meant so much to Leah. You may donate to the scholarship by sending a check to NAMI Texas (be sure to include “Leah Thedford Peer Scholarship” in the note) at: NAMI Texas, P.O. Box 300817, Austin, TX 78703.

We are grateful for your legacy of love for and service to others.

Speak Your Mind

Exhibitors



The Steven A. Cohen
Military Family Clinic
at Family Endeavors, Inc.



The Exhibit Area is open noon to 5:15 pm on Friday,
7:30 am to 5:30 pm on Saturday.



MARRIOTT AUSTIN SOUTH

