

NAMI-CT STATE CONFERENCE - UNMASKING MENTAL ILLNESS – SAT. OCT. 31ST

St. Thomas Seminary * Bloomfield, CT

Register at - www.regonline.com/2009namictconference * CECs available

CONFERENCE SCHEDULE (* Program has applied to NASW for CECs)

8:15 - 9:00	Registration/Continental Breakfast	11:30 - 12:30	Session 2 Workshops
9:00 - 10:00	Keynote Address: Vincent Licenziato: <i>Starting Out Healthy: Why Bullying Matters</i>	12:30 - 1:15 1:30 - 2:30	Lunch /CIT Officer of the Year Session 3 Workshops
10:15 - 11:15	Session 1 Workshops	2:45 - 3:45	Session 4 Workshops

Children's Mental Health

10:15 - 11:15 **Discovering Evidence-Based Children's Mental Health Interventions (Jeffrey Vanderploeg, Ph.D.)**
Panel presents on research from Connecticut on successful practices and interventions for children with mental health concerns.

11:30 - 12:30 **Children and Borderline Personality Disorder (Perry Hoffman, Ph.D.)**
Learn more about this disorder and how it can manifest and be treated in children.

1:30 - 2:30 **The New Face of Children's Medications (Peter Smith, MD)**
Learn how the use of specific medications is changing how psychiatrists and others work with children who have mental illness.

2:45 - 3:45 **Healthy and Whole: Transitions for Youth and Family (TBD)**
Moving into young adulthood can be an extremely challenging time for youth. Find out ways to make that transition as successful as possible for family members and consumers.



Consumers in Recovery

10:15 - 11:15 **Mental Health means Physical Health (Lydia Chwastiak, MD, MPH)**
Individuals with mental illness need to also care for their physical health in order to maximize their recovery. Find out what's known about health conditions that impact people living with mental illness.

11:30 - 12:30 **Personality Disorders and Co-Morbidity (Robert Gregory, MD)**
Many individuals with BPD and other personality disorders also live with other conditions, often substance use. Find out more about this issue and ways in which people are increasingly being successful in recovery.

1:30 - 2:30 **What's Happening in Medication: Find Out from the Pharmacist! (Chandra Cooper, Pharm.D.)** Join a psychiatric pharmacist and find out what's new and successful in medications for people with mental illness.

2:45 - 3:45 **Minding our Health: Mindfulness and People with Mental Illness (Becca Atkins)**
There are many ways to maintain or enhance our health, meditation being one. Learn how it's being used with consumers.



Family Members

10:15 - 11:15 **Learning Based Recovery in Schizophrenia (Morris Bell, Ph.D.)**
More than ever before recovery from schizophrenia is possible. Find out about one approach that has been successful.

11:30 - 12:30 **Maintaining and Supporting Recovery: ACT Teams (Gloria Mazza)**
For many communities, having successful ACT (Assertive Community Treatment) teams has meant a life in the community for individuals with mental illness. Find out how a real ACT team operates.

1:30 - 2:30 **What's Eating Our Kids and Young Adults? (Angela Duhaime, B.S.)**
What's in all of those "energy drinks" our kids are using? Find out what's happening with these common drinks.

2:45 - 3:45 **Opening Dialogue: Skills Building to Understand Culture (Delphin-Rittmon, Ph.D.)**
A cultural point of view is always part of what someone brings when they come to mental health services or think about mental illness. Find out how you can create a dialogue that helps you understand a person's world view.



Spanish Language (Español)

10:15 - 11:15 **Atando los cabos: Salud Mental y el Cuidado Principal para los Niños (Melinda Moore, B.S)**
Averigüe cual es la mejor manera de comunicar e unir el servicio médico principal de su niño con los servicios de salud mental.

11:30 - 12:30 **La Experiencia Hispana/Latina sobre la Enfermedad Mental (Esperanza Diaz, MD)**
Todas las culturas tienen diferentes formas de saber sobrellevar los desafíos, incluso el desafío de la enfermedad mental. Llegue a comprender de mejor forma la experiencia del Latino sobre enfermedad mental, y cómo aquellos que están en necesidad pueden buscar mejores servicios.

1:30 - 2:30 **Espiritualidad y Salud Mental (Maritza Angulo, L.C.S.W, MSW)**
La fe desempeña un papel muy importante en la recuperación de muchas personas; averigüe como esto puede ayudar a las personas que viven con alguna enfermedad mental.

Conference Fees & Registration Must Be Received By October 28th.

Fees Include lunch for each attendee and, where it applies, an additional charge for CECs.

NAMI Members

Individual (non-professional)	\$ 20
Individual (professional)*	\$ 40
*professional applying for CECs	\$ 60
Group (Up to 4 people from same group/family)	\$ 75
Student/Person with Limited Means	No Cost

Non-Members

Individual (non-professional)	\$ 35
Individual (professional)*	\$ 50
*Professional applying for CECs	\$ 70
Group (Up to 4 ppl from same group/family)	\$110
Student/Person with Limited Means	\$ 5

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