



National Alliance on Mental Illness

# NAMI Michigan

## 2023 ANNUAL STATE CONFERENCE “The More We Know; Educating the Community” SCHEDULE

Thursday, May 18<sup>th</sup> - Day 1

**8:00am – Breakfast**

**9:00am – Welcome** – Steve Slayton, NAMI MI President

**9:10am – Opening Comments** - Kevin Fischer, NAMI MI Executive Director

**9:15am – 10:30am - General Session**

**Keynote Presentation: Evolution of Judson Center**

**Presenter:** Lenora Hardy-Foster, MBA, President & CEO

**Description:** The innovation and creativity of a non-profit organization that has impacted communities for nearly a century with a focus on improving the lives of children, adults and families impacted by abuse and neglect, autism, disabilities, behavioral and primary health care, and substance use disorder.

**10:30am-10:45am – BREAK**

**10:45am-12:00pm – General Session**

**MANAGING HIGH-RISK ADOLESCENTS IN COMMUNITY CONTEXTS:**

Updating A Case Study of the Averted Paw Paw High School and South Haven (MI) Pier Shooting

**Presenters:** Alyse Ley, DO and Frank Straub, PhD

**Description:** School violence continues to represent a vexing challenge for school officials, law enforcement, mental health providers, communities, researchers, and elected officials. The Averted School Violence Database helps us to understand how attacks were averted and provides insight into the prevention of youth violence.

**12:00pm – 1pm - LUNCH**

**1:00pm – 2:15pm – General Session**

**Keynote Presentation: Psychosis REACH: Recovery by Enabling Adult Carers At Home**

**Presenters:** Catherine Adams, LMSW, ACSW, CAADC; Sarah Kopelovich, PhD

**Description:** The presentation will outline a new initiative in the State of Michigan called Psychosis REACH (p-REACH) including information about upcoming training in the State. Psychosis REACH is a training that offers concrete, evidence-based skills for relatives and friends of individuals with psychosis disorders to better care for and relate to their loved ones. It takes a proven psychotherapy for people with schizophrenia and other psychotic disorders, Cognitive Behavioral Therapy (CBT), and modifies it to the needs of caregivers.

**2:15pm – 2:30m BREAK**

## **2:30pm – 3:45pm - Breakout Sessions**

### **Breaking Down the Stigma Against Youth Mental Health**

**Presenter:** Natalie Kay-Flaherty, Regional Youth Coordinator, Detroit Wayne Integrated Health Network

**Description:** This is an interactive workshop diving deeper into stigma, its impact on youth's mental health and how you can advocate for the youth you serve!

### **QPR Gatekeeper Training**

**Presenter:** Alice Reinke, Suicide Prevention Program Assistant and Retired School Administrator

**Description:** All school staff are a vital protective factor in supporting the overall community to recognize signs of crisis, and to direct families toward relevant services. Learn how to recognize the warning signs of a suicide crisis, and how to question, persuade, and refer someone for help.

### **REAL TALK about Crisis Response Programs**

**Presenters:** Meghan Taft, CIT coordinator for Calhoun County & CITI Board Member; Andrew Domzalski, Northville Township Police Department; Leonard Swanson, MSW; Kevin Fischer, ED NAMI Michigan & President CIT International,

**Description:** There is a lot of talk, concern, fear and misunderstanding about crisis response programs. We will discuss the variety of crisis response models (CITI's "Memphis Model", co-responder, mobile crisis, etc.); who you should call instead of the police, when you should call the police, what you can realistically expect if the police become involved and what you can do to reduce police involvement.

### **The Importance of Youth Mental Health**

**Presenter:** Brian Chaney LMSW, C.Ht, Certified Sports Social Worker

**Description:** "Sports imitates life." Teaching "life lessons" through sports has always been Brian's passion. Using this unique skill set, Brian promotes social justice and social change by focusing on the unique needs of athletes at both individual and team levels.

## **3:45pm – 4:00pm BREAK**

## **4:00pm - 5:15pm - General Session**

### **Understanding and Coping with Bipolar Disorder**

**Presenter:** Robert G. Fawcett, MD and Distinguished Fellow at the American Psychiatric Association

**Description:** This presentation will explore Bipolar Mood Disorder, describing its presentation, history, causes, biological and social factors that affect its course, and practical means to help stabilize moods.

### **Using EMDR to Treat Psychosis**

**Presenters:** Jing Zhang, LMSW EMDRIA Certified EMDR Therapist Consultant-In-Training

**Description:** Eye Movement Desensitization and Reprocessing (EMDR) for the treatment of psychosis. This presentation uses a real case example to showcase and discuss the application of using S.A.F.E EMDR (Safety and Attachment Focused EMDR) to treat psychosis, from hospitalization to a full recovery.

### **Diary of a Schizophrenic**

**Presenter:** Bethany Boik, BA

**Description:** Journaling not only helped her manage her mental health but led her to become an accomplished spoken word artist and now author. Join Bethany as she describes her journey from age 13 to 31, living with schizoaffective and bipolar disorder.

## **The Anxious Black Man**

**Presenter:** Justin Banks

**Description:** 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 regard to mental health intelligence, causing delays or even restriction with upward mobility in America.

### **Friday, May 19<sup>th</sup> - Day 2**

#### **8:00am – 9:00am Breakfast**

#### **9:00am – 10:30am General Session**

##### **Keynote Presentation: Assisted Outpatient Treatment:**

**Presenter:** Chavon Taylor and Judge Milton Mack, Retired Michigan Chief Court Administrator Emeritus

**Description:** Chavon Taylor will discuss her real-life experience with mental illness from onset of symptoms to treatment, recovery, and life on Assisted Outpatient Treatment (AOT). Chavon will then be joined by Judge Milton Mack (retired) to discuss the AOT process, successes, and challenges. This is a must-see conversation for anyone interested in helping an adult living with mental illness who doesn't understand their need for treatment, in the least intrusive manner.

#### **10:30am – 10:45am BREAK**

#### **10:45am – 12:00pm Morning Workshops**

##### **Through Decolonized Eyes: Healing Beyond a Western Lens**

**Presenter:** Lydia Lamba, LLMSW

**Description:** This presentation will define decolonization within mental health, how this can better support populations of color and immigrant populations and how this concept is perpetuated by systems.

##### **What the World Need Now: - Dialectical Behavioral Therapy Skills**

**Presenters:** Margaret M. Keeler, PMHNP-BC, FNP-BC

**Description:** Dialectical behavioral therapy (DBT) is a therapeutic approach that's been found effective for managing many mental health conditions like mood disorders, personality disorders, eating disorders, substance use disorders,

##### **Taking Action to Reduce Stigma**

**Presenter:** Donna Norkoli, B.S. Public Health, MCHES

**Description:** This presentation will highlight the Northwest Michigan Behavioral Health Initiative's Reduce Stigma Action Team's awareness campaign to reduce stigma regarding mental health conditions and concerns associated with receiving mental health services.

##### **Youth and Family Care Connection (YFCC)**

**Presenter:** Kyle Glasgow, PsyD, LP, Amelia Jackson, LMSW

**Description:** Community access for behavioral health triage and care coordination. A separate Crisis Care Unit (CCU) for youth aged 17 and under. CCU services are available for up to 72 hours as determined by a mental health screening and based on capacity. Anticipated outcomes for these services include expanding behavioral health services for families in crisis, reducing extended hospital emergency department stays, and offering psychiatric interventions that could potentially avoid inpatient hospitalization.

#### **12:00 -1:00pm LUNCH**

## **1:00pm – 2:15pm Breakout Sessions**

### **Juvenile Mental Health Court in Partnership with Community Mental Health**

**Presenters:** Deborah Nelson Program Coordinator

**Description:** This presentation will explain what Juvenile Mental Health Court does, and how it partners with CMH to obtain successful outcomes for children and families. Participants will understand the multidisciplinary approach that is taken when providing services, and the steps to collaboration between the court and Community Mental Health providers.

### **The Effectiveness of Peer Support Services**

**Presenter:** Allison Herrst, CPRC, CPRM

**Description:** Allison will share her personal experience with recovery and speak to how that experience can inform Peer Coaching. She will then describe how Growth Works approaches Peer Recovery Coaching with an adaptable and diverse recovery team.

### **Recipient Rights 101**

**Presenter:** Raymie Postema, BS Psychology

**Description:** In user-friendly terms, this presentation will outline the role of recipient rights in the provision of behavioral health services, what the jurisdiction of recipient rights in different service settings is and how to utilize recipient rights.

## **2:15pm-2:30pm BREAK**

## **2:30pm-3:45pm Breakout Sessions**

### **Training for Adoption Competency (TAC): Improving Outcomes for Children, Youth and Families**

**Presenter:** Marquita Felder, LMSW

**Description:** In 2018, more than 60,000 children were adopted from foster care (U.S. Department of Health & Human Services: Administration for Children & Families, 2019). Due to legislation enacted to facilitate higher rates of adoption from foster care, this number has grown in recent years. Adopted children show better outcomes than those who remain in foster care. However, when taken as a group, adoptees exhibit higher rates of emotional and behavioral problems than their non-adopted peers across childhood and into adulthood. Participants to gain an understanding of core adoption issues and evidence-based approaches, and explore the benefits of implementing TAC for Families, Employers and Clinicians.

### **What your local Clubhouse community has to offer: Meaning, purpose, and goal achievement**

**Presenters:** Mike Leahy, LMSW and Joy Kornspan, LMSW CAADC

**Description:** There are 40 Clubhouse throughout Michigan, but many residents and families are unfamiliar with the opportunities available at a Clubhouse. Clubhouses are dynamic community centers that are available for people in recovery from mental illness. They offer opportunities for community engagement, volunteerism, employment, education, physical and mental wellness, and much more. This presentation will explain the Clubhouse model with a special emphasis on how to find and access a local Clubhouse. We will also provide important updates related to accessibility. Thanks to new funding, more Michigan residents will be eligible. Please join us to learn more!

### **Mappin' and Wrappin': Effective management of mental illness at the community**

**Presenters:** Milton L. Mack, Jr, State Court Administrator Emeritus, Margaret Keeler, MSN, PMHNP

**Description:** This presentation starts with defining Sequential Intercept mapping and discuss the important points of “interception” or opportunities for interventions that prevent individuals with mental illness from entering into the criminal justice system. Advocacy opportunities exist in communities to

help develop and strengthen mental health systems at “Intercept 0” which is where people with mental and substance use disorders are connected with services before coming into contact with the criminal justice system. Intercept 0 also supports law enforcement in responding to both public safety emergencies and mental health crises, enabling diversion to treatment before an arrest takes place. One important tool is AOT or Assisted Outpatient Treatment. AOT is an evidence-based tool that promotes recovery, reduces harmful behavior, lowers hospitalization and emergency room use as well as reducing costs. Judge Mack will outline the history of AOT in Michigan, educate about the pathways outlined in The Mental Health Code for court ordered Assisted Outpatient Treatment.

**Dialectical Behavioral Therapy-Individualize Placement and Supports - Working as a team to support employment goals.**

**Presenters:** Alexandra "Lexi" Gabridge LMSW, CAADC and Erika Rice, MBA, WIP-C

**Description:** Panel of Presenters will discuss how an inclusive workforce helps the organization as well as the employee. Experts will discuss ways to encourage and support employers interested in hiring individuals with a mental illness or a intellectual/developmental disability.

**3:45pm – 4:00pm BREAK**

**4:00pm - 5:15pm - General Session**

**Keynote Presentation: NAMI Provider**

**Presenter: Daryn Nelsen Soza, MSW, LICSW, LCSW, Sr. Manager, NAMI Provider**

**Description:** NAMI Provider introduces emergency department and mental health professionals to the unique perspectives of people with mental health conditions and their families. You’ll develop enhanced empathy for their daily challenges and recognize the importance of including them in all aspects of the treatment process.

**Conference Conclusion**