

NAMI North Carolina's 26th Annual Conference
September 10-11, 2010



nami

National Alliance on Mental Illness

North
Carolina

NAMI North Carolina's 26th Annual Conference
Jane S. McKimmon Center, 1101 Gorman St., Raleigh, NC, 27606

FRIDAY, SEPTEMBER 10, 2010

8:30-9:00 **REGISTRATION - LOBBY**

9:00-9:05 **WELCOME – ROOM 1A**
Jim Pitts, PhD, NAMI North Carolina Board President

9:05-10:30 **KEYNOTE ADDRESS: MAKING THE CHOICE TO RECOVER - ROOM 1A**
Michael A Fuller, MD
Faculty Clinician and Advisor for the Psychiatric Consultation and Liaison Service
Dept. of Psychiatry, University of Texas Medical Branch

10:30-11:00 **BREAK AND EXHIBITS - ROOM 1C-1D**

11:00-12:15 **CONCURRENT WORKSHOPS**

1. Increasing Participation in NAMI's Programs - ROOM 5
Marin Swesey, Coordinator, Multicultural Action Center, NAMI

Looking for ways to increase participation in your events and programs? NAMI's growth depends on our ability to reach into all communities and attract members from all walks of life. This session will give you key considerations and strategies for success in reaching out to meaningfully include diverse groups from your community in NAMI's activities.

2. Effective Tobacco Cessation programs in the Community and our Hospitals - ROOM 4
Jana Johnson, MD, MPH, WakMed Hospital and Medical Consultant to the Tobacco Prevention and Control Branch, NC DHHS
Susan Saik, MD, Medical Services Manager, Office of Clinical Policy, Div. MH/DD/SAS

Individuals with mental illness are about twice as likely to smoke as people without mental illness, with smoking rates of 60-90%. In fact, 44% of the cigarettes smoked in the US are by individuals with a psychiatric or substance-abuse disorder. However, studies have shown that people with mental illness can in fact quit. This workshop will provide an overview of smoking and tobacco cessation in North Carolina. Learn how a new project is helping individuals in club houses stop or reduce their tobacco intake. Also hear about progress to make State Hospitals tobacco free.

3. Stories of Hope and Recovery - ROOM 6
Simone Ayun, NAMI Guilford
Diana Marsh, Consumer Council Rep, NAMI Guilford
Jen Overfield, Consumer Council Rep, NAMI Wilmington
Anthony Pugh, Consumer Council Rep, NAMI Randolph County

This workshop is dedicated to the stories of 4 individuals who are living with mental illness. Presenters will talk about their illnesses and their journey towards recovery. Their words will tell you most authentically about the real experience of recovery. As you hear their stories, perhaps you will notice certain themes that can help you in your own recovery. We hope you will receive hope and inspiration from their stories.

4. Depression and Suicide in Children - ROOM 3
Jodi Flick, MSW, Family and Children's Resource Program, UNC-CH

This workshop focuses on understanding and preventing suicide in children and adolescents, addressing prevention efforts, adequate assessment, effective intervention, and appropriate aftermath response. We will explore the biological, environmental, and cognitive influences on suicide which impact treatment decisions. Clinical and legal standards of care, liability, "no harm" contracting and documentation issues will be discussed.

12:30-2:00 **NAMI NORTH CAROLINA ANNUAL AWARDS LUNCHEON - ROOM 2C**

2:00-2:15 **BREAK AND EXHIBITS - ROOM 1C-1D**

2:15-3:30 **PLENARY: MEDICAID WAIVERS - ROOM 1A**
Grayce Crockett, MSW, MHA, BA, Area Director, Mecklenburg County Area MH/DD/SA Authority
Aisander Duda, BA, Policy Analyst and Project Coordinator, NC Center for Public Policy Research
Pam Shipman, Chief Operating Officer, PBH

This presentation will include basic information about Medicaid Waivers and how the system has evolved. We will also go into detail on the impacts of the Medicaid Managed Care Waiver on the system of care for people living in the PBH catchment area and will include both consumer and system outcomes.

3:30-3:45 **BREAK AND EXHIBITS - ROOM 1C-1D**

3:45-5:00

CONCURRENT WORKSHOPS

- 1. Consumers for Empowerment in NC: NAMI NC Consumer Council Meeting - ROOM 6**
Facilitated by Mike Weaver, Chair, Consumer Council, Consumer Council Representative, NAMI National Board of Directors

The NAMI Consumer Council is made up of people who are living with mental illness and is an advisory body to the Board of Directors. The purpose of the Consumer Council is to advance the activities and involvement of the consumer membership of NAMI at the local, state, and national levels by actively participating in advocacy issues and program development. Come to the NAMI North Carolina Consumer Council Meeting and start making your choice to make a difference in your life and the lives of others.

- 2. Ticket to Work (& other Work Incentives): How to go back to Work and Keep Medicaid Benefits - ROOM 4**
Ida Campbell, Social Security Administration
Lashonda Johnson, Division of Vocational Rehabilitation Services
Traci Mixson, NAMI Western Carolina
Beverly Vinson, Preferred Alternatives

The Ticket to Work and Work Incentives Improvement Act was signed into law on December 17, 1999, as a nationwide initiative designed to broaden recipient choice in Vocational Rehabilitation (VR) Services while removing barriers that previously influenced people's choices between healthcare and work. Learn more about the Ticket to Work and other Work incentives programs that are available to those who want to go back to work – but still receive much needed benefits.

- 3. Transition Aged Youth - ROOM 5**
Damie Jackson-Diop, Families United
Evalee K. Foster, Youth Consultant/Coordinator

The purpose of this presentation is to provide an overview of transition related issues and help provide a greater understanding how services change for emerging young adults who struggle with mental wellness issues, especially when transitioning from child to adult mental health services.

- 4. CIT: Reducing Wait Times for Officers and those with Mental Illness - ROOM 1A**
Victor Armstrong, Community Operations Coordinator, CenterPointe
Don Causey, Chief of Security, Moses Cone Memorial Hospital
Angel Gray, JD, MPH, Assistant Attorney General
Sam Page, Rockingham County Sheriff
Reece Pyrtle, Eden Chief of Police
Melody Watt, Program Officer, Reidsville Area Foundation

Through a collaborative effort between CenterPoint Human Services, 6 Rockingham County Law Enforcement Agencies, 2 local hospitals, and the Reidsville Area Foundation, an MOU was drafted that allows Law Enforcement Officers to be released from waiting with patients under involuntary commitment in the hospital ED's. We will walk participants through the process of how we were able to accomplish this task and talk about obstacles and potential pitfalls. We will discuss how this has improved the lives of those living with mental illness and how it has impacted Law Enforcement officers and discuss next steps.

- 5. Highlights on Anosognosia and Ask the Doctor - ROOM 3**
Bryce Reynolds, MD, Telecare Corporation, Durham

Anosognosia is a condition in which a person with a disability seems unaware of or denies the existence of the disability. This may include unawareness of quite dramatic impairments, such as blindness or paralysis – but is also common in individuals who live with severe and persistent mental illness. Dr. Bryce Reynolds will provide a broad overview of Anosognosia and answer questions about the illness.

5:00-6:00

AFFILIATE PRESIDENT'S NETWORKING SESSION (INVITATION ONLY) - ROOM 2B

5:00-6:00

NETWORKING WITH PEERS OR OPPORTUNITY TO VIEW A DOCUMENTARY - ROOM 1A

6:00-7:30

DINNER AND READINGS FROM THE AUTHORS - ROOM 2C

Randi Davenport, The Boy Who Loved Tornadoes
Carolyn Zahnow, Save the Teens—Preventing Suicide, Depression and Addiction
Mike Dunne, Readings from Our Voices, UNC-CH STEP Clinic

SATURDAY, SEPTEMBER 11, 2010

8:30-9:00 REGISTRATION - LOBBY

9:00-10:15 CONCURRENT WORKSHOPS

1. **Federal Healthcare Reform: What it means to Individuals Living with Mental Illness - ROOM 6**
Pam Silberman, JD, DrPH, Institute of Medicine

"After a year of striving, after a year of debate, after a historic vote, healthcare reform is no longer an unmet promise. It is the law of the land" - President Barack Obama. In this session we will learn more about healthcare reform, and its unique impact on those with mental illnesses through improvements in prevention, new models of care, expanded eligibility and other exciting topics.

2. **Empowering Parents in Schools: Starting with an effective IEP - ROOM 5**
Stephiane Deffinbaugh, ECAC Wilmington Office

Decisions about special education services and supports for students with disabilities are made through the IEP (Individualized Education Program) process. Parents are critical members of the IEP Team, the decision-makers in the IEP process of designing an education program that meets the needs of their child. Come learn how to actively participate in writing the IEP and navigate the "maze" of forms. Tune up your skills and identify strategies to ensure that your child's IEP is implemented and changed as she/he grows.

3. **The VA and Rural Health Teams - Reaching out to Veterans in Rural Communities - ROOM 4**
Dr. Harold Kudler, VISN 6 Mid-Atlantic Veterans Integrated Service Network
Dr. Elizabeth Huddleston, Charles George VA Medical Center
Dr. Anna Teague,
Pete Tillman, Durham VA Rural Health Team

About 52% of all veterans in NC live in either rural or highly rural areas and it is a tremendous job to reach these veterans and the VISN 6 Mental Health Service (which is comprised of all VA health programs in North Carolina, Virginia and parts of West Virginia) is looking for new ways to conduct effective outreach to rural veterans through partnership with State and local NAMI chapters. The primary purpose of the workshop is to reach into NAMI communities and engage veterans who are already members of NAMI in order to advance our shared goals.

4. **Fit for the Brain: Hearts and Minds - ROOM 3**
Jennifer Overfield, Consumer Council Representative, NAMI Wilmington
Mike Weaver, Consumer Council Representative, NAMI National Board of Directors

Fit for the Brain: Minds and Hearts: Fitness is for everyone, especially those with mental illnesses. We will talk about practical steps to begin good fitness habits which help the brain and mind which are not separate from the body. We will emphasize strategies to overcome common barriers such as the effects of psychotropic medications to get into the "fitness" game. This workshop is for all, those who are participating in their own fitness program and need reminders or those who rarely participate. We will connect this information to the NAMI "Hearts and Minds" educational program and will have materials available.

10:15-10:30 BREAK AND EXHIBITS - ROOM 1C-1D

10:30-11:45 CONCURRENT WORKSHOPS

1. **Disability Rights Listening Session—Let Your Voice be Heard! - ROOM 5**
Vicki Smith, Executive Director, Disability Rights North Carolina

As North Carolina's protection and advocacy system, Disability Rights North Carolina is required to develop annual priorities or 'targets' - but we cannot do that in a vacuum. We need input from the people most affected - people with disabilities. As part of this year's process, Disability Rights is coming to NAMI North Carolina's Annual Conference to hear first hand how the budget crisis impacts individuals with mental illness and their family members. This session will be one of several held around the state and will help inform the Board of Directors of Disability Rights NC as they struggle to fix the system.

2. **North Carolina's Peer Support Specialist Certification – Recovery Isn't A Job, But It Could Be - ROOM 3**
Ron Mangum, MA, LCAS, CAADC - Behavioral Healthcare Resource Program; UNC- Chapel Hill
Bo Simms, Certified Peer Support Specialist, CooperRiis
Gladys Christian, Certified Peer Support Specialist, CenterPoint
Colleen Vaughan, MS, CPRP, Certified Peer Support Specialist, Psychosocial Rehab and Recovery Center, Veterans Services, Durham VA
Debbie A. Webster, MS, Certified Peer Support Specialist, Mental Health Program Manager, Best Practice Team, CPM Section, NC DHHS

Peer Support Specialists are persons who are in recovery and have special skills to assist peers in their own recovery journey. Peer Support Specialists are a beneficial part of offering help to people who are seeking services, or are in recovery. With new legislation, the State of North Carolina recognizes the role Peer Support Specialists can play in offering help to those in need. Find out what Peer Support can mean to NAMI Members.

3. Promising Research: Hope Through Science - ROOM 6

John Gilmore, MD, Professor and Vice Chair for Research & Scientific Affairs and Director of the Center for Excellence in Community Mental Health

Brian Sheitman, MD, Professor, Medical Director of the Center for Excellence in Community Mental Health, and Chief of Psychotic Inpatient Unit

Shane Rau, MD, PhD, Assistant Professor; Clinical Director of Clinical Research Unit at Dorothea Dix Hospital; Director of Medical Education at UNC Center for Excellence in Community Mental Health

With new advances in research, there is hope through science. This workshop will address three studies being conducted at UNC-CH. The first part of the session will discuss early brain development in children at risk for schizophrenia. The workshop will also address a new study in North Carolina to increase the use of clozapine. Also the session will cover a new study at the Dix Clinical Research Unit that offers inpatient consultation and treatment recommendations for patients in the community.

4. Critical Elements of a Good Crisis Plan - ROOM 4

Mike Mayer, Senior Partner, Community Resource Alliance

There are some critical elements of a good crisis plan that can make the difference between it working well and not working at all. This session will examine the factors we know matter most – from a practical, real-world perspective and we will have a good time doing it. Come laugh and learn what you can do to prevent and respond to a crisis.

11:45-12:45 NAMI NORTH CAROLINA ANNUAL BUSINESS MEETING AND HALL OF FAME LUNCHEON - ROOM 2C

12:45-1:30 LUNCHEON KEYNOTE - ROOM 2C

Taking a Closer Look at the Mental Health System in North Carolina

*Mebane Rash, Attorney and Editor of North Carolina Insight
NC Center for Public Policy Research*

1:30-1:45 BREAK AND EXHIBITS - ROOM 1C-1D

1:45-2:55 PUBLIC POLICY UPDATE – DISCUSSION - ROOM 1A

Beth Melcher, Assistant Secretary for MHDDSAS Development

*James L. Jarrard, Section Chief, Resource and Regulatory Management Section, NC Div. MH/DD/SAS
J. Luckey Welsh, Jr., Director, Div. of State Operated Healthcare Facilities*

Participants will not want to miss our 2010 public policy update with new Assistant Secretary and long-time NAMI leader, Beth Melcher; Jim Jarrard, Section Chief, Resource and Regulatory Management Section; and Luckey Welsh, Director, Division of State Operated Healthcare Facilities. So get your questions, concerns and kudos ready for these movers and shakers in the world of policy making.

2:55-3:00 CLOSING - ROOM 1A

3:15-4:00 NAMI NORTH CAROLINA BOARD OF DIRECTORS MEETING - ROOM 5

*Many thanks for coming to the NAMI North Carolina annual conference.
We appreciate your support and hope that you leave the conference feeling inspired and empowered
to continue the work that needs to be done in support of those living with mental illness.*



WE ALL FIT THE PROFILE. MENTAL ILLNESS DOESN'T DISCRIMINATE.

Fear of stigma discourages individuals and their families from seeking treatment and support.¹

Mental illnesses can affect persons of any age, race, religion, or income.^{2,3} An estimated 22 to 23 percent of the U.S. population experiences a mental disorder in any given year.⁴ Nearly two-thirds of all people with diagnosable mental disorders do not seek treatment, often due to fear of stigma and the resulting discrimination.¹

People should not be defined by their illness.

At Bristol-Myers Squibb, we believe that how we treat people is as important as the therapies that treat their illness. That's why we support the effort to eliminate the stigma, discrimination, rejection and isolation of people with mental illness.

UNDERSTANDING MENTAL ILLNESS ENCOURAGES PEOPLE TO GET THE HELP THEY NEED.



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Together we can prevail.™

1. Mental Health: A Report of the Surgeon General (1999). <http://www.health.ssa.gov/health/surgongeneralreport/chapter1.asp>. Accessed August 27, 2008.
2. National Alliance on Mental Illness. What Is Mental Illness: Mental Illness Facts. National Alliance on Mental Illness Web site. http://www.nami.org/PrimerTemplate.cfm?Section=About_Mental_Illness&Template=/ContentManagement/HTMLDisplay.cfm&ContentID=52157. Accessed August 6, 2008.
3. The Indian News. Mental illness affects the MP's. The Indian News Web site. http://www.theindian.com/newsportal/health/mental-illness-affects-the-mps_1002113.html. Accessed August 6, 2008.
4. Mental Health: A Report of the Surgeon General (1999). Office of the Surgeon General. http://www.surgongeneral.gov/library/mentalhealth/chapter2/sec2_1.html. Accessed September 26, 2008.

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- NC Division of Vocational Rehabilitation
- NC Mental Health Consumer Organization (MHCO)
- NAMI North Carolina
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