

# NAMI MS State Conference 2019

**DAY ONE: Thursday, May 16**

**8:30-4:30**

**8:30-9:30**                      **Opening Plenary**

**Behavioral Health Court & Mental Health**

Overview from the perspective of: a Mayor, a Judge, a Mental Health Provider and a NAMI representative

Facilitator: Brent Hurley, MS Dept. of Mental Health

**9:45-10:45**                      **Breakout Session 1**

[Presenters]

*QPR Question, Persuade, Refer Gatekeeper Suicide Prevention Training*                      *Leah Pylate & Kim Kavalsky*  
QPR stands for Question, Persuade, and Refer, three simple steps that anyone can take to save a life. This training will provide the knowledge and skills to recognize warning signs of suicide, offer hope, and refer individuals to helpful resources. This interactive training consists of a role play exercise to practice and build confidence. Participants will also receive a booklet with resources and a certificate of completion.

**WRAP: A Journey To Recovery**

Melody Worsham

Discover some simple, safe and free ways to keep yourself well, manage symptoms of mental illness, and prevent compassion fatigue in this easy-going interactive presentation about Wellness Recovery Action Planning (WRAP). You will also learn how to use Wellness Tools to help others on their recovery journey.

*Whole Health for the Whole Person: Heart, Soul, Strength and Mind*

*Katrina Kimble*

Whole-Person Wellness is a unique approach to reach an individual's best well-being, health, and happiness. Whole Person Wellness particularly of interest for those with chronic pain and mental health issues, but any and everyone will benefit from holistic health. Our self-assessment is designed to help you assess the following areas of wellness in your own life: Care of Body, Stress, Vocation, Organization, Rest & Play, Spirituality, Emotions, and Relationships. It is meant to be a snapshot of your current life and a tool used to help you focus your future wellness goals. The mission is to A.I.M. (advocate, inform and motivate) individuals to engage in whole person wellness to address real-life challenges.

**11:00-12:10**                      **Breakout Session 2**

[Presenters]

**The Abandonment of Convenience: The Growth of Transition Services**

*Ashton Farr*

The presentation will expound on the past history of transition services, the present state of transition services in the state of Mississippi, and what is to come for transition services. In order to continue the journey of increasing quality of life and improving services for people with mental illness, it is important to understand how we got to where we are now.

**For the Cause: Advocating Through Experience**

*Aaron Thomas*

Goal achievement for any cause depends on the dedication and hard work of its advocates and some of the most powerful advocacy comes from those with voices who speak from personal experience. Those "lived experiences" become a strong motivating force to effect change. From homes to the courtroom, Youth Support Partners (YSPs) are using their "lived experiences" as proponents of change for those currently involved in child-serving systems and supporting youth to find their own voice in goal setting, planning and advocating for their needs. In this interactive session, participants will hear from two current YSPs about how they experienced

advocacy while system-involved as well as their current individualized work with youth in a variety of settings and systems. Participants will be invited to ask questions and provide feedback in a panel discussion as well.

**12:15-1:45                      Lunch Plenary (Movie Screening) *New State of Mind***

Narrated by award-winning actress and mental health advocate Glenn Close, *A New State of Mind*, features numerous celebrity activists as well as community heroes who hope that sharing their story will inspire others to find the help they need to overcome the challenge of facing the stigma associated with mental illness.

**2:00-3:30**

**Breakout Session 3**

[Presenters]

***Using Nature As a Tool for Mental Wellness***

*Monica Wolters, CPSS*

In today's society of technology we have a constant need to be "plugged in," but we are also increasing our stress and anxiety levels. Have we undervalued the importance of green spaces and taking time to "unplug?" When was the last time you took a walk in the woods? Did you know that a walk in nature can lower stress, decrease depression, and boost your immune system? This presentation will explore the benefits to the mind, body, and spirit of spending time in Nature.

***The Foundation of Ethics***

*Sherry Bouldin*

This presentation will remind participants of their basic ethical responsibility and other challenging issues that may lead to uncertainty. This presentation will cover reasons for ethical codes, ethical issues, confidentiality and dual relationships.

**3:45-4:30                      Closing Plenary -**

**Mind/Game Movie Screening and Panel Discussion**

*Mind/Game* intimately chronicles Chamique Holdsclaw's athletic accomplishments and personal setbacks, and her decision, despite public stigma, to become an outspoken mental health advocate. Still, she would face dramatic, unexpected challenges to her own recovery. The film, narrated by Glenn Close, tells a powerful story of courage, struggle, and redemption.

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**DAY TWO: Friday, May 17**

**8:30-4:30**

**8:30-9:30**

**Breakout Session 4**

[Presenters]

**From Pushups to Presence: A Mindfulness-Based School Curriculum**

Jessica Seebeck

Each year, dozens of students walk the halls of their schools suffering in silence with a mental illness of which they are completely unaware. Perhaps it is “normal” or even glorified to be anxious, “OCD,” or sad; though the devastating truth is that half of all mental illness begins at fourteen years of age – students who are in the ninth grade. We teach students about their physical health and physical disease; why do we not teach students about mental health and mental illness? This presentation will argue the need for the following interventions to be implemented in the school setting: mindfulness instruction, healthy coping techniques, and the physical and mental practices of yoga. Conference attendees will personally experience a variety of different mindfulness, meditation, and breathing techniques within this interactive workshop, as well as leave with practical tools and techniques for the reduction of anxiety, the promotion of emotional regulation, and the enhancement of overall well being. The attendees will gain a general understanding of the teenage brain, the evidence backing mindfulness instruction, and yogic-meditative techniques.

***Ask A Family Member Panel Discussion:***

Jenny Drake and Deloris McGee

A discussion that informs and supports family members, partners, friends and significant others who have loved ones with a mental health condition. Participants learn about diagnoses, treatment, recovery, communication strategies, crisis preparation and NAMI resources. Seminar leaders are also family members and know what it is like to have a loved one with a mental health condition.

***Building A Better Mental Health Culture for Men of Color***

Mr. Lorenzo Lewis

Inspired by increasing cases of suicide and substance abuse in institutional settings, we have constructed a one-hour presentation entitled “Building A Better Mental Health Culture for Men of Color” This presentation has a three-prong objective: a) expose the societal pressures that haunt black males, b) explore how they commonly respond to the stigmas of seeking professional help, and c) identify how institutions and individuals can construct environments that promote dialogue and, consequently, the mental health of its participants.

**9:45-10:45**

**Breakout Session 5**

[Presenters]

***Mental Health - "Tiptoe Through The Tulips"***

Dr. Mangle Shanks

The discussion of Mental Health is a scary conversation for many and for some others, it seems to be a moot point. Many individuals and families are suffering in shame, stigma, solitude, and silence. It is given that living with a mental condition along with fear, guilt, and anger diminishes the quality of life of so many people in our present generation. The magnitude of these conditions will continue to proliferate throughout the generations to come in our society if we continue to highlight the seriousness of conditions below the neck and neglect to place the same importance on those conditions above the neck.

**Ask A Peer: Supervisor. What Every Peer Wants You To Know**

Aurora Baugh

The session will provide an overview from a Peer perspective as to what is wanted for peer support supervision  
Peer Support Specialist

**12:00-1:30 Lunch Plenary**

**Ask The Advocate: The Future of Advocacy**

The session will provide an overview of ways to address advocacy efforts in Mississippi specifically relating to children's mental health, mental health incarceration, disability rights, housing discrimination, etc.

**Panelist: Joy Hogge, Families As Allies, Zakiya Summers – ACLU, Ta'Shia Gordon – Attorney General Representative**

**1:45-3:15**

**Breakout Session 6**

[Presenters]

Utilizing the Integrated Care Model to Address Mental Health and Chronic Disease

***Wendy Bailey & Tasha Locke***

The co-occurrence of depression and physical illness is an important issue. People who suffer from chronic disease are more than likely to also suffer from a mental illness. The Mississippi Department of Mental Health and the Mississippi Department of Health has partnered to implement a Mental Health and Chronic Disease project to ensure people who are served at the state hospitals and community mental health centers have information on self-care and overall wellness and the connection between physical health and mental health.

***Mental Health Prevention: It Takes a Village***

***Dr. Anitra Shelton-Quinn***

In this session a 4-part prevention framework, including (1) Schools, (2) Community organizations (3) Faith-based institutions, and (4) Parent Empowerment will be discussed. In this session participants will receive a comprehensive prevention tool kit to identify, address and provide support to foster mental wellness. This session is interactive and includes lecture, group discussion, and group activities.

**3:30-4:30**

**Closing Plenary**

"When the Cops are Called to a Mental Health Crisis." A panel discussion with Law Enforcement Officers - Dr. Tiffany Anderson & Officers

This panel discussion will provide an opportunity for a healthy discussion regarding the role of law enforcement officers in mental health emergencies. The session will allow consumers, advocates, family members, business owners, or concerned citizens to hear directly from trained CIT officers and ask questions from local law enforcement officers regarding their role in mental health crises.