

NAMI Mississippi's 2019 State Conference

NAMI Mississippi Turns 30 ... The Journey Continues

AGENDA • DAY ONE: Thursday, May 16, 8:30-4:30pm

8:30-9:30 Opening Plenary

Behavioral Health Court & Mental Health: Room 200

An Overview of a Behavioral Health Court

Moderator: Brent Hurley, MS Dept. of Mental Health

Panelists: Judge Wes Curry

Joe Kinnan, Mental Health Advocate

Linda Foley

Khadijah Muhammed

9:45-10:45 Breakout Session 1

QPR Question, Persuade, Refer Gatekeeper Room 103 **Suicide Prevention Training**

Presenters: 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.

Open Up Mississippi Room 105

Presenters: Ingrid Cloy & Emily Gunning

Open Up Mississippi is newly formed statewide awareness moved formed to engage youth and young adults as they break down barriers to gain mental wellness and utilize their strengths and voice against the stigma of mental health.

Whole Health for the Whole Person: Room 106 **Heart, Soul, Strength and Mind**

Presenter: 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

For the Cause: Advocating Through Experience Room 200

Presenter: Ashley Menefee

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* Room 200

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.

Moderator: Tameka Tobias, NAMI MS Executive Director

Panelists: Thomas Carson, Certified Peer Support Specialist
Monica Wolters Certified Peer Support Specialist

2:00-3:30 Breakout Session 3

Using Nature As a Tool for Mental Wellness Room 103

Presenter: 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 Room 105

Presenter: 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 Room 200

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.

AGENDA • DAY TWO: Friday, May 17, 8:30-4:30pm

8:30-9:30 Breakout Session 4

From Pushups to Presence: A Mindfulness-Based School Curriculum Room 200

Presenter: 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 Room 103

Presenters: 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 Room 105

Presenter: 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

Mental Health - “Tiptoe Through The Tulips” Room 103

Presenter: 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. Room 105

What Every Peer Wants You To Know

Presenter: Aurora Baugh

*Panelists: Jessica James, Certified Peer Support Specialist
Monica Wolters, Certified Peer Support Specialist
Ekoko Onema, Certified Peer Support Specialist*

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

12:00-1:30 Lunch Plenary

Ask The Advocate: The Future of Advocacy Room 200

*Panelists: Dr. Joy Hogge, Families As Allies, Zakiya Summers –
ACLU, Ta’Shia Gordon – Attorney General Representative*

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.

1:45-3:15 Breakout Session 6

Utilizing the Integrated Care Model to Address Mental Health and Chronic Disease Room 103

Presenters: Wendy Bailey & Lisa Sanders

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 Room 105

Presenter: 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.” Room 200

*Presenter: Dr. Tiffany Anderson Panelists: Sgt. Herman Horton
Lt. Shuntel Sanders
Officer Anthony Johnson*

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.