

2017 NAMI Utah Conference Agenda

8:00 - 8:30	Check-In & Registration		
8:15 - 9:00	BREAKFAST		
9:00 - 10:00	Opening Remarks and Board Introductions KEYNOTE SPEAKER: Theo Bennett "Why I Speak Up About Mental Health"		
10:00 - 10:15	BREAK		
TRACK	Treatment	NAMI	Active Interventions and Advocacy
10:15 - 11:15	Critical Concepts of Mental Health and Tobacco Use Frances Favela, Utah Department of Health	NAMI in Your Community Rob Wesemann, NAMI Utah	Reasonable Accommodations – Everything You Need to Know Laura Henrie and Jeff Simcox, Disability Law Center
11:30 - 12:30	The 2017 Utah SHARP Survey: Data Findings Beyond the Latest Profile Mary Johnstun, Bach Harrison, LLC	Veterans, Families, the Effects of Combat Related PTSD, Moral Injury and Secondary PTSD Master Sgt W. Garth Hayward and Alana Hayward	Health Policy and Advocacy Micah A. Vorwaller, Utah Health Policy Project
12:30 - 1:45	LUNCH NOON SPEAKER: Carling Mars "Mentally Ill; or, How I Learned to Stop Worrying and Love the Psychosis"		
1:45 - 2:00	BREAK		
2:00 - 3:00	Client Voice in the Therapeutic Relationship Rob Wesemann, NAMI Utah	What's New in Your Brain? Jackie Rendo, NAMI Utah	Micronutrients Save Lives, Sugar Kills Clifton Brady, Anxiety Free Teen
3:15 - 4:15	Stories for Emotion Regulation work for All Ages Monisha Pasupathi, University of Utah	Innovative Practices in Suicide Prevention Kim Gardner, NAMI Utah	Motion and Us Bernard Hart, Understanding Us

Keynote

9:15 - 10:00 AM

Why I Speak Up About Mental Health

One of the few certainties that Theo Bennett has learned from living with a father with bipolar disorder is that mental health is just as important as physical health. In fact, mental health is physical health; the two are inseparable. His journey through different systems of care: son, advocate and researcher, helped him finally arrive where he is today. His story hopes to underscore the universal truth that mental illness does not equate mental weakness.

Presenter: Theo Bennett

1st Breakout Session

10:15 - 11:15 AM

Critical Concepts of Mental Health and Tobacco Use

Why should people care about smoking in the mental health population? What links tobacco use with mental health? Learn about myths of mental health and quitting, support and resources for quitting, recent policy changes within mental health settings and the future of tobacco use in mental health.

Presenter: Frances Favela, Outreach Coordinator, Utah Department of Health, Tobacco Prevention and Control Program

NAMI in Your Community

Get to know NAMI, the National Alliance on Mental Illness. NAMI is a nationwide advocacy, training and support agency with affiliate offices around the state. Learn about the Mentor program, Advocacy Initiatives, and the many programs and peer supports offered in your community.

Presenter: Rob Wesemann, CMHC, Executive Director, NAMI Utah

Reasonable Accommodations – Everything You Need to Know

This session will provide attendees with everything they need to know about requesting reasonable accommodations at work. The session will cover Title I of the ADA, the reasonable accommodation process, how to navigate “essential functions”, and when to disclose your disability. We will also provide attendees with tips for a successful accommodation request and what to do if your request is denied. The session will include numerous examples and scenarios. This session is designed to be interactive and engaging for attendees of any knowledge level of the ADA.

Presenters: Laura Henrie, J.D., Supervising Attorney and Jeff Simcox, J.D., Staff Attorney, Disability Law Center

The 2017 Utah SHARP Survey: Data Findings Beyond the Latest Profile

The latest 2017 Student Health and Risk Prevention (SHARP) Survey data have been released! This presentation will take a closer look at 2017 findings, specifically "hot topic" data related to subjects such as suicide, mental health, e-cigarettes, marijuana, and more. We'll be looking at trend data for these subjects, as well as taking a closer look at data relationships between these topics in relation to risk and protective factors, substance use, depression, physical activity, and more. While this presentation is geared toward current SHARP-data-users, this presentation promises data gems for all conference attendees.

Presenter: Mary Johnstun, MA, MPA, Director of Survey Services, Bach Harrison, LLC

Veterans, Families, the Effects of Combat Related PTSD, Moral Injury and Secondary PTSD

This session will explore combat experiences, related impacts on veterans and families, treatments, and recovery possibilities. The panel will also discuss current efforts in helping veterans and families both prepare for and work with stated injuries vs. previous efforts. Help for families in dealing with secondary PTSD and related challenges. The importance of understanding, compassion and love in the healing process for both veteran and family members/friends.

Presenters: W. Garth Hayward, MSgt, USAF Retired and Alana Hayward

Health Policy and Advocacy

What is the future of health care policy? 2017 was a volatile year for health policy and the future of health care policy in Utah and national is uncertain. This session will discuss health policy and how to advocate for better health care for you and your family.

Presenter: Micah A. Vorwaller, J.D, Health Policy Analyst, Utah Health Policy Project

Lunch Speaker

1:15 -1:45 PM

Mentally Ill; or, How I Learned to Stop Worrying and Love the Psychosis

Carling has lived with mental illness her entire life and had had a real roller coaster of a time with it. She'll talk about her experiences with mental illness and with treatment systems, both flawed (multitudinous) and productive (few but amazing). She'll also talk about how she's managed to start loving her mental illness and seeing how it has helped protect her and spark her creativity through producing some truly bizarre visions and sensations. Mental illness doesn't have to be just a burden; it has helped shape her into the amazing person she is today, and by learning to love it, she's also learned how to live with it more successfully.

Presenter: Carling Mars

Client Voice in the Therapeutic Relationship

The key to a healthy therapeutic relationship is effective communication. Learn about the work NAMI has done developing strategies and techniques to assist both clients and clinicians become effective communicators

Presenter: Rob Wesemann, CHMH, Executive Director, NAMI Utah

What's New in Your Brain?

This presentation will provide information about the National Institute of Mental Health's (NIMH) Brain Initiative and current research priorities. What is precision medicine and what does it have to do with the brain? Why are we spending money to look at zebra fish brains? What does any of this have to do with schizophrenia or depression? We will explore these topics as well as current research studies on suicide prevention. Having trouble sleeping? There's help for that! Finally, what does Uncle Sam want with all of us?

Presenters: Jackie Rendo, Mentoring Program Director, NAMI Utah

Micronutrients Save Lives, Sugar Kills

Dr. Brady lost his brother to suicide having battled from bipolar. After working with over 3,000 people in 30 states, he has identified why people fail on too many treatment programs and what to do about it. Come see the studies showing the effects of micronutrient treatments for addictions, depression, anxiety, bipolar and more. Also, discover how infections such as candida (sugar) are literally destroying your microvascular system which finally explains why sugar highs become sugar low, low, lows.

Presenters: Clifton Brady, Ph.D., President, Anxiety Free Teen

4th Breakout Session

Stories for Emotion Regulation Work for All Ages

I will showcase results of a recent series of studies on emotion regulation through narrative, in particular, studies showing that narrating distressing events helps children, adolescents, and adults feel better, but that it does so in different ways for different age groups. I will consider implications of these findings for our everyday practices of listening to one another.

Presenter: Monisha Pasupathi, Ph.D., Professor, University of Utah

Innovative Practices in Suicide Prevention

Suicide is a serious public health problem that causes immeasurable pain, suffering, and loss to individuals, families, and communities in Utah. Many are surprised to learn that suicide is one of the top ten causes of death. Suicide is also largely preventable! This session will discuss innovative practices in suicide prevention in health and behavioral health care setting, workplaces, schools, the community and our homes.

Presenter: Kim Gardner, Prevention by Design Program Director, NAMI Utah

Motion and Us

Explore new ideas about how the brain and the body work together to create individual ways of using thought and motion to keep us safe. Learn the basic concepts and have a chance to practice what you learn.

Presenter: Bernard Hart, President, Understanding Us