

## 33<sup>rd</sup> Annual State Convention

**EXCEEDING THE VISION: Creating a *Future Without Limits* in Mental Health**

### THURSDAY, September 26, 2019

- 8:00 am Convention Registration Opens
- 9:00-9:40 am Convention Opening & Welcome  
Welcome from Board President Sylvia Phillips,  
Leslie El-Sayad, Convention Chair, and welcome address  
from Commissioner Marie Williams, TDMHSAS
- 9:40-10:45 am Keynote, Maddy Banic, Lady Vols Swim Team, 9 Time  
SEC Champion, 2019 NCAA Champion
- 10:45-11:00 am Break
- 11:00-12:30 pm AM Workshops (4)
- We Are The Experts: The Value of Lived Experience** – Panel  
Presentation: Jules Wilson, BA , CPRS, TDMHSAS; Joined by members  
of TDMHSAS Statewide Young Adult Leadership Council
- Advocacy: Creative Techniques to Inspire Others** - Terri L. Lyon,  
Ph.D.; Contributing Faculty Walden University, author; Trish Lockard  
Family to Family Instructor
- Housing For All** – Panel Presentation: Mandy Tackett, Mid-South  
Health Net (MSHN); Neru Gobin, Director Office of Housing and  
Homeless Services, TDMHSAS; Bill Friskics-Warren, Regional Housing  
Facilitator; Rahma Mohamed, Consumer Housing Specialist, Park Center
- Whole Health/Whole Person: Mental Well-Being** - Katrina Kimble, BS,  
CWA, Awaken Wellness Consulting
- 12:30-2:00 pm Awards and Recognition Luncheon
- 2:00-2:15 pm Break

2:15-3:45 pm PM Workshops (4)

**The Stigma of Mental Illness on Social Media** - Allison Plattsmier, Ed.D., CFRE, CNP, SHRM-CP, aPHR , NAMI Tennessee

**Deepening NAMI TN's Grassroots Work: The Role of the Affiliate Advocacy Representative** – Jake Coffey, MA, MPH, NAMI Tennessee

**Life Planning for Mental Health** - Sonya Maize-Abrams, Dr. (hc), Provide Holistic Health Care, Licensed Financial Services Broker

**Peace of Mind: Creating a Connected Brain** - Eve Nite, Erlanger Behavioral Health Hospital, Vice-Chair TN Advisory Council for Suicide Prevention

3:45-4:00 pm BREAK

4:00-5:00 pm Keynote, Plenary Panel – Keeping Our Families Safe in Times of Crisis – Dr. Cynthia Rector, Psychiatrist, MTMHI, Melissa Sparks, Deputy Assistant Commissioner, TDMHSAS

5:15-6:00 pm Annual Member Meeting

## **FRIDAY, September 27, 2019**

8:00-9:00 am Registration Opens

9:00-10:15 am Opening  
Keynote: Pete Earley, Former Washington Post reporter, NY Times Bestseller author, Pulitzer Prize finalist, author of 13 books including *CRAZY: A Father's Search Through America's Mental Health Madness*

10:15-10:30 am Break

10:30-12:00 pm AM Workshops (4)

**The Effects of Nutrition on the Onset and Progression of Mental Illness** – Allison Plattsmier, Ed.D., CFRE, CNP, SHRM-CP, aPHR, NAMI Tennessee

**Navigating Tennessee's Criminal Justice and Mental Health Systems**

– Panel Presentation: Jake Coffey, MA, MPH, NAMI Tennessee; Alex Friedmann, Human Rights Defense Center and Managing Editor, Prison Legal News; April Mancino- Rosete, Disability Rights Tennessee, Valerie Webb; MA, Mental Health Cooperative, Jeannie Alexander, JD, MA, Director, No Exceptions Prison Collective

**Creating and Supporting the StigmaFree Company** - Robin Nobling, Executive Director, NAMI Davidson

**Mental Illness Is an A\$\$h\*!@: And Other Observations** – Gabe Howard, Author, Blogger, Pod Caster

12:00-2:30 pm

Lunch

SONTALK: Music and Mental Health Presentation  
NAMI Ending The Silence & NAMI Family and Friends Presentation

2:30 pm

Closure and Send Off

\*Schedule and presenters subject to change