

2019 State Convention Workshops

Exceeding the Vision: Creating a Future Without Limits in Mental Health

Thursday -11:00 am - 12:30 pm

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

This informative and engaging panel discussion with members of the Statewide Young Adult Leadership Council will dive into what we as a community can do to best support our young adult peers interested in recovery and wellness. Together, we will build bridges of empathy across generations of peer support specialists, providers, and community members and learn how to highlight the expertise of our young adult peers. Information will also be provided on how to join the Statewide Young Adult Leadership Council and become a Certified Young Adult Peer Support Specialist.

Advocacy: Creative Techniques to Inspire Others - Terri L. Lyon, Ph.D.; Contributing Faculty Walden University, author; Trish Lockard Family to Family Instructor

Individuals and families most directly affected by mental health policy decisions should be leaders in creating solutions. Advocacy can be more than phone calls, emails, letters, marches, and Day on the Hill. Ponder your skills, hobbies, and talents to invent creative ways to be an advocate. This workshop will help you tap into your areas of interest to create unique activism opportunities that educate, raise money, and fight stigma.

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

How do I/we find housing? How do I/we pay for housing? What's a group home really like? What are the different levels of housing? What restrictions and supports will my family member have? What can I do when my adult child keeps getting kicked out of housing? Will someone make him/her (fill in the blank)?

Panelists will discuss the challenges, options, and opportunities for finding the best supported living situation for you and your family.

Whole Health/Whole Person: Mental Well-Being - Katrina Kimble, BS, CWA, Awaken Wellness Consulting

Whole Health/Whole Person: Mental Well-Being is an interactive workshop that guides individuals to discover what is healthy/unhealthy compared to good/bad in various areas of their life. The goal is to awaken, inform and motivate individuals to be intentional and engaged in whole-person wellness to address real-life challenges. We want to shift the process of focusing on healthy & unhealthy thoughts, actions, and deeds; not good or bad.

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

The workshop will break down feelings that arise due to the personas we perpetuate on social media as well as common struggles for those with mental illness in striking a balance between transparency, professionalism, and sharing our struggle with those important to us. De-identified examples will be provided as well as examples of benefits and challenges of social media sharing for those with mental illness. Participants will walk through how to use social media as an effective coping strategy while maintaining the lines of professionalism and mitigating potential for harm.

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

This workshop is designed for current NAMI Affiliate Advocacy Representatives and those interested in the position, or those interested in helping build grassroots mental health advocate leaders. We will review the roles & responsibilities of the newly established position and discuss NAMI TN's policy goals and plans for the upcoming legislative agenda.

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

This workshop will be informative about Living Wills, Advanced Directives, Medical Power of Attorney (POAs), Last Will and Testaments, Conservatorships, types of life insurance and underwriting requirements for persons with mental health conditions and their families. We will discuss Fire Security for ALL important documents and other emergency measures with a goal of creating a financial future for ourselves and our loved ones.

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

Everyone deserves quality of life at EVERY age. This session discusses the latest statistics on mental health, the newest research on origins of brain disorders, and teaches easy techniques to start using immediately to improve mental health and wellness outcomes for every age.

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

This workshop will discuss how key aspects of nutrition perpetuate common mental health symptoms. We will demonstrate how making small adjustments in how and what we eat can affect how we think, how we feel and the progression of mental health disorders.

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

Attendees will learn about alternatives to incarceration, the difficulties of getting mental health care in correctional facilities, the criminalization of mental illness and the trauma of incarceration, and what it's like for individuals and families who have lived through it. Attendees will be presented concrete information and resources for navigating the criminal justice system.

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

This workshop will provide instruction to bringing awareness into the workplace through NAMI's new signature StigmaFree Company Program. NAMI Davidson Co. has been actively engaging this program in area businesses for the last year. The workshop will utilize tools from the program that speak separately to HR, Supervisors and Employees. Handouts will be made available to attendees.

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

"Believe it or not, not everyone agrees with what I say and do." Author Gabe Howard will read excerpts from his book and discuss what goes into each essay he writes. He'll discuss the pros and cons of being so open in writing, public speaking, and podcasting. Bring your questions, too, because he loves a good conversation.