



National Alliance on Mental Illness

nami Illinois

2008

**Mental Health
Educational State
Conference**

Hilton Lisle/Naperville

From Discovery



To Recovery

Keynote Speaker

Dr. Suzanne Vogel-Scibilia



Below the Neck: Physical Health & Mental Illness

Friday, October 17, 2008



Recent studies have revealed that people with serious mental illnesses are at high risk of early death and significant health problems due to factors that include elevated rates of smoking, poor nutrition, and side effects of medications, such as obesity and hypertension. Dr. Vogel-Scibilia, a nationally known mental health advocate and psychiatrist will concentrate on practical strategies for achieving better physical health as part of an overall plan for recovery and wellness.

Suzanne Vogel-Scibilia, M.D. is a practicing clinical psychiatrist who has had bipolar disorder since the age of fifteen. She founded and operates an independent mental health clinic in Western Pennsylvania. Dr. Vogel-Scibilia completed her residency at Western Psychiatric Institute and Clinic where she was a Laughlin Awardee for her teaching and public service. She is a clinical assistant professor at Western Psychiatric Institute and serves on the faculty of two community hospitals. Dr. Vogel-Scibilia is a consultant for psychopharmacology projects at the National Institute of Mental Health and is a grant reviewer for SAMSHA. She has served as president of NAMI National, and as Chair of NAMI's Child-Adolescent Policy Subcommittee, she oversees projects involving support and education for young families. She established a Roman Catholic mental health nonprofit organization that provides seed money for programs and undertakes projects in the United States. She is a member of the NAMI Pennsylvania Board of Directors and speaks throughout the country for NAMI state organizations and affiliates. Locally she runs a NAMI-CARE, a NAMI-CAN and a Bipolar support group. She is a Peer-to-Peer teacher and a speaker for Family-to-Family.

General Session Speaker

Dr. Petro Costa

Pharmacogenetics: An Introduction to 21st Century Medicine

Saturday, October 18, 2008

Medicine is gradually moving from the "one size fits all" model to what is now called "Personalized Medicine." This approach takes into account the individual differences in the way each one of us actually metabolizes each medicine we need to take. About one in three individuals don't metabolize most medications as indicated in clinical trials, which contributes to a huge number of unexpected reactions from mild side effects all the way to death. We have about one thousand deaths by car accidents every year in this country. But we also have one hundred and thirty thousand deaths caused by unexpected negative reactions to usual medications, including those sold over the counter. Pharmacogenetics allows us to be on target for what individual patients can handle and what they cannot.

Petronilo R. Costa, M.D., a leading child psychiatrist who has been listed for four consecutive years in the Consumer Guide as being in the top 5% of all the psychiatrists in the country, has done pioneering work since 1978 on Psychopharmacology. Over his career, he has had many teaching appointments and produced numerous presentations and publications both domestically and internationally.

Breakout Speakers: *Friday, October 17, 2009*



- ***Understanding the Overlap Among Schizophrenia, Schizoaffective Disorder, and Bipolar Disorder: A Role for Patients and Family Members***

This presentation will review the symptomatic overlap among schizophrenia, schizoaffective disorder, and bipolar disorder and how this complicates diagnosis. Research indicating genetic risk for these conditions will be reviewed and a University of Illinois Chicago research program for patients and families examining this overlap will be described.

James Reilly, Ph.D. clinical neuropsychologist and Assistant Professor, Department of Psychiatry's Center for Cognitive Medicine, University of Illinois at Chicago.

- ***Cognitive Behavior Therapy - What is It & How Do You Find It?***

Dr. Cassidy will define cognitive behavioral therapies (CBT), which are evidence-based therapies, and explain how they differ from other therapies. She will provide an overview of CBT which are known to be helpful for specific mental health disorders. Participants will learn how to locate CBT therapists and how to interview them to determine their level of skill in offering such treatments.

Karen Lynn Cassidy, Ph.D., A.C.T. – Clinical Director and Owner, The Anxiety & Agoraphobia Treatment Center

- ***The Dream Team at the Psychiatric Hospital***

Why do patients see psychiatric hospitals as punitive rather than therapeutic? Learn the impact focus groups can make to change the culture at hospitals. Learn how to transform psychiatric hospitals to be consumer and family driven. Hear first hand accounts from hospital-employed consumer and family advocates how to create a NAMI culture. Take home tools for establishing and evaluating a NAMI presence at your local hospital. Discover NAMI Illinois' Hospital Guide to help families navigate the hospital system. Regardless of your affiliate size, you can bring help and hope to patients and their families.

Patricia Doyle - NAMI DuPage Education Program Director

Patty Johnstone - Family Advocate and NAMI DuPage Outreach Coordinator

Susie Piasecki—Consumer Advocate and Consumer Recovery Support Specialist

Paula Moore - Manager of Behavioral Health, Advocate Good Samaritan Hospital, Downers Grove

Linda Richman - M.C.S.W., Advocate Good Samaritan Hospital, Downers Grove

Ann Carlson - M.C.S.W., Advocate Good Samaritan Hospital, Downers Grove

- ***Families Making a Difference in Recovery***

Family involvement in all levels of community care is encouraged and supported by DMH. Hear from state professionals, who are also family members of individuals with mental illnesses, about the critical role of family involvement in policy decision making and statewide efforts to support family-driven care. Regional Family Consumer Specialists will discuss how they were involved at their local levels, how they came to their current positions and the goals of involving families as Illinois moves forward.

Amy Starin, Ph.D., L.C.S.W., - Associate Deputy Clinical Director, Illinois Department of Human Services, Division of Mental Health, Child & Adolescent Services

Kim Miller—Family Leadership State Coordinator, Illinois Children Mental Health Partnership

Carlendia Newton, Penny Weedon, Darlene McGary and Susan Ling, Family Consumer Specialists with the Illinois Department of Human Services, Division of Mental Health, Child & Adolescent Services

Breakout Speakers:

Friday, October 17, 2009 (continued)



- ***The Anxious Brain: The Neurobiological Basis of Anxiety Disorders***

Steven M. Prinz, M.D.—Medical Director, Linden Oaks Hospital Eating Disorder Program, Naperville

- ***Essential Partnerships: Building Effective Coalitions With Local Provider Organizations***

Creating and maintaining excellent services for people with severe mental illness is an enormous challenge, particularly in the current fiscal and political environment. Stakeholders must collaborate to implement a real vision of recovery; this requires building effective partnerships. This workshop will argue that collaboration between NAMI affiliates and local service providers is more essential than ever and present practical suggestions for building effective local partnerships.

Anthony M. Zipple, Sc.D., M.B.A., Chief Executive Officer of Thresholds

- ***Animal Assisted Therapy: Just for Fun or Helpful to Recovery?***

Recent years have shown increased interest in animal assisted therapy (AAT). Use of dogs for physical rehabilitation is well documented. This program will present the Linden Oaks Hospital AAT Program to highlight the benefits of dogs in the mental health setting as a tool to assist people working toward recovery.

Lisa Mahaffey - Occupational Therapist, Linden Oaks Hospital

Camille Belpedio - Advanced Practice Nurse certified in psychiatric mental health and Coordinator for Education and Research, Linden Oaks at Edward

- ***How to Make Lemonade When Life Gives You Lemons***

This session will convey the effects of recovery. This presentation, given solely by seasoned prosumers (professional consumers) shows how treatment works and why every consumer must strive for wellness in their lives.

Carrie Atterbery - B.A., psychology and rehabilitation, Southern Illinois University, Certified WRAP facilitator, Certified Recovery Support Specialist, support group facilitator for NAMI CARE and NAMI Connection

AJ French - Coordinator of Sacred Creations, The Bridge church. WRAP (Wellness Recovery Action Plan) Recovery Educator, and a NAMI *In Our Own Voice* presenter

Jennifer Jo - B.A., psychology, Dominican University. *In Our Own Voice* presenter

Rick Techman - *In Our Own Voice* presenter, "Peer to Peer" mentor, member of the NAMI Illinois Consumer Council

- ***Biomarkers to Improve the Diagnosis of Schizophrenia***

Early in its course, the symptoms of schizophrenia and related psychotic disorders can be non-specific and inconsistent. To improve the diagnosis of these disorders, especially early in their course, biomarkers are needed. Dr. Csernansky will discuss current efforts to use neuropsychological testing and non-invasive imaging of the brain to develop such biomarkers.

John Csernansky, M.D., Lizzie Gilman Professor and Chairman of the Department of Psychiatry at Northwestern University Feinberg School of Medicine

Breakout Speakers:

Friday, October 17, 2009 - (continued)



- **Illinois' Underfunded Mental Health System - What You Can Do About It**

A panel discussion with Illinois legislators and the Division of Mental Health.

Moderated by **Hugh Brady**, NAMI Barrington. More information to follow as participants are confirmed.

- **Metabolic Risk Screening**

Consumers treated with antipsychotic agents have two to three times greater risk for developing cardiometabolic abnormalities: obesity, diabetes, and hypertension. The purpose of this presentation is to describe implementation and analysis of a check-list model for mental health professionals to identify consumers with potential cardiometabolic risks.

Mark E. Schneiderhan, Pharm.D, B.C.P.P., Board Certified Psychiatric Pharmacist, Clinical Assistant Professor at the University of Illinois at Chicago, College of Pharmacy
Catherine Batscha, Adult Psychiatric Clinical Nurse Specialist, Psychotic Disorders Program of the University of Illinois at Chicago

- **Promoting Recovery Through Family Education Programs**

This presentation reviews research on family education and support programs, and the important role families play in promoting recovery. The current evidence for establishing various programs as evidenced-based practices and program implementation issues will be discussed.

Sue Pickett-Schenk, Ph.D., Associate Professor, University of Illinois at Chicago (UIC)
Department of Psychiatry

- **Illinois Mental Health Collaborative with Questions & Answers (Invited)**

Saturday, October 18, 2008

- **Empowerment Through Advance Directives**

Advance directives are powerful documents. They allow you to decide, well in advance, how you'd like to be treated in case you can't make treatment decisions in the future. Hear from an attorney who has helped clients draft advance directives, and a person who has executed a detailed advance directive.

Laurel Spahn, J.D., Illinois Guardianship & Advocacy Commission
Alexander Magnus, B.S.M.E., Paralegal Certificate, Real Estate and Finances

- **Understanding and Ending the Cycle of Homelessness & Incarceration Through Permanent Supportive Housing.**

This workshop will discuss problems with criminalization of persons with mental illness in the country and in Illinois. It will discuss the principles of permanent supportive housing for this population, its effectiveness, and how it might be funded in your community.

- **John Fallon**, Program Manager, Corporation for Supportive Housing

Breakout Speakers:



Saturday, October 18, 2008 (continued)

- ***Life in the Community Not Confinement: Psychosocial Interventions That Support Recovery and Quality of Life for Individuals with Severe and Persistent Mental Illness***

Despite current emphasis on recovery and reinvestment of mental health dollars for community treatment options for individuals with severe mental illness (SMI), many individuals with SMI are frequently in and out of hospitals, jails, and prisons. This presentation focuses on psychosocial interventions intended to increase community tenure for these individuals.

Sandra Wilkniss, Ph.D., Director of The Thresholds Institute and Adjunct Professor of Family and Community Medicine at Dartmouth Medical College.

- ***Ending the Silence - Health Class Presentations for High School Students***

Teenagers today are the leaders of tomorrow. Experience *Ending the Silence*, an interactive presentation for high school health classes. Learn the nuts and bolts of presenting in classes. Learn what works/what doesn't. Take home tools include: a copy of the interactive power point, evaluation, postcard mailed home to parents and more. Learn how to find funding for these presentations from grant templates to marketing strategies, and learn how to help students help a friend, a family member or themselves.

Brenda Hilligoss—School Outreach Coordinator, NAMI of DuPage County

- ***If Medications Are So Helpful, Why Do People Stop Taking Them?***

As treatments for severe mental disorders continue to improve, there is a greater difference in outcomes between those patients who take their medications and those who stop. Therefore, the problem of stopping medication becomes a larger factor in explaining why some people do not benefit from treatment. While medications certainly are not, by themselves, *sufficient* for most people to achieve meaningful recovery, ongoing medication adherence is usually *necessary* for other kinds of treatments (or time) to allow for healing and meaningful recoveries to happen. Having said that, the topic of “noncompliance” or “non-adherence” is really very complicated. There are many myths and misconceptions on the part of patients, families, and clinicians alike that can obscure the true relationship between taking medication and doing better in life. This presentation will review some of the theory behind some of the illustrations, and then discuss practical ways to get better outcomes with medication.



Peter J. Weiden, M.D. - Professor of Psychiatry and Director of the Psychotic Disorders Program at the Center for Cognitive Medicine at University of Illinois Medical Center (UIC) in Chicago, Illinois.

Breakout Speakers:

Saturday, October 18, 2008 (continued)



- ***Integrated Dual Disorders Treatment (IDDT): Helping People with Co-Occurring Mental Illness and Substance Abuse Disorders***

Integrated Dual Disorders Treatment (IDDT) is an evidence-based practice that has demonstrated effectiveness in helping people with co-occurring mental illness and substance abuse disorders. It is grounded in recovery principles and embraces a harm reduction philosophy of meeting consumers wherever they are on the recovery continuum. Attendees will learn the principals, components, and interventions associated with IDDT.

Melanie Kinley, B.A., C.A.D.C., Trainer/Consultant, Thresholds

- ***The Top 60 Things You Should Know About Special Education Services for Children & Adolescents with Mental Illness***

This workshop will focus on providing parents critical information regarding their children's rights to special education services including therapeutic placements. The presentation will focus on specific special education issues faced by families and children with school age children and adolescents.

Mary "Micki" Moran, J.D., Child & Family Law Center, Highland Park, Illinois

- ***Legal Issues and Options for Young Adults with Mental Illness***

This presentation will focus on identifying common problems/dilemmas faced by parents, young adults or treatment professionals in the 18 to 25 year old age group. There will be a discussion of options including guardianship, issues under the newly amended Mental Health Code and other statutes in Illinois. The workshop will also touch on accessing services.

Mary "Micki" Moran, J.D., Child & Family Law Center, Highland Park, Illinois

- ***NAMI Affiliates & Effectiveness Criteria***

What do members see as the costs and benefits of joining a NAMI affiliate and how do they determine if their affiliate is effective? Do stakeholder groups such as consumer members, family members, and board members have different opinions? How do the answers to these questions affect membership and program planning in the affiliate? These and other questions will be addressed in this interactive workshop.

Tosha Cantrell-Bruce, Doctoral candidate in public administration, University of Illinois at Springfield

Applications have been made for Continuing Education Units (CEU) for social workers, counselors, nurses, and recovery support specialists.

Breakout Speakers:

Saturday, October 18, 2008 (Continued)



- ***New Beginnings Community Services (NBCS) Presents--Innovations in the Application of Group-As-A-Whole Work in the Treatment of Severely Mentally Ill Consumers in a Lodge Setting: Building Cohesiveness and Self-Efficacy***
There is a shortage of quality housing for consumers in Illinois. Recently, New Beginnings Community Services (NBCS) and NAMI of DuPage County launched an innovative housing option based on the Fairweather Lodge Model. The theoretical underpinnings of the lodge concept will be discussed along with a description of modifications in the version launched by NBCS. This presentation will address the utility of "Group-as-a-Whole" work in the treatment of consumers residing in a lodge setting. Results from several studies highlighting positive changes in clients' attitudes will be reviewed.

Rebecca Catalano, Lodge Coordinator, Joanna's Lodge, New Beginnings Community Services
Wendell Carpenter, Ph.D., clinical psychologist, Midwestern University/Chicago College of Osteopathic Medicine.

Diana Semmelhack, Psy.D., Associate Professor of Clinical Psychology, Midwestern University
Emma Wood, a doctoral student in Clinical Psychology, Midwestern University

- ***Smoking & Behavioral Health***
The DuPage County Health Department with the DuPage coalition against tobacco presents "Smoking and Behavioral Health." This presentation will equip you with knowledge and skills to implement successful tobacco interventions with your clients.

Kathleen Brower and Janet Noncek, health educators, DuPage County Health Department

Sunday, October 19, 2008

Affiliate Skill Building Workshop—Beth Bowsky, Region 3 Leadership Consultant, NAMI Center for Leadership Development

- **Board Development**
- **Roles & Responsibilities**
- **How Committees Get Things Done**
- **Volunteers**
- **Membership Retention & Growth**
- **Goals, Priorities & Strategic Plans**

Applications have been made for Continuing Education Units (CEU) for social workers, counselors, nurses, and recovery support specialists.



Special Events at the Conference

- **NAMI Illinois' Annual Awards Banquet** is on Friday night beginning at 6:00 pm.

These impressive individuals will be revealed at our annual Awards Dinner. Join us for an evening to honor those who have made an impact this year. All NAMI Illinois awards will be given at this evening's Awards Banquet.

- **Who will win the prestigious NAMI awards this year?**
- **Who has been elected to the Consumer Council?**
- **Who is awarded the coveted Education Award?**

- **Plans are still pending for a special Saturday afternoon session at 4:00 pm.** Watch for details. A power break will take place prior to this session with drinks and snacks.
- **Faith Service** is on Saturday from 6:00 pm to 7:00 pm. This service is open to all who wish to attend.
- **Saturday night dinner will be at 7:00 pm.** Please note time change from previous conferences.
- **NAMI After Hours** is new to this year's conference. On Saturday night from 8:00 pm to 10:15 pm, join us for entertainment and fun as we rock to **Goin' South**, a "Southern Fried" rock & roll group. *They play music made popular by Lynyrd Skynyrd, Molly Hatchet, .38 Special, the Allman Brothers, ZZ Top and others.* This band that appeals to a wide variety of audiences, from young to old and every age in-between. **Goin' South** plays music from popular bands of the past and once you hear this band, the next time you hear the original group, you will think it is this band. They are that close. Band members have energy to really liven up our party.

Sneak Peak at the 2009 Conference



Dr. Xavier Amador

An internationally sought speaker, Dr. Xavier Amador has been an *NBC News Consultant* and *Today Show Contributor* and has appeared on many other programs as an expert in psychology: e.g., *ABC World News Tonight*, *Primetime Live*, *Good Morning America*; *CBS This Morning*, *60 Minutes*. The *New York Times*, *L.A. Times*, *USA Today*, *New Yorker*, and many others have interviewed him. He has been called as an expert in the *Unabomber*, *Elizabeth Smart Kidnapping*, *Abu Ghraib prisoner abuse*, and *Zacarias Moussaoui* cases among others.

Special Conference Opportunities for Those with Mental Illness



- **NAMI Connection Recovery Support Group** for individuals with mental illness meets twice during the conference:
 - Friday, October 17, 2008 at 4:00 pm
 - Saturday, October 18, 2008 at 2:30 pm
- **Consumer Council Annual Meeting and Elections** in the Consumer Hospitality Suite: Friday, October 17, 2008 at 2:30 pm (Please note date change)
For more information about Consumer Council positions, please contact your affiliate president or the NAMI state office (800) 346-4572.
- **Consumer Hospitality Suite** is available for you to get away from the hustle and bustle of the conference activities or visit with friends. This is sponsored by the NAMI Illinois Consumer Council.
- **Consumer Conference Scholarships** for *registration only* are available. Full details are on the NAMI Illinois website or by contacting the NAMI Illinois state office at (800) 346-4572. Deadline for consumer scholarship applications is September 1, 2008.

Hotel Information

Hilton Lisle/Naperville
3003 Corporate West Drive
Lisle, IL 60532
(630) 505-0900



Please contact the hotel directly to make arrangements for overnight accommodations. Be sure to mention you are attending NAMI Illinois' conference to receive the reduced room rate of \$104 plus tax per night.

Deadline for this room rate is September 18, 2008.

Exhibitor Information



If interested in exhibiting at the conference, please contact the NAMI Illinois office at (800) 346-4572 for more information. The exhibition area will be open from Friday, October 17 at 10:30 am to 6:00 pm and Saturday, October 18 from 9:00 am until 4:00 pm. Space is limited so please call early if wanting to participate.

NAMI Land is coming to the NAMI Illinois State Conference this year. See all of the personalized items we have on display for purchase and to order as well as a large selection of books to purchase. Some of our presenters have agreed to do a book signing. Save time to browse!





Conference Registration Form

please mail with payment

Name: _____

Address: _____

City _____ State _____ Zip _____

Phone(____) _____

Email _____

NAMI Affiliate/Agency/Organization: _____

Conference Registration – non-refundable

Consumers/Students/Presenters	\$100.00
NAMI Members	\$130.00
Non-Members	\$160.00
Attending Sunday Workshop only	\$ 30.00

Registrations after 9/1/08, add an additional \$ 25.00
TOTAL \$ _____

- _____ I will be attending the Sunday Breakfast
- _____ I will be attending the Sunday Skill Building Workshop. Lunch will be served to those staying for this workshop. Be sure to indicate on your registration if you will be staying on Sunday.

Registrations are non-refundable

Special accommodations I need during the conference

(please specify) _____

Meals included in registration fee:

Friday - Lunch & Dinner; Saturday - Breakfast, Lunch & Dinner; Sunday - Breakfast

Walk-in registrations are welcome, but seating and meals are not guaranteed.

Please make checks payable and mail to:

NAMI Illinois

218 West Lawrence

Springfield, Illinois 62704

(217) 522-1403

(217) 522-3598 fax

namiil@sbcglobal.net

<http://il.nami.org/conference>