Road to RESILIENCE

2019 NAMI TEXAS ANNUAL CONFERENCE

NOVEMBER 8-9
HOUSTON MARRIOTT WEST LOOP BY THE GALLERIA
HOUSTON, TEXAS

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Molina Healthcare

The University of Texas at Austin Psychiatry Dell Medical School

The Wood Group

Seeing the PainfulHealth Community Since 1960
EXHIBITORS

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<td>Cedar Crest</td>
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<td>Joyages</td>
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<td>The Mental Health Co-Op</td>
<td>NAMI Greater Houston</td>
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CONFERENCE DONORS

Bill Matthews • Andrea Hazlitt • NAMI Gulf Coast • NAMI Greater Houston
CONFERENCE MAP

*Conference registration and Election Table are located in the Sapphire Room.

*Free Wifi will be available in the hotel lobby.

*Photography and Videography - Film and photography efforts may be ongoing during the convention. Consequently, attendees may be featured in media and NAMI Texas-related motion picture footage, still photographs or sound recordings for art, advertising, trade or other lawful purposes. By attending the convention, you grant NAMI Texas and media partners the right to use such multimedia in print, electronic or other media and waive any right to inspect or approve such multimedia.

*Please post conference pictures and video on social media using #RoadtoResilience #NAMITXCon19 or email them to officemanager@namitexas.org
### Schedule at a Glance

#### Friday, November 8th, 2019

<table>
<thead>
<tr>
<th>Time</th>
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<tr>
<td>11:00 AM-12:00 PM</td>
<td>MHM Partner Sharing Session - <em>Invitation only</em></td>
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<tr>
<td>12:00 PM</td>
<td>Registration, Exhibit Area, and Quiet Room Open</td>
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<tr>
<td>12:00-1:30 PM</td>
<td>Affiliate President, Affiliate Leader, and Executive Director Meet-and-Greet</td>
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<tr>
<td>2:00-3:15 PM</td>
<td>1st Breakout Session</td>
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<tr>
<td>4:00 PM-7:00 PM</td>
<td>Luncheon Keynote Panel Presentations: Keena Pace, Chief Operating Officer for The Harris Center for Mental Health and IDD (The Harris Center); Kim Ogg, District Attorney of Harris County; Ed Gonzalez, Sheriff of Harris County</td>
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<td>9:00 AM</td>
<td>Overview of the Day</td>
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<tr>
<td>9:30-10:45 AM</td>
<td>3rd Breakout Session</td>
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<td>Understanding Racialized Trauma from Past To Present</td>
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<td>NAMI Texas Board of Directors Meeting</td>
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<tr>
<td>3:45-5:00 PM</td>
<td>6th Breakout Session</td>
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<tr>
<td>5:30 PM</td>
<td>Exhibit Area and Quiet Room close; Conference Adjourns</td>
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<tr>
<td>7:30 AM</td>
<td>Continental breakfast and Exhibit Area open</td>
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<tr>
<td>7:30-8:10 AM</td>
<td>Peer Leadership Council meeting - <em>All peers are welcome</em></td>
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<tr>
<td>7:55 AM</td>
<td>Welcome</td>
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Friday, November 8th

TOPAZ 2
11:00 AM-12:00 PM  MHM Partner Sharing Session  *Invitation only

Noon: Registration opens & Exhibit Area opens
Location of Registration: Sapphire Room
Location of Exhibitors: Marquis Ballroom Foyer, Gallery, and Diamond/Emerald Foyer

EMERALD ROOM 1
12:00-5:15 PM  Quiet Room

TOPAZ 2
12:00-1:30 PM  Affiliate President, Affiliate Leader, and Executive Director Meet-and-Greet
2:00-3:15 PM  1st Breakout Session

DIAMOND ROOM 1

Preventing Compassion Fatigue and Secondary Traumatic Stress
Presenter: Michael Migura

Utilizing materials from the National Traumatic Stress Network Curriculum on Childhood Trauma and experience of caring for children who have experienced trauma, this presentation emphasizes the importance of caregivers making sure to take time to care for themselves. The presentation describes the signs and symptoms of compassion fatigue and secondary traumatic stress. Participants will have an opportunity to create a self-care plan during the presentation.

Michael Migura is a Senior Trainer for the Cenpatico Foster Care Program and currently leads the Centene foster care curriculum development committee. He has trained extensively in trauma-informed care and has developed specialized initiatives to target specific needs identified in the community. Michael has been a professional trainer in the Behavioral Health field since 1996 and will graduate from the University of Houston Graduate College of Social Work in May 2020.
DIAMOND ROOM 2

My Authentic Journey From Depression to Recovery
Presenter: Pam Goodfriend

Pam will inspire her audience as she shares her authentic journey from depression to recovery. Through an educational, individual and group facilitated workshop, Pam offers hope and shares daily practices including medication management and DBT skills that maintain her stability and have been paramount in her full recovery. During the 4½ years that Pam suffered from treatment-resistant depression, she never believed she would be “herself” again. You will see that through hard work and perseverance, there can be a bright light at the end of the long dark tunnel of depression. Pam is no longer who she was before her depression. In fact, she is a better version of herself than she could ever have imagined and offers hope to her audience struggling with mental illness. During this presentation Pam will teach some basic DBT skills of mindfulness, interpersonal effectiveness, emotional regulation and distress tolerance while sharing her personal wellness practices.

Pam Goodfriend, former Toastmaster and International Award Winning Speaker, is the President of “Goodfriend Speaks” (www.goodfriendspeaks.com). Pam has been a guest speaker at the UT Health Science Center Postdoctoral Program on the topic of “Stress in the Life of a Postdoc” and was deemed favorite guest speaker of 2018. She has been a mental health panelist with REELAbilities Film Festival and was interviewed by former ESPN anchor Lisa Molosky. Pam offers workshops and lunch and learns and co-facilitates a virtual support group. She is also the Director of Relocation for Nino Properties.

DIAMOND ROOM 3

Gaps in the Mental Healthcare System: Mental Health Urgent Care and Other Innovations Offer New Solutions
Presenter: Melissa Deuter, MD

Gaps in the mental health care system lead to serious shortfalls in meeting the public need. New models of care delivery are intended to fill these gaps. Mental health urgent care is an emerging model with growing success.

Dr. Melissa Deuter founded Sigma Mental Health Urgent Care in San Antonio, Texas. She is a pioneer in the field as well as the author of two books: Stuck in the Sick Role: How Illness Becomes an Identity and A Vision for Change: How to Help Someone with Addiction or Mental Illness.

EMERALD ROOM 2

In the Community: A City-Wide Approach to Faith-Based Mental Health Support
Presenters: Dr. Gary Blau and Dr. Brandon Vaidyanathan

There are a lot of questions around how to support those who struggle with mental health challenges and their families. One sector that often comes up and there are many questions around it, is faith-based communities. How should they engage and support? Can they be partners? In this presentation we will share a Faith Based Initiatives Report from San Antonio, Texas. This includes an inventory of faith-based initiatives, best practices from other cities in the US, and areas of growth and opportunity for San Antonio. In this presentation we will walk through the report, highlight key learnings relevant to any community, and give a roadmap for engaging faith-based initiatives in other communities. Attendees will learn about city-wide engagements that are collaborations across civic, clinical and faith-based organizations.

Dr. Gary Blau is a licensed clinical psychologist who joined the Meadows Mental Health Policy Institute (MMHPI) as Executive Director of The Hackett Center for Mental Health in September of 2019. Prior to that he was Chief of the Child, Adolescent and Family Branch for the federal Substance Abuse and Mental Health Services Administration (SAMHSA) where he provided national leadership for child, adolescent and young adult mental health, and created “systems of care” across the United States.

Dr. Brandon Vaidyanathan is Associate Professor and Chair of the Department of Sociology at The Catholic University of America. His ongoing research examines aesthetics and well-being in scientific careers in Italy, the UK and the US and mental health issues in religious communities. He has co-led a Mental Health Initiative in San Antonio for the H. E. Butt Foundation with projects working alongside faith communities and engaging youth workers, specifically teachers.
DIAMOND ROOM 1

Getting to “Yes!” Empowering Choice and Autonomy for Individuals with Mental Illness

Presenter: Rachel Medina and Diane Darrington, LPC

Individuals with mental illness can experience feelings of disempowerment. Oftentimes, these feelings stem from lack of autonomy and choice. Feelings of powerlessness can lead to depression and anger. This presentation is specifically geared toward caretakers, guardians, and family members looking for ways to reconcile what individuals with mental illness want with the support they need to be successful and safe. Participants will learn why choice and empowerment are important. Specific areas of focus include dignity of risk, conscious decision making and identifying wants and aspirations as well as what is important to and for individuals with mental illness. Participants will learn how to properly define a goal, how to create actionable steps to achieve that goal, and how to evaluate progress. The session will end in a group activity. Participants will be given real world problems encountered by caretakers of individuals with mental illness and asked to turn those situations into achievable goals.

Rachel Medina is Director of Resident Services at LiveOak Living Community. She holds a BA in Psychology and a Master’s in Psychological Research from Texas State University. Rachel is also the Director of the Seaton Foundation, a non-profit organization dedicated to educating the next generation of professionals in long-term care, and a board member for AAIID-Texas Chapter.

Diane Darrington is the Director of Program Development at LiveOak Living Community. She has worked in the mental health field for over 30 years. Diane has a Bachelor’s degree from the University of Arizona in Psychology and a Master’s degree in Counseling and Guidance from Pittsburg State University, Pittsburg, Kansas. She has been a Licensed Professional Counselor in Texas since 1996, and is a certified LPC supervisor.

DIAMOND ROOM 2

Silent No More

Presenter: Billy Brown

I will discuss that while silence, stigma, and fear prevented me from accepting help, my own healing and recovery became possible through healthy communication and the support of others. As a child from an abusive home, I learned family “secrets” were to stay within our walls, and weakness and mental illness were unacceptable to show. Even though I did eventually accept help for treating symptoms of bipolar disorder, I lied about experiencing other symptoms because I was certain I would never see the light of day if I shared that I had symptoms of schizophrenia as well. As my silence continued, my mental health worsened such that I gave up hope. As I entered recovery, I gave up certain unhealthy beliefs, and I learned the importance of honest, open communication. As I accepted help from others, I found support in others, and I became hopeful for the first time in my life.

After entering mental health recovery, Billy Brown became a peer support advocate at the local mental health provider and earned a second postgraduate degree. Through continued healing, Billy became one of two Specialty Court probation officers whereby he can further help others as they, too, enter recovery from addiction and even mental illness. Furthermore, as a presenter at multiple conferences and guest lecturer at several universities, Billy has been allowed to share personal experiences with hope and recovery as they relate to communication, honesty, and perseverance.
Movement, Motivation, and Mental Health

Presenter: Colleen Gardner, LPC

We often hear about the physical benefits of exercise and movement. We are told to move more to lose weight, improve our blood pressure, reduce risk of illness, and strengthen our muscles and bones, but rarely do we hear about the benefits and impact it can have on our mental health. Do you know that implementing movement in your life can help with stress levels, mood, and energy levels? In this presentation, we will learn about the importance of regular movement and exercise and look closer at how it can help with depression, anxiety, stress, ADHD, and trauma. We will also discuss tools on how to create a beginning movement/exercise plan and discuss factors that can lead to long term success.

Colleen Gardner is a Licensed Professional Counselor who works as a Behavioral Health case manager with Amerigroup where she coordinates care and assists individuals with Intellectual Developmental Delay (IDD) achieve their goals. Colleen also has a private practice where she is passionate about mental wellness. She has personally worked to achieve wellness goals and started with slow walks after her first child seven years ago to now completing her first marathon in 2019. Colleen is also a certified Mental Health First Aid Instructor.

Military Cultural Competence

Presenters: Holly Provance Doggett, MS; Margaret Gallagher, PhD; Brenda Lavar, PhD; and Casey Fogle

Serving the mental health needs of service members and veterans and their families requires both compassion and a clear understanding of what it means to be a “warrior for life.” Military service impacts the service member and the family, and that impact continues on as the service member transitions to the veteran. This session will explore characteristics of the military culture, how this culture helps and hinders those seeking help for mental health conditions, how the trend of shifting more mental health care to the private sector can create obstacles rather than access, and how to overcome those barriers and provide the treatment needed. Panel members will share perspectives from the service member/veteran and the family/caregiver point of view, while service providers will share experiences and resources that they have found helpful in working with this special population.

Holly Doggett, MS, Business Development MSML, is a community liaison at Cedar Crest Hospital and RTC in Belton, Texas. Her partner is a retired Army combat engineer who lives with PTSD, TBI, and moral injury. She is a NAMI Homefront instructor, a NAMI Family and Friends Seminar presenter, and this fall will become a Veteran Spouse Support Group facilitator.

Casey Fogle, is the Life Skills and Outreach Coordinator for the Steven A. Cohen Military Family Clinic at Endeavors, in Killeen. She’s a graduate of Kansas State University and Liberty University, with a focus on family, community, and communication. Out of 27 years of marriage, her husband was active duty for 25 before retiring. Casey’s spent the last years helping her husband and family unpack all the effects from service. She now acts as a peer facilitator and advocate for Veterans and their families.

Margaret Gallagher, PhD, is a retired RN/CNA-BC. She is an active volunteer with NAMI Greater Houston.

Brenda LaVar, PhD, is the Community Relations Administrator at WellPath. She serves as a Board Member for NAMI Greater Houston.

4:45-5:15 PM  Break

5:15 PM  Exhibit Area closes

SALONS A-E

6:30-9:00 PM  NAMI Texas Annual Awards Celebration*  *Separate ticket required/seated dinner event
We are proud to recognize the dedication, courage and hard work of the 2019 NAMI Texas Award Honorees who are mental health heroes!

**Entercom**  
*Betty Fulenwider Media Award*  
Awarded to a person who actively seeks and accurately covers stories on mental health, unafraid to report the injustices those with mental illness face and pushing to report successes in the mental health field.

**Kim Ogg and Wayne Young**  
*Charley H. Shannon Advocate for Justice Award*  
Recognizing efforts to improve legislation, laws, and conditions of the mental health arena.

**Ed Dickey**  
*Jackie Shannon Enduring Volunteer Award*  
Recognizes a NAMI member for their consistent dedication and effective work over many years not only in a local Affiliate, but also as a volunteer for NAMI Texas.

**Shane Vandergriff**  
*Mental Health Professional of the Year Award*  
For a professional that goes above and beyond the normal performance expectations to ensure excellent treatment, promote recovery, reduce stigma, and show compassion.

**NAMI El Paso**  
*Resilience Award*  
This special award recognizes extraordinary resilience in the face of adversity.

**Mary Ramirez**  
*Volunteer of the Year Award*  
For a NAMI member who has given selflessly of their time in the past year to support NAMI Texas and local Affiliate’s mission and activities.

**Alexis McDonald**  
*Youth Volunteer Award*  
A NAMI member under the age of 25 who has given selflessly of their time in the past year to support NAMI Texas and local Affiliate’s mission and activities.

**Susan Becmer**  
*Mark Korenek Consumer Quality of Life Award*  
For a peer who fearlessly shows the world what recovery means by speaking out and advocating for the rights of people diagnosed with a mental health condition.

**Mildred Witte**  
*Dedication to the Cause Award*  
Recognizing extraordinary dedication and perseverance in advancing the NAMI mission.
Mari Ledergerber is an accounting/financial professional with over 43 years’ experience in the fields of accounting, finance and investment management and with degrees in accounting, an MBA in finance, and is a CPA (Illinois), although not a practicing public accountant. Mari has held executive and managerial positions in the fields of public accounting, finance, and investment management services with major U.S. companies. Since 1993 she has been the principal of her own investment management services practice in which she provides investment management services to high net worth individuals.

Mari has been married to Jaime Ledergerber for over 43 years and they have one son, Jaime Andrew, who is the “apple of his parents’ eyes.” Mari and Jaime’s world changed forever, in 2008 when Jaime Andrew, while studying film/television production at Loyola Marymount University in Los Angeles, had his 1st psychotic break which was diagnosed as bipolar disorder I and over 11 years morphed into schizoaffective disorder. Mari and Jaime made a promise to Jaime Andrew in 2008 that “we will get through this together,” so Mari immediately moved to L.A. for 3 years leaving her investment practice, husband, family and friends for the battle of a lifetime. Mari was serious about saving her son’s life! Her Mantra became “I will never give up on my son!” Mental illness is an insidious illness that negatively affects not only the person diagnosed but the whole family. We must all strive to better the lives of those living with biological brain illnesses, just as we have for those afflicted with cancer or diabetes.

Mari believes: “It is not what you have in possessions but what you give back to Society that will fill your soul.” Mari has volunteered since she was a child in volunteer/leadership/fundraising positions with charities such as St. Jude’s Hospital, United Way, Catholic Charities, DePelchin Children’s Center, Houston Area Women’s Center, and Susan G. Komen.

At NAMI Westside L.A. Mari was a director, Chair of Affiliate-NAMIWalks, Chair of Fundraising Committee, Chair of Promotion Committee, Member of Finance and Development Committee and at NAMI Greater Houston, Mari was a director, Secretary, Vice-President, Walk Committee Chair; Chair of Strategic Planning Committee; Chair of Community Awareness Committee, and Member of Finance, Development, Volunteer and Membership Committees. Mari is committed to changing the way our society views mental illness.

For Mari, NAMI means love, support, understanding, knowledge, advocacy, friendship and the hope for a better tomorrow for Jaime Andrew and the tens of thousands like him who “really want to get better and live good lives.” Mari’s mantra, “I will not give up on my son” is one that resonates with so many parents. Mari’s promise is that she will continue to work through NAMI to eliminate Senseless Stigma, support Early Detection, educate the public about biological, treatable brain illnesses and give hope to families.

“Together we can change the world” and NAMI is a beautiful vessel to do just that.
Juanita Campbell Rasmus, is a writer, spiritual director, and contemplative with a passion for seeing people through to their best life. She co-pastors the St. John’s United Methodist Church located in Downtown Houston with her husband Rudy. Beginning with 9 existing members in 1992, thousands have joined the St. John’s family making it one of the most culturally diverse congregations in the country.

Pastor Juanita is a Certified Spiritual Director and has served as a member of the Board of Directors of Renovaré Inc. and its ministry team founded by renowned author Richard Foster. Additionally, Juanita served on the Board of her alma mater Houston Graduate School of Theology. Juanita is a Senior Fellow of American Leadership Forum Class XXIII and serves on the advisory committee for The Jung Center Mind, Body, Spirit Institute. Juanita travels speaking on spirituality and on the lessons, she learned after a life-altering dark night of the soul.

Juanita will release her first book Learning to Be: Finding Your Center After the Bottom Falls Out chroncling her experience with a Major Depressive Episode and life lessons learned from living with a mental health diagnosis. The book is being published by InterVarsity Press and is scheduled for release on June 30, 2020.

Juanita founded the Bread of Life, Inc. (a not for profit corporation) with Rudy in December of 1992 and ultimately served 500 meals per day to the homeless in the sanctuary at St. John’s for years. The Bread of Life has literally changed the landscape of Downtown Houston providing an array of services to families in peril and homeless individuals. The project currently distributes over 14 tons of fresh produce weekly to hungry families and most recently teamed up with Tina Knowles Lawson and Beyoncé along with a number of national companies and agencies to help over 100,000 flood victims recover in the wake of Hurricane Harvey in Houston.

The Rasmus’ have completed over $30 million in housing development projects created to provide housing opportunities for the previously homeless in Downtown Houston. The Temenos Community Development Corporation portfolio includes the Knowles-Temenos Apartments, a 43-unit Single Room Occupancy development, the 80-unit Temenos II Apartments, and the Temenos III Apartments, which were all designed for the most vulnerable homeless individuals in the Houston community. Twenty years ago Kelly Rowland teamed up with Beyoncé and Tina Knowles to build the Knowles-Rowland Center for Youth which, will soon become the home of The St. John’s Academy: an urban boarding school for young men to address the educational predicament of thousands in the foster care system.

After recovering from kidney cancer Juanita began a therapeutic art program facilitating the recovery and discovery of the creative self for homeless and transitioning individuals. Her goal was to tap into the power of creativity and its ability to restore individuals to meaningful and productive lives. The Art Project-Houston empowered homeless men and women to become hope-filled painters and artisans who utilized the medium of creativity to craft their own livelihood and create lives filled with new possibilities.

Juanita and Rudy have been married for 34 years and are the proud parents of two daughters, both mental health professionals, Morgan and Ryan and a phenomenal Son-in-Law, Hamilton (Ryan) and one of the cutest grandsons in the universe, Jaden.
Saturday, November 9

SALONS A-E
7:30 am Continental breakfast opens & Exhibit Area opens
*Thank you NAMI Greater Houston for sponsoring the breakfast! And thank you NAMI Gulf Coast for sponsoring coffee service!

EMERALD ROOM 1
7:30-8:10 AM Peer Leadership Council meeting *All peers are welcome

EMERALD ROOM 1
8:10 AM-5:30 PM Quiet Room

SALONS A-E
7:55 AM Welcome for the Day

SALONS A-E
8:00 AM Special Award Presentation - Outstanding Contribution to Law Enforcement & Mental Health Award
Frank Webb

SALONS A-E
8:10 AM The Wood Group scholarships presentation

SALONS A-E
8:15-9:05 AM Keynote Speaker
Dr. Alan Dettlaff, Dean of the Graduate College of Social Work at the University of Houston

Alan J. Dettlaff is Dean of the Graduate College of Social Work at the University of Houston and the inaugural Maconda Brown O’Connor Endowed Dean’s Chair. Prior to joining the University of Houston, Dean Dettlaff served on the faculty of the Jane Addams College of Social Work at the University of Illinois at Chicago. He received his bachelor’s degree in social work from Texas Christian University, and master’s in social work and PhD from the University of Texas at Arlington. Dean Dettlaff’s research focuses on improving outcomes for children and youth in the child welfare system by examining and addressing issues of structural and institutional racism that contribute to the disproportionate overrepresentation of children of color in this system.

SALONS A-E
9:05 AM Overview of the Day
9:15-9:30 AM Break
9:30-10:45 AM 3rd Breakout Session
DIAMOND ROOM 1

**What’s Going On: Suicide Rates on the Rise Among African American Adolescents**

Presenters: Lasheria Nance-Bush; Gloria Okere; and Melissa Kwende

Suicides among adolescents continue to be a growing phenomenon that affects many young people. Research in 2017 illustrated suicide has been the second leading cause of death among individuals whose ages range from 10 to 34. Recently, African Americans’ suicide rates have increased which led to this study. This study seeks to utilize a qualitative analysis on the contributing factors that have led to the increase of suicide rates within this particular group of people. In particular, this study analyzes suicide rates within the United States regarding African American adolescents and how the contributing factors of 1) one’s environment, 2) mental illness, and 3) social media have played key roles in suicide rates. The findings suggest that the factors are group-specific and which intervention strategies if implemented within this social context would negate suicide risk among African American adolescents.

**LaSheria Nance-Bush** is a former Master Peace Officer. She obtained her Bachelor of Science degree in Criminal Justice and Criminology from Sam Houston State University and Master of Science in Criminal Justice Leadership Management. She is currently in her second year of PhD studies within the Administration of Justice program at Texas Southern University. Her interest relates to the media, utilizing headlines and active shooters who are labeled as terrorists. Her current research centers around the United States of America’s print and online media’s inability to label active shooters and mass shooters as terrorists.

**Gloria Okere** was born and raised in Houston, Texas, where she has completed her second year of PhD studies in the Administration of Justice program at Texas Southern University. She has over ten years of experience working with juveniles, and her passion involves providing skills services to adolescents using a holistic approach. Her current research involves seeking ways to reform the criminal justice system as it pertains to adolescents and providing awareness of issues that affect this particular group daily. She also has over four years’ experience in the mental health field, and her hobbies pertain to seeking collaborative efforts to improve the community in which she lives.

**Melissa Kwende** obtained her B.B.A. in Management and her Masters in Health Care Administration at Texas Southern University in Houston, Texas. She is currently working at Texas Southern University while pursuing her PhD in Administration of Justice. Her research interests center on the similarities and/or differences between the criminal justice systems of developed nations and developing nations. Her current research is a study of the relationship between mental illness and criminal behavior and the effects of crisis intervention training.

DIAMOND ROOM 2

**What’s New with NAMI Education Programs**

Presenter: Patti Haynes

NAMI has been busy revising existing education programs and creating new programs. Come and learn about the changes, the roll out dates, and the new NAMI Family Support Group and Connection online support groups that service Texas, especially in the rural areas.

**Patti Haynes**, NAMI Texas Program Director, has been involved with NAMI since 1999 when she began seeking help for her son when he was an adolescent. She has served on the NAMI Texas Board of Directors and the NAMI Dallas Board of Directors along with several committees that support children and adolescents experiencing mental health challenges. Patti has a passion for supporting local NAMI Affiliates, not only when it comes to education, but also keeping them alive and strong.

DIAMOND ROOM 3

**How to Make a ROCC Star: a Novel Approach to Creating a Recovery-oriented Care Community**

Presenter: Joseph Guillory, MD

Through a partnership with Association of Persons Affected by Addictions (APAA), a community psycho-education curriculum (Recovery 101: How to Become a ROCC Star) was created. The curriculum
aimed at increasing community understanding, awareness and utilization of mental health recovery resources. This novel approach to community psycho-education was launched in South Dallas: a community identified as high risk. The presentation will cover the creation, implementation, and results of the project.

Dr. Guillory grew up in southwest Louisiana where he was first exposed to major health disparities. He pursued higher education at Baylor University where he graduated with a major in Biology, two minors in Philosophy and Biochemistry, and honors in two programs. He went on to complete medical school at McGovern Medical School at UTHealth in Houston and enter psychiatry residency at UT Southwestern Medical School in Dallas. Currently, he is in his third year of training with interest in healthcare systems/operations, community psychiatry, academic medicine, advocacy and psychotherapy. He plans on finishing his 4 years of adult psychiatry in 3 years and enter into a Child and Adolescent Psychiatry Fellowship.

EMERALD ROOM 2

Advocating for Someone with Anosognosia While Taking Care of Yourself

Presenter: Betsy Johnson

In this workshop we will equip families and friends of those living with anosognosia (lack of insight) with practical tools on how to avert crises; discuss steps that can be taken to help minimize a crisis when it does occur, and look at available options after a loved one is hospitalized or incarcerated to help promote treatment engagement such as assisted outpatient treatment and mental health court. Finally, we will end with a quick review of resources for those advocating for loved ones with anosognosia and offer tips for self-care to help family members avoid burnout.

Betsy Johnson is a Policy Advisor for the Treatment Advocacy Center, a national nonprofit organization that advocates for the reform of laws, policies and practices that prevent those with severe mental illness from receiving treatment. Her responsibilities include advocating for the implementation and expansion of assisted outpatient treatment programs in Texas and throughout the country. Prior to joining TAC, Betsy was the Associate Executive Director of the National Alliance on Mental Illness (NAMI) of Ohio for over ten years. Betsy has a degree in Political Science from the University of Houston.

TOPAZ 2

Diverting Juveniles from the Criminal Justice System

Presenters: Sarah Strang, John Jordan, and Liz Capuchina

This session will educate attendees on a new program for diverting juveniles from entering the criminal justice system. The Family Intervention and Restorative Services of Texas (FIRST) Program is a joint collaboration between The Harris Center for Mental Health and IDD, the District Attorney’s Office, The Harris County Juvenile Probation Department, and the Texas Department of Family and Protective Services. The program is designed to negate the filing of charges and allowing the family to receive services. The expectation is to empower the family unit to learn coping and communication skills necessary to avoid future law enforcement-involved situations.

Sarah Strang serves as the Program Director for the Mobile Crisis Outreach Team (MCOT) at The Harris Center for Mental Health and IDD. She holds a Bachelor of Science in Psychology from Virginia Tech and completed her Master of Education in Community Counseling at Georgia Southern University. She has worked for The Harris Center for Mental Health and IDD for 11 years in both the juvenile justice division and the crisis division. As the MCOT Program Director, she leads a team of 50 mental health professionals who provide mobile crisis services to individuals experiencing a mental health crisis in Harris County. Prior to moving to Texas in 2006, she worked as a therapist for the Glynn and Camden County Drug Court Program in Georgia.

John Jordan has been an Assistant District Attorney for nineteen years in Harris County, Texas. He is an accomplished and respected trial lawyer having tried over 100 jury trials, including twenty two murders or capital murders and twenty four sexual abuse cases. Within the District Attorney’s Office he has held leadership roles. He has been the Chief Prosecutor in three different District Courts, having the responsibility of managing an entire felony docket and supervising prosecutors under him. He has been the Chief of the Child Exploitation Section, where he worked hand in hand with ICAC Officers to conduct sting operations to apprehend online predators who were seeking encounters with juveniles. In addition, he has been the Chief of various Divisions within the District Attorney’s Office, including the Misdemeanor Division, the Grand Jury Division, the Police Intake Division, and the Felony Trial Division. In November of 2017, Kim Ogg asked him to lead the Juvenile Division and tasked him with expanding diversionary programs and improving the police intake process of juvenile cases.
Liz Capuchina is the Coordinator of Family Intervention and Restorative Services of Texas through the Harris County Juvenile Probation Department. She is currently working with the Mobile Crisis Outreach Team and the Harris County District Attorney's office in linking families to long term services within the community. She has over a thirteen year history of working with at-risk youth transitioning from various juvenile justice centers back into the community under intensive supervision. She has worked with outside vendors to provide mental health services, educational resources, substance abuse treatment and crisis intervention to reduce the risk of reoffending. She has also partnered with schools, local law enforcement and nonprofit organizations to support and assist in strengthening family units. Prior to that, she worked in the John O’Quinn Law Firm for six years. She received her Bachelor of Science in Criminal Justice through the University of Houston-Downtown.

11:00 AM-12:15 PM 4th Breakout Session

DIAMOND ROOM 1
Understanding Racialized Trauma from Past To Present
Presenter: Kamyala Howard MSW, LCSW

During this session, participants will gain a better understanding of the impact of historical and intergenerational trauma and racially evoked PTSD. The workshop will introduce the concept of “cultural” as an additional protective factor and tool for healing and explore cultural stigmas in mental health. The presenter will focus on moving beyond trauma-informed to integrating culturally-responsive and reflective trauma healing practices. Attendees will learn how to build a culture of emotional health and well-being, examine trauma healing practices in historically marginalized communities, and examine parallel trauma and the impact of vicarious trauma and transference.

Kamyala Howard, MSW, LCSW, is the founder of WE’RE DIVINE LLC. She has 22 years of result-driven experience in program, community and leadership development. Ms. Howard is a gifted and inspirational speaker and presenter. She has a proven ability to create experienced-based, innovative models that assess one’s readiness for change, increase personal accountability, dismantle barriers, create mutually inclusive environments, and build intercultural relations. Ms. Howard is a licensed mental health practitioner certified in a range of evidence-based practices and training methodologies. She received her graduate degree from the University of Minnesota with special emphasis on cultural studies, family systems, leadership and direct clinical behavioral health. She believes in making a difference one day at a time.

DIAMOND ROOM 2
The Suite Spot: Using Google Suite to Maximize Your Impact
Presenters: Katrina Anaya and Karen Ranus

Google provides a multitude of free cloud-based products for nonprofits. Now you can learn how to take advantage of these applications in this hands-on session. NAMI Central Texas’ Director of Operations will give an overview of Google Suite applications and then demonstrate how the organization has used them to: reduce staff time spent collecting and reviewing volunteer applications, more efficiently and accurately gather program data from staff and volunteers, create a dashboard with real-time class registration numbers, and make it easier for volunteers to sign up for presentations. NAMI Central Texas’ Executive Director will share how these tools have impacted the organization as a whole. You will walk away with tools and ideas to help your NAMI increase efficiency so you can devote more time to providing no-cost mental health programming to your community.

Katrina Anaya has been working at NAMI Central Texas for two years. As the Director of Operations, she oversees technology and processes for the organization. Katrina has experience with various software applications including Google Suite and nonprofit CRMs. She holds bachelor’s degrees in Psychology and Hotel Administration and a Master’s degree in Student Development Administration.
Karen Ranus is the Executive Director of NAMI Central Texas. During her 5-year tenure she has quadrupled the size of the staff, tripled the annual budget and expanded the capacity of the organization to serve more than 22,000 people in the Austin area. She sits on the Austin State Hospital Brain Health System Steering Committee, the Board of the Austin Mayor’s Health and Fitness Council, the Travis County Behavioral Health and Judicial Advisory Committee and the Advisory Committee for UT’s Center for Youth Mental Health. She has been featured as a guest columnist on mental health issues in the Austin American-Statesman, Austin MD Magazine and The Daily Texan and is a frequent speaker in the community on mental health topics. She is passionate about changing the way the community talks about and addresses mental health and believes better use of technology can help NAMI Affiliates run more efficiently, effectively and provide more impact.

DIAMOND ROOM 3

How Mental Health Fared in the 86th Legislature

Presenter: Alissa Sughrue

The state legislature meets for 140 days every other year, but a lot happens in those five months that dramatically impacts the well-being of people living with mental health issues and their families across the state. This workshop will focus on NAMI Texas’ activities during the 86th Texas Legislative Session and how mental health services in Texas were impacted. The workshop includes a brief overview of the lawmaking and budget processes as well as a discussion of major bills and budget items that passed or did not pass this session.

Alissa Sughrue has been the Policy Coordinator for NAMI Texas since 2018. She represents NAMI Texas at the Legislature, with a special focus on child/youth mental health, prevention, and trauma. She has a Master of Science in Social Work with an Administration/Policy Practice concentration and worked with youth and child welfare and juvenile justice systems prior to joining NAMI Texas.

EMERALD ROOM 2

Joining a Family with Mental Health Challenges: How Does that Work?

Presenters: Summer Smith and Mary Walker

Families grow—through marriage, birth or outreach. When you have loved ones with mental health challenges, creating a happy and functioning family dynamic is hard, especially for potential new family members who may not understand the situation and have not experienced the “history.” This presentation is from three perspectives: 1) What it was like “marrying into a family” with significant mental health challenges, 2) How we can help our new family members create a bridge of understanding, acceptance and love of our mentally ill loved ones, 3) Sharing of ideas and experiences among attendees of “what worked” in their own families.

Summer Smith is the Executive Director of NAMI Brazos Valley. She has a sibling with bipolar disorder diagnosis and a daughter with bipolar and depression diagnosis. She is also blessed with a toddler who is carefree and innocent and is a new wife to a supportive husband who loves unconditionally. Their current journey in mental health and wellness started two years ago—a journey that no parent wants to face, much less a stepparent, especially as he had never been a parent before. At its darkest point, they contemplated separation so that one parent would have to leave one child to save the other. When the denial became acceptance and the light shone through the darkness, they continued to pray and remain a family. Their journey into mental health and wellness is now their new normal.

Mary P. Walker “married into” a family where two adult siblings of her husband were diagnosed with paranoid schizophrenia which, 30 years later, still impacts their extended family. There have been many “ups and downs” as the family has tried to work together to establish lives of meaning and purpose for these siblings. Mary is a four-year board member of NAMI Brazos Valley and serves on the Finance Committee. She is also a director of the Lone Star Lions Eye Bank in Manor, and 1st vice president of the College Station Noon Lions Club.

TOPAZ ROOM 2

BridgeUp at The Menninger Clinic: Improving Adolescent Health

Presenters: Patricia Gail Bray, PhD and Sue Levin, PhD, LPC, LMFT

BridgeUp at Menninger is funding school and nonprofit partnerships in the Houston area to improve the health and well-being of at-risk adolescents. Our approach is to work with our nonprofit and school partners to create proven Social and Emotional Learning programs that include behavioral health services for BridgeUp teens. This workshop will include an interactive discussion about the risks and problems teens face today and
how BridgeUp and 48 collaborative partners are addressing some of these risks early on, before consequences interfere with the students’ academics, health and well-being. After four years, BridgeUp is beginning to see significant improvement for the 27,000 teens served as well as their parents, school teachers and administrators. This workshop will feature a dialogue led by BridgeUp and one of its Magic Grant nonprofit partners, Houston Galveston Institute.

Patricia Gail Bray, PhD, is the President of Westlake Health Consulting; the Founding Director of the BridgeUp Center at The Menninger Clinic; and holds an adjunct appointment at UTHealth’s School of Public Health. She is a passionate leader invested in bold health initiatives, social change and justice for our communities. Gail has extensive experience in three major philanthropic public health start-ups giving approximately $100 million to underserved populations. Approximately $4 million has been invested in at-risk communities through BridgeUp Magic Grants which fund initiatives with nonprofits and schools that are focused on prevention and early intervention in mental health for at-risk adolescents.

Sue Levin, PhD, executive director of the Houston Galveston Institute (HGI), and associate of the Taos Institute, is adjunct faculty for the MS Psychology program at Our Lady of the Lake University-Houston, the University of Houston-Clear Lake, and the Center for Mind-Body Medicine. Sue has experience as a clinician for over 30 years and has special interests in collaborative and dialogical relationships, social-emotional learning in schools, trauma and disaster mental health.

SALONS A-E
12:30 PM-1:30 PM
Luncheon Keynote Panel Presentations
Keena Pace, Chief Operating Officer for The Harris Center for Mental Health and IDD (The Harris Center)
Kim Ogg, District Attorney of Harris County
Ed Gonzalez, Sheriff of Harris County

Keena Pace currently serves as the Chief Operating Officer for The Harris Center for Mental Health and IDD (The Harris Center), the state-designated Local Mental Health Authority and Local Intellectual and Developmental Authority serving Harris County, Texas. In this capacity, she has oversight of the agency’s vast array of programs that provide services to over 88,000 people per year while leading collaborative efforts with community partners and stakeholders to better address the needs of those living with behavioral health and intellectual and developmental disability needs.

Kim Ogg, Harris County District Attorney, is a native Houstonian licensed by the State Bar of Texas in 1987 and recognized as a specialist in Criminal Law by the Board of Legal Specialization since 1992.

In 2016, DA Ogg was elected by a margin of more than 100,000 votes on a platform of criminal justice reform. She believes in equal justice, insuring a just process for the victim, the accused, and the community in every case and has focused her prosecutors on public safety by prioritizing prosecution of crimes against people and property.

Kim’s legal career began in 1987 as a prosecutor for the Harris County District Attorney’s Office. While serving as a Chief Felony Prosecutor, she was appointed Houston’s first Anti-Gang Task Force Director by Mayor Bob Lanier in 1994. Under her leadership, Houston’s gang crimes declined by approximately 40%. From 1999-2006, Kim served as the Executive Director of Crime Stoppers of Houston, leading that organization to international record-breaking years by capturing thousands of violent felons. From 2006-2016 Kim practiced law with her father, Senator Jack Ogg, and was managing partner of the Ogg Law Firm.

Kim now brings her strong track record of public service and 32 years of professional experience to the position of Harris County District Attorney. During the first two years of her Administration, she has successfully advanced major drug policy and bail reform, diversified the leadership of the District Attorney’s Office and effected legislative reform on behalf of crime victims.

Kim lives with her life partner of 33 years and their 20-year-old son, Jack, in the Heights, along with two dogs, two cats and two horses (not on site)!
Sheriff Ed Gonzalez, a lifelong Houstonian, was elected on November 8, 2016 as the Sheriff of Harris County. On January 1, 2017, Gonzalez became the 30th Sheriff of Harris County, Texas. The Harris County Sheriff’s Office is the largest Sheriff Office in the State of Texas, and the third-largest nationally. Sheriff Gonzalez leads upwards of 5,000 employees to protect the County’s 4.5 million residents within the 1,700 square miles of Harris County.

Sheriff Gonzalez began his law enforcement career as a civilian employee in the Houston Police Department, where he later became a police officer and rose to the rank of Sergeant. He served on the elite hostage negotiation team and was assigned to the Homicide Division as an investigator.

After serving 18 years with the Houston Police Department, Sheriff Gonzalez retired in 2009 to serve three terms on the Houston City Council representing District H. He was elected by his peers in 2010 to serve as Vice Mayor Pro-Tem and was appointed Mayor Pro-Tem in 2012 by then-Mayor Annise Parker.

Sheriff Gonzalez holds a bachelor’s degree in criminal justice from the University of Houston-Downtown, and a master’s degree from the University of St. Thomas.

Immediately upon taking office as sheriff in 2017, Gonzalez created the Office of Mental Health Policy and Jail Diversion Projects and tasked it with taking an aggressive, innovative approach to addressing the mental health crisis in the state’s largest county jail. Since then, the Sheriff’s Office has significantly increased mental health/de-escalation training and launched other innovative initiatives aimed at reducing recidivism.

In 2017, Sheriff Gonzalez oversaw the office’s response to Hurricane Harvey, the most destructive natural disaster in American history. Sheriff Gonzalez worked shoulder-to-shoulder with front-line deputies to rescue thousands of residents from flood waters.

Sheriff Gonzalez takes a strategic approach to policy decisions that places ensuring the public safety as the top, overriding priority.

In 2018, Sheriff Gonzalez’s administration implemented the office’s first body-worn camera policy, distributing the devices to front-line deputies in an effort to build public trust through transparency.

Today, Sheriff Gonzalez is a leading voice in the effort to improve our criminal justice system and enhance public safety through research-based policy making. He supports thoughtful bail policies that weigh each defendant’s risk of committing future violent acts against protecting the ability of non-violent defendants to contribute to their families and the community. Sheriff Gonzalez believes that tax payers are best served when jail cells are occupied by those who pose a genuine threat to the public safety, not low-level, non-violent defendants who simply cannot afford a few hundred dollars for bail.

Salons A-E
1:30 To 2:00 PM  NAMI Texas Annual Meeting
2:15-3:30 PM  5th Breakout Session

Diamond Room 1
Bridges to Hope: Preparing Your Affiliate to Provide Faith-Based Mental Health Training
Presenter: Karen Ranus

Because religion and spirituality often play a vital role in healing, it’s not uncommon for families and individuals experiencing mental health issues to turn to a faith leader first for help. Yet faith leaders, staff and key outreach volunteers are often lacking the information, education, and resources to be the “bridge to hope” needed as people navigate serious, sometimes life-threatening, mental health issues. NAMI Central Texas, with support from Methodist Healthcare Ministries, developed a 3-hour mental health training for faith leaders. Thanks to funding from Methodist Healthcare Ministries this training is now available to other Texas affiliates. During this session, affiliate leaders will learn more about how to launch this program effectively.

Karen Ranus is the Executive Director of NAMI Central Texas. She is on the Austin State Hospital Brain Health System Steering Committee, the Board of the Austin Mayor’s Health and Fitness Council, the Travis County Behavioral Health & Judicial Advisory Committee and the Advisory Committee for UT’s Center for Youth Mental Health. She has been featured as a guest columnist on mental health issues in the Austin American-Statesman, Austin MD Magazine and The Daily Texan and is a frequent speaker in the community on mental health topics. She is passionate about changing the way the community talks about and addresses mental health and believes engaging, creative programming is one way to accomplish this goal. She has developed four programs during her tenure as executive director. Bridges to Hope is the first program made available to other Affiliates thanks to financial support of Methodist Healthcare Ministries.
DIAMOND ROOM 2

Successful Aging and Resiliency

Presenters: Paul A. Jurek, PhD and Emily Wilson

Aging is accompanied by changes in family roles, employment, and societal views as well as changes in mental and physical health. Retirement centers, assisted living centers and the medical community are focused on the physical well-being of the aging and the elderly. The addressing of mental health concerns of those transitioning to being elderly appear to be under addressed. Valuing self-sufficiency and a bias against mental health services have led to a population not seeking nor receiving services. As baby boomers reach the end of middle adulthood and complete Erikson’s seventh stage of development, mental health services that target resiliency have the potential to assist in the ability of people to successfully navigate becoming older. In addition to becoming older themselves, this segment of the population also frequently serves as caregivers to parents, siblings, and partners/spouses. We will also explore mental health services for increasing caregivers’ resiliency.

Dr. Paul Jurek, LPC-S, LMFT-S, is the owner of a successful private practice in Denton, Texas. His doctorate is in Human Development. He has over 48 years experience in the mental health field working with individuals and families. As an adjunct professor, he has taught a graduate course on Aging. He is a long-time member of NAMI.

Emily Wilson, LPC-I, holds a Master’s in Counseling and Development from Texas Woman’s University. She has worked with children in PHP and IOP programs and their families. She is now working in a private practice setting and is passionate about working with cancer survivors and the elderly.

DIAMOND ROOM 3

Collaborative Efforts to Assess and Address Mental Health Disparity in North Texas

Presenter: Dr. Sushma Sharma

The DFW Hospital Council (DFWHC) Foundation of the North Texas Community Health Collaborative (CHC) has over 40 participating organizations including regional health systems, local mental health authorities (LMHAs) and several community-based organizations like NAMI. Together, we cover 16 counties (including four urban and 12 rural counties). In January, 2018, the CHC published the first data-driven Behavioral Health Needs Assessment (BHNA) for the North Texas region. Lack of access was identified as the key disparity. Therefore, community efforts on prevention and early detection became a priority. The CHC made a commitment to train 10,000 North Texans in Mental Health First Aid by 2020, the “10,000 Lives Program.” To date this unique collaborative has trained 5,400 individuals in MHFA. Our community efforts include addressing stigma, raising awareness, MHFA and instructor training, collaborative funding efforts, and educating the community about available provider resources and support services.

Dr. Sharma has over 15 years of postdoctoral experience in scientific research and management. She has extensive experience in conducting and managing research and community programs. She has published over 50 peer-reviewed publications in international journals, serves on the editorial board of international journals, and is an invitee reviewer for several journals. She has won several awards, most recent being Dr. Ron J. Anderson Thinking Progressively for Health and Innovation Award-Texas Public Health Association 2017. Dr. Sharma’s work has taken her all over the world. In her previous role, she worked as a Senior scientist at the University of California, Berkeley. She was a Senior scientist and lab manager at the University of Highlands and Islands in Scotland, UK. She completed her postdoctoral research fellowship from the British Heart Foundation UK, after earning her PhD from India.
EMERALD ROOM 2

The Experience of Loving Someone with a Mental Health Disorder

Presenter: Elizabeth Devine, M.Ed., LPC-S

Frequently, well-intentioned family members and those struggling with mental health issues engage in ways that are counterproductive, leaving everyone depleted and caught in a pattern that may make minimal to no progress towards substantial and sustainable change. In this presentation, Ms. Devine will discuss common concerns and beliefs that family members function from when a loved one has been diagnosed with a mental health disorder and how those foundational concepts influence relationships in the family. Participants will be offered guiding principles that can help govern attempts to better take care of oneself, partner with loved ones and engage with entities that offer treatment and care. Those with mental health challenges will gain an expanded perspective of their family members’ experience which may be helpful in fostering constructive communication. Most importantly, attendees will have an opportunity to learn how to find the support and care they so desperately need.

Elizabeth Devine, M.Ed., LPC-S, is the Executive Director for Innovation 360 Austin and a Licensed Professional Counselor Supervisor. In addition to offering organizational and clinical guidance to I 360, Ms. Devine facilitates extensive assessments with clients and family members in order to yield comprehensive treatment plans and resources for those seeking support. She also offers counseling and advocate services and speaks regularly in the community on issues related to wellness and mental health. Through her own personal experience in having a family member with a significant mental health disorder, Ms. Devine has a special place in her heart reserved for those struggling with the pain of mental health challenges as well as those who love them.

TOPAZ ROOM 2

Jail Diversion - Partnerships that Work

Presenters: Neal Sarahan, Denise Oncken, and Tom Mitchell

The prevalence and impact of criminal justice involvement for those with behavioral health concerns are well documented. Harris County (population 4.7 million) is one of the largest urban centers centers in the country and experiences this impact first hand. Over 3,800 people with a history of mental illness are arrested for minor trespassing charges in a given year. This session will provide an overview of a collaboration between NAMI Greater Houston, The Harris Center for MH and IDD, and the Harris County District Attorney’s Mental Health Division. Together, we provide pre-charge diversion options and services to reduce arrests for low-level, misdemeanor charges. NAMI In Our Own Voice and Family and Friends programs in diversion settings are aimed at reducing recidivism and increasing access to services.

Denise Oncken, a native Texan and Houstonian, has been an Assistant District Attorney with the Harris County District Attorney’s Office for over 30 years. She is currently the Bureau Chief over the Mental Health, Victim Services, Child Fatality and Juvenile Justice Divisions. She is a well-respected prosecutor with a diverse prosecution background at the Harris County District Attorney’s Office including Division Chief over Mental Health, Division Chief over Crimes Against Children, Division Chief over Child Abuse, Chief Prosecutor of several Criminal District Courts (handling Capital Murder cases), Chief Prosecutor in the Special Crimes Bureau Drug Task Force and a specialized prosecutor handling domestic violence cases as well as child sexual abuse cases. As a Division Chief over Crimes Against Children, Oncken was a founding partner in the creation of the Harris County Children’s Assessment Center and formulated the first Child Exploitation Section. Further, Oncken worked with local leaders in the creation of the Judge Ed Emmett Mental Health Diversion Center which opened in the fall of 2018. Oncken’s responsibilities also involve overseeing the chiefs and prosecutors handling all mental health dockets/courts, filing civil commitment petitions for sexually violent offenders, child homicides, and juvenile offenders. In addition, she has the newly expanded Victim Services Division serving the needs of victims of crime in Harris County.

Tom Mitchell is currently the Director of Jail Diversion Services at Harris Center for Mental Health and IDD Service. They served around 1800 persons last year. The Jail Diversion Program focuses on low level offenders with mental illness. Tom provides direction for all aspects of the program including both programmatic and administrative services.
**DIAMOND ROOM 1**

*With Great Power: Your Religion and Your Mental Health*

**Presenter:** Askala Harris

This presentation highlights that these two concepts are not mutually exclusive. They can be combined with recommendations of your healthcare provider and clergy member to demonstrate that medicine and science, as well as prayer and ritual, offer much for the human psyche. Often in a very religious state such as Texas, especially in communities of color, the stigma around seeking professional medical attention for a mental health disorder still plagues churches. However, most mainline Christian, Jewish, and Islamic denominations/sects have come out in recent years with statements on the importance of seeking outside help for psychiatric disorders. I use affirming religious statements from diverse religious doctrines on mental health, as well as a little bit of layman’s theology (not academic!), to highlight the fact that an individual can still practice one’s religion and seek professional medical help. I also present tools on how to bring that message back to one’s church and community.

Askala Harris has been a previous Affiliate Leader of NAMI Greater Longview and is proud to have brought that much-needed Affiliate back to East Texas. Since being diagnosed with a serious mental health condition in 2014, Askala has been an advocate for mental health resources and access to treatment for underserved communities. She is active in the Presbyterian Church (U.S.A.) at the local, regional and national level and is working hard to fight the stigma around mental health in communities of faith. She is an experienced leader with a demonstrated history of success in the nonprofit management sector.

**DIAMOND ROOM 2**

*Animal Assisted Therapy: Impact of Recovery in Mental Illness and Trauma*

**Presenters:** Rebecca Puchkors, MSN, RN-BC and Linda Denke, PhD, RN, CCRC

This presentation will introduce animal-assisted therapy and focus on the benefits of animal-assisted therapy for persons with mental illness and trauma. Specific examples and evidence will be presented to support the importance of animals in healing and recovery. The presentation will include planning and implementation of an animal-assisted therapy program, resources to incorporate into a variety of settings, and outcomes improving recovery for persons with mental illness that include animal-assisted therapy. Throughout the presentation different examples for animal-assisted therapy engagement in various settings will be discussed and the benefits for each explained.

**Rebecca Puchkors** is the Clinical Manager for the Psychiatry Department at UT Southwestern in Dallas, Texas. She serves as President for the Texas Chapter of the American Psychiatric Nurses Association and facilitates Competency Based Suicide Prevention Training and Recovery-Oriented Practice across the country. She is board-certified in psychiatric-mental health nursing and has a Master’s degree in nursing administration.

**Linda Denke** is a Director of Nursing Research for UT Southwestern in Dallas, Texas. She has been a nurse for over 4 decades, and began her nursing career in oncology, where she witnessed untreated depression in patients as well as caregivers. Her lived experiences with three generations of mental illness, prompted her to write Breakthrough, her first book for caregivers navigating the mental health care system. In May 2019, she released Lost & Found, a memoir about her journey through her son’s mental illness, his homelessness and eventual recovery back into law. Her latest article, “Family focused treatments for veterans with PTSD” is published in the July 2019 issue of MedSurg Nursing. She is an avid equestrian and desires to facilitate equine therapy for inpatient psychiatric patients with her colleague Rebecca Puchkors.
Panelists will share how the menu of NAMI’s mental health intervention programs provide support for teachers, school staff, parents and students to keep students emotionally and behaviorally safe when mental health conditions are involved. We will inform participants how schools use NAMI signature programs (NAMI Basics, NAMI On Campus, Parents and Teachers As Allies, & NAMI’s Ending the Silence) as part of school initiatives and improvement plans. School administrators will share successes related to adding NAMI tools for parent and student engagement.

Kelly Fox is Coordinator for Counseling and Social Emotional Learning with Fort Bend Independent School District. She is a lifelong educator with 32 years of experience, 15 of which have been in school counseling. Kelly is passionate about helping students overcome obstacles that prevent them from being successful in school and life. She is particularly passionate about helping students overcome anxiety. Kelly feels that building positive, meaningful relationships with children and teens is the key to helping kids grow into the best versions of themselves. Kelly has a Bachelors degree in Interior Design from Sam Houston State University and a Masters in Counseling from the University of Houston-Victoria. She is a graduate of Fort Bend Independent School District where she works and has lived in the Houston area most of her life. She and her husband John have one daughter and are recent grandparents. In addition to her interest in mental health, Kelly has a background in art and enjoys creative pursuits.

Carlete Metoyer is the Coordinator of School Counseling and Social Emotional Learning (SEL) in Fort Bend ISD. In this role, Carlete supports school counselors, Kindergarten through 12th grade, in implementing comprehensive counseling plans on school campuses. Carlete’s background and experience are varied, having worked in the private sector and healthcare in addition to education. She holds a Bachelor’s degree in Corporate Communication and a Master’s degree in Counseling. Carlete will obtain her full LPC licensure October 2019.

Kelly McDonald Dworaczyk has been in education for 24 years. She earned her Bachelors of Science in Secondary Education at Baylor University and her Masters of Arts in school counseling at Amberton University. She was a biology teacher at Corsicana ISD, Lewisville ISD, and Frisco ISD. This is her sixth year as a high school counselor at Kingwood High School with Humble ISD. Her rescue dog, Emmitt, was the first comfort dog trained for a Humble ISD high school as part of the Love on a Leash Program. Kelly has a son who lives with mental illness, and she is currently a co-facilitator for the Humble/Kingwood Family Support Group.

Ken Davis most recently was the principal at Jack Yates High School, School Support Officer, and principal at Dowling (now Lawson) Middle School. He has been in education for the past 28 years; the past 8 years in HISD. Dr. Davis credits his long lasting career in education to building relationships, honoring education for all students, growing and developing teachers, and working to build strong instructional and visionary leaders. He works countless hours teaching at the University of Houston to guide instructional leaders and at the Houston Community College to build reading skills for students that struggle. He speaks and presents to future leaders across the city and has worked with organizations to build and support future administrators through Columbia University, Birmingham City Schools, and mentors current principals, deans, assistant principals, instructional specialists, and teachers.
EMERALD ROOM 2

Voluntary Legal Guardianship As An Effective Treatment Plan

Presenters: Kim Winn and Ace Winn

This presentation directly addresses the benefits of a legal guardianship and the practical application of its powers to positively assist police interventions, suicidal, homicidal and mixed episodes of adult citizens of Texas diagnosed with a serious mental illness and not responding to treatment effectively. Guardianships can be extremely instrumental in the entire treatment process and can result in recovery, remission, and possibly even in becoming or returning to a taxpaying citizen status. This presentation encourages at the very least the discussion of a legal guardianship with the citizen, their stakeholders and treatment team. This is a proactive and empowering tool that is extremely underutilized. A voluntary guardianship, when agreed upon by all involved, restores the possibilities of upgrading a citizen’s level of existence in the mainstream world. Most importantly, it returns the right to pursue one’s best life.

Kim Winn is a former public school Special Education teacher with 14 years of experience and a B.A in Education/Special Ed/Psychology from National Louis University focused on emotional and behavioral disorders. She has been a full time stay-at-home mother since 1998 and a full time caregiver with legal guardianship powers granted in 2009 for her now 28-year-old son diagnosed with a serious mental illness.

Ace Winn is a 28-year-old young man diagnosed with Bipolar 1 with severe mixed episodes and psychosis. He has been hospitalized over 30 times since he was 16 years old and is a suicide survivor. Ace has been a paid mental health advocate by NAMI presenting to the Dallas Police Department and multiple other community organizations when he participated in the IOOV and ETS programs. Ace Winn was also a highlighted panel invitee in 2015 for the Hawaii State Suicide Prevention Convention and was personally sponsored by both NAMI Hawaii and Mental Health of America. Ace is an accomplished speaker with 6 years of experience as a voice over actor with Radio Disney and IMDb credits for two FUNimations anime cartoons shown on Cartoon Network, as well as being the Official Boy Voice for Radio Disney on the Disney CHANNEL.

TOPAZ ROOM 2

Mental Illness in the Criminal Justice System: How Technology Can Disrupt a Failed System

Presenters: J.C. Adams and John Colburn

Emergency rooms, jails, courts and shelters have become the dumping grounds for mental illness, costing the U.S. over $32 billion annually. Up to 50% of frequent ER users and 65% of jail inmates have a mental illness or substance use disorder. Communities’ current approach is to place social workers as ride-alongs in police cars to intercept and resolve crisis situations. However, these widely-adopted programs are costly, unsafe, and not scalable. Cloud 9’s behavioral telehealth mobile application used by the Harris County Sheriff’s Office earned national headlines for creating a new service model that has been proven to reduce ER and jail visits and EMS and MCOT calls. Learn how software can expand behavioral healthcare access, scale current diversion programs, and provide first responders with another tool to help citizens in mental health crises.

J.C. Adams, Founder & CEO, is a serial entrepreneur who’s been launching startup companies his entire career in technology, marketing, real estate and healthcare. Healthier minds became his mission due to personal loss of friends and family.

John Colburn, John is the leader for business development and sales of Cloud 9 Psych. He has decades of experience in community mental health and payor systems.

5:00-5:30 PM Break
5:30 PM Exhibit Area closes
NAMI TEXAS ELECTION INFORMATION

Meet the Candidates – Election 2019

Sally Schultz – Region 6
I lived most of my life with a personal understanding of the impact that mental illness can have on a family. I have 3 graduate degrees focused on promoting mental health and treating mental illness. I have published on mental health interventions and presented mental health content at U.S. and Canadian conferences. I believe my broad experience in community-based, hospital inpatient, hospital outpatient treatment settings with individuals having serious mental illness will be beneficial. I have designed treatment programs and measured effectiveness. With my recent retirement, I am committed to helping NAMI Texas have greater impact on Mental Health.

Elise Banks – At-Large
As a Licensed Professional Counselor, working in a clinical and private practice setting, I see the daily struggle my clients and patients face in maintaining a healthy mental life. I started Healthy Mind | Successful Life in order to provide additional therapeutic support and awareness through tools outside of my therapy office. After becoming a state and national ambassador for NAMI, I have been blessed with the opportunity to travel to many Affiliates to support their initiatives in providing services at cost to those struggling with their mental illness.

Andrew Horner – Region 9
In my 19 years in leadership, I have participated and led various enterprise-wide committees and boards. I am currently the Director of Operations for two large cities in the South Texas market. I have been involved with NAMI for 5 years. I am NAMI certified to teach Family-to-Family, facilitate Family Support Groups, and I am now a State Trainer for FSG. I am a leader for NAMI Greater Corpus Christi, where I have helped our Affiliate implement 5 different NAMI Signature Programs. I would like to use my experience to help NAMI Texas grow to support more people.

David Stout – At-Large
I serve as an El Paso County Commissioner for Precinct 2. I have served my El Paso community in this capacity for the past 5 years and am in my second term. Before running for office I served my community by working for Texas State Senator José Rodriguez, and before that I was a reporter for local news media. During my time as a county commissioner, I have focused my efforts to reform public health and by extension mental health. I have also been a walks chair and advocate for NAMI as well as for Emergence Health Network, the county’s mental health authority, of which I am the Board Vice-Chair. I am very excited for the opportunity to bring my perspective and experience to the board.
**Proposed 2019 Revisions to NAMI Texas Bylaws**

Reason: To bring the terminology in the Bylaws describing the peer council of NAMI Texas into alignment with the national NAMI terminology. NAMI now calls its “Consumer Council” a “Peer Leadership Council.” The NAMI Texas Board of Directors approved these revisions at its July 2019 meeting for adoption by NAMI Texas members. A majority of 2/3 of NAMI Texas members in good standing and eligible to cast votes at the Annual Meeting is required to adopt revisions to the NAMI Texas Bylaws. Sections in Articles V and VIII would be revised if members adopt these proposed revisions.

**Article V**

<table>
<thead>
<tr>
<th>Current Wording</th>
<th>Proposed Wording (underlined)</th>
<th>Wording if Adopted</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>NAMI Texas Consumer Council</strong></td>
<td><strong>NAMI Texas Consumer Peer Leadership Council</strong></td>
<td><strong>NAMI Texas Peer Leadership Council</strong></td>
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<td><strong>Section 1. NAMI National Consumer Council Representative</strong></td>
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<td>In each odd-numbered year, a consumer peer member shall be elected at the Annual Meeting to serve a two-year term as the Texas representative to the NAMI National Consumer Peer Leadership Council. The specific responsibilities of the National Consumer Peer Leadership Council Representative (NCR) (NPLCR) shall be outlined in the operating procedures of the Consumer Peer Leadership Council. Nominations for this position shall be according to procedures developed by the Board of Directors.</td>
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<td>In each even-numbered year, a consumer member shall be elected at the Annual Meeting to serve a two-year term as the NAMI Texas Consumer Representative to the Board of Directors. The specific responsibilities of the State Consumer Representative (SCR) shall be outlined in the operating procedures of the Consumer Council. Nominations for this position shall be according to procedures developed by the Board of Directors.</td>
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ARTICLE VIII - Committees

Section 3. NAMI Texas Consumer Council

The NAMI Texas Consumer Council (NAMITXCC) shall consist of a voting delegate and nonvoting alternate from each NAMI Texas affiliate who will be elected or appointed according to procedures outlined by the affiliate. The NAMITXCC six-person executive committee will include the Chair, Vice-Chair, and two at-large members along with the NCR and SCR. The responsibility of the council will be to cultivate consumer leaders, encourage participation in NAMI consumer education, support, and advocacy programs and initiatives, and to promote diversity and equal representation of all consumers that reside in Texas. The NAMI Texas Consumer Council will serve as a committee under the Board of Directors.

Section 3. NAMI Texas Consumer Council

The NAMI Texas Peer Leadership Council (NAMITXPLC) shall consist of a voting delegate and nonvoting alternate from each NAMI Texas affiliate who will be elected or appointed according to procedures outlined by the affiliate. The NAMITXPLC six-person executive committee will include the Chair, Vice-Chair, and two at-large members along with the NCR NPLCR and SCR SPLCR. The responsibility of the council will be to cultivate peer leaders, encourage participation in NAMI consumer peer education, support, and advocacy programs and initiatives, and to promote diversity and equal representation of all consumers who reside in Texas. The NAMI Texas Consumer Council will serve as a committee under the Board of Directors.

Current Wording

Proposed Wording (underlined)

Wording if Adopted

Section 4. Vacancies

In the case of any vacancy of either the NCR or SCR, the Executive Committee of the NAMITXCC (NAMITXCC) shall appoint the consumer or consumers who shall fill the vacancy for the remaining unexpired term or terms, subject to the approval of the Board of Directors.

In the case of any vacancy of either the NCR NPLCR or SCR SPLCR, the Executive Committee of the NAMITXPLC (NAMITXPLC) shall appoint the peer or peers who shall fill the vacancy for the remaining unexpired term or terms, subject to the approval of the Board of Directors.

Current Wording

Proposed Wording (underlined)

Wording if Adopted

Section 2. Standing, Special, and Study Committees

The Board of Directors shall provide for the creation of an Audit Committee, a Finance/Development Committee, a Bylaws/Governance Committee, a Nominating Committee, and other suitable standing committees and special Ad Hoc committees as needed.

The President, prior to approval by the Board of Directors, may form study committees. The Board of Directors shall also provide for the establishment of a state Consumer Leadership Council.

The President shall make all appointments to committees, except for the Consumer Council, subject to the approval of the Board of Directors. The Board of Directors will develop procedures for all committees, except the Consumer Council. Procedures for the Consumer Council will be developed by the Consumer Council, subject to the approval of the Board of Directors.

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2019 NAMI Texas Annual Conference

Thank you to the 2019 NAMI Texas Conference Committee and Awards Celebration Committee

Linda Cantu
(Chair of the Conference Committee)

Yvonne Broach

Aimee Mobley Turney

Elise Banks

Andrew Horner

Angela Horner
(Chair of the Awards Committee)

Jesse Flores

Linda Denke

Shveta Pillai

#RoadtoResilience  #NAMITXCon19