



Honoring Diverse Perspectives NAMI Maine's 6th Annual Conference

KEYNOTE SPEAKERS



DR. PAT DEEGAN

Opening Keynote

Patricia E. Deegan Ph.D. is a principal with Pat Deegan & Associates. For over 30 years Pat has been a thought leader and disruptive innovator in the field behavioral health recovery. Pat founded a company run by and for people in recovery. The mission: To safeguard human dignity by bringing individual voice and choice to the center of the clinical care team. Toward this end she developed the [CommonGround Program](#) that includes the award winning CommonGround software, the online Recovery Library, the CommonGround Academy for peers and practitioners, and the Hearing Distressing Voices Simulation. Since 2009 Pat has worked as a consultant helping to develop and evolve the OnTrackNY model for coordinated specialty care teams for young folks experiencing early psychosis. Pat is an activist in the disability rights movement and has lived her own journey of recovery after being diagnosed with schizophrenia as a teenager. She has held a number of academic appointments, has numerous publications, and has carried a message of hope for recovery to audiences around the world. She received her doctorate in clinical psychology from Duquesne University.



AJ MENDEZ

Closing Keynote

AJ Mendez is a mental health speaker and advocate, former professional wrestling champion with the WWE, and the *New York Times* Bestselling author of *Crazy Is My Superpower*. Her memoir is being developed for television by Emmy nominated producers EUE Sokolow, in which she will write and executive produce. She has 6 million incredibly engaged followers across Twitter and Instagram @TheAJMendez.



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MORNING SESSIONS



FINDING YOUR OWN PERSONAL MEDICINE: NAMI MAINE STAFF EXAMPLES

PRESENTERS: Jenna Mehnert, MSW, Executive Director; Shelley O'Brian, Director of Finance and Operations; Greg Marley, LCSW, Clinical Director; Lynne Schmidt, Region 1 Respite Manager
STAFF MODERATOR: Libby Wright, Youth Programs Coordinator

Dr. Pat Deegan's keynote outlines what personal medicine is and why it is important. This session will provide attendees with examples of personal medicine tools for mental wellness utilized by NAMI Maine staff. The goal of this workshop is to empower participants to cultivate their own wellness plans.



HEARING VOICES

PRESENTER: Nicole Foster, Suicide Prevention Program Manager and Speaker's Bureau Member
STAFF MODERATOR: Ian Roig, Peer Center Manager

NAMI Maine utilizes Dr. Deegan's program, Hearing Voices, to enable participants to engage in planned tasks while listening to recorded voices that mirror an auditory hallucination experience on MP3 players. This workshop provides a tool to gain perspective and empathy toward those living with hallucinations.



DIVERSE PERSPECTIVES: IMPACT OF SUICIDE ON FAMILIES

PRESENTERS: Tonya Bailey-Curry and Ronnie Turner
STAFF MODERATOR: Mae L'Heureux, MPH, Youth Programs Manager

A panel of family members impacted by the loss of a loved by suicide will share their experience and how their different family roles shaped their experience and response to the loss.



SUPPORTED DECISION-MAKING

PRESENTERS: Staci Converse, Esq. and Kevin Voyvodich, Esq. of Disability Rights Maine
STAFF MODERATOR: Natalie Petrone, OTD, Director of Family Programs

Maine law governing guardianships has recently changed. The changes created the expectation of shared decision-making between the guardian and the individual, when and to the extent possible. This change was made to reflect a strong value for the right to self-determination and create the legal expectation that peers are involved in their own treatment planning.



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MORNING SESSIONS (continued)



INFORMING LAW ENFORCEMENT'S RESPONSE: FAMILY AND PEER INVOLVEMENT IN CRISIS INTERVENTION TEAM (CIT) TRAINING

PRESENTERS: Hannah Longley, LCSW, Director of Community Programs and Bill Baker, CIT Law Enforcement Coordinator

STAFF MODERATOR: Carly Allen, Community Programs Coordinator

The Crisis Intervention Team Training Program is the gold standard for training law enforcement to respond to a person in a mental health crisis. The engagement of peers and family members in the delivery of the model are core aspects. Learn about the CIT model and opportunities for family member and peer engagement.

AFTERNOON SESSIONS (continued)



PARTNERING WITH YOUR PRIMARY CARE PROVIDER

PRESENTERS: To Be Announced

STAFF MODERATOR: Mae L'Heureux, MPH, Youth Programs Manager

Diabetes, heart attacks, Parkinson's and high blood pressure are some of the physical health conditions that can cause depression. Primary Care providers are the front line for promoting mental wellness yet visits to primary care doctors do not always include conversations about mental health. This workshop will discuss tools to use when meeting with your primary care provider and the value of functional medicine.



DE-ESCALATING ELEVATED EMOTIONS

PRESENTERS: Bill Baker, CIT Law Enforcement Coordinator with Respite Regional Managers: Haley Gauvin, Claudia Watson, and Lynne Schmidt

STAFF MODERATOR: Natalie Petrone, OTD, Director of Family Programs

Supporting a person experiencing elevated emotions requires more than just empathy. Any one of us can find ourselves overwhelmed with emotion that overrun our systems and limit our ability to regulate our responses. Effective de-escalation is a skill that involves both what you do and what you say. Whether you are a respite provider, a family member, or a peer, effective de-escalation is an important tool for supporting others. Legal expectation that peers are involved in their own treatment planning.



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AFTERNOON SESSIONS (continued)



COLLABORATIVE SAFETY PLANNING FOR FAMILY MEMBERS

PRESENTERS: Hannah Longley, Director of Community Programs and Nicole Foster, Suicide Prevention Program Manager

STAFF MODERATOR: Rob Ellis, MBA, Director of Family Respite Program

Thoughts of suicide are common. Life can be overwhelming. Emergency rooms are not the only option. Being comfortable engaging with someone about their suicidal thoughts and having the skills to develop a safety plan with a close friend or family member can save lives. While sometimes viewed as coercive, truly collaborative safety plans are intended to serve as a tool or road map for a person when they are struggling. This session will provide friends and family members with the basic skills to develop a plan.



ADVANCES IN MEDICATION TO TREAT PSYCHOSIS

PRESENTERS: Peter J. Weiden, M.D.

STAFF MODERATOR: Greg Marley, LCSW, Clinical Director

Medication can be an effective tool for decreasing the impact of mental illness on an individual and improving their quality of life. Medications to treat psychosis have historically had profoundly negative impacts on peers and decades of over-medicating resulted in a host of negative physical health outcomes for individuals. Recent advances in research related to the impact of anti-psychotic medications have provided valuable insight into how to create better medication options. Valuable research insights will be provided during this session.