



## PROMOTING WELLNESS THROUGH SOCIAL JUSTICE

# ALTERNATIVES

SEPTEMBER 29 – OCTOBER 3, 2010  
ANAHEIM, CALIFORNIA

**HOTEL INFORMATION:** The Alternatives Conference will be held at the Hyatt Regency Anaheim Hotel. The conference rate of \$119 is for a single, double, triple, or quad room. Suites are also available for a conference discount rate of \$149 (one bedroom) to \$189 (two bedroom). Reservations can be made at [www.power2u.org/alternatives2010](http://www.power2u.org/alternatives2010) or by calling 800-233-1234 and asking for the Alternatives 2010 group rate. The discounted rate is available from September 23 through October 6, 2010; book early to guarantee a room at these rates. The Hyatt Regency Anaheim has many accessible rooms for people with physical disabilities.

Anaheim is a great location, featuring a variety of fun activities and local attractions. The Hyatt is close to shopping and restaurants, with a free shuttle to Disneyland. The hotel has two outdoor heated pools, hot tubs, tennis courts, and a 24-hour indoor gym.

**PARKING:** Parking is available at the hotel. The reduced self-parking rate for the conference is \$10 a day with in/out privileges.

**TRANSPORTATION:** The closest airport is John Wayne Orange County Airport (SNA); Long Beach (LGB) and Los Angeles (LAX) airports are also nearby. Visit [www.power2u.org/alternatives2010](http://www.power2u.org/alternatives2010) for more information.

**EXHIBITS:** Alternatives 2010 invites individuals, organizations, providers and businesses to participate in the conference exhibits. All exhibitors will be included in the official conference program. Complete an exhibit agreement at our website by September 1, 2010.

**CAUCUS SESSIONS:** Each year Alternatives provides a forum for networking and discussing important issues with peers from around the country. Caucus sessions will be 7 – 8:30 p.m. Thursday, Friday and Saturday evenings. To apply for a caucus session, complete the form at our website by August 14, 2010.

**SCENT-FREE CONFERENCE:** To respect the needs of all participants, please do not use perfume, cologne or strongly scented creams or cosmetics at the conference.

**SPECIAL CONSIDERATIONS:** If you will need any type of special assistance while participating in conference activities (such as special diet, language interpretation, American Sign Language, etc.), please note in the "special considerations" section of your registration form and send by August 15, 2010.

## 2010 KEYNOTE SPEAKERS

- **Pamela Hyde, JD**, Administrator, Substance Abuse and Mental Health Services Administration (SAMHSA)
- **How Consumers Can Play a Role in Health Care Reform** - Panel Discussion
- **Black Men Speak! African-American Men Tell their Story**
- **Robert Whitaker**, Journalist and author of *Anatomy of an Epidemic* and *Mad in America*
- **Mark Ragins, MD**, Co-founder, Village ISA and author of *The Road to Recovery*

## A SAMPLING OF THE MANY WORKSHOPS & INSTITUTES

### CAPACITY BUILDING

- Action Planning for Community Participation
- Grassroots Social Justice Fundraising: Tools and Tips
- Career Visions: Young Adults and Self-Directed Career Planning
- Parenting Through the Storm: Sharing Stories, Lessons, and Support
- Compassionate Conversations: Choosing Effective Strategies by Using Principles of Nonviolent Communication

### INDIVIDUAL AND COLLECTIVE WELLNESS THROUGH THE ARTS

- Using Performing Arts as a Wellness Tool
- Behind the Mask: Using the Arts to Challenge Stigma
- Journaling for Empowerment, Self-Advocacy, and Social Justice
- ART, Jive and Mo'- Art, Experience and Movement
- Join the Digital Video Revolution: Using Video to Tell Stories and Inspire Change
- Healing Through the Use of Art: Pillows of Unrest

### SOCIAL INCLUSION AND COMMUNITY MEMBERSHIP

- The Puzzle of Facilitation: Tips to Being an Effective Peer Group Leader
- Taking Action to Promote Wellness and Social Inclusion
- Changing Lives through Resident-Run Affordable Housing
- Skill-Building + Support = Successful Employment
- The Art of Facilitating Self-Determination

### SYSTEMS RESTRUCTURING

- Youth 'n Action! Youth Voice in Public Policy for Social Change
- How to Advance Social Justice Using Advanced Systems Advocacy
- Shared Decision Making in Mental Health: Tools to Help Make it Happen
- Promoting Wellness in Our Communities through Consumer Action Research
- Veterans' Peer Self Advocacy and Peer Support

### HONORING DIVERSITY

- La Familia Perspective: Social Justice, Cultural Competence, and Mental Health Issues for Latinos
- A Year Later: The Navajo Peer Program and Lessons Learned on the Journey
- A Vietnamese Perspective on Recovery and Wellness

### WELLNESS AND INTEGRATED CARE

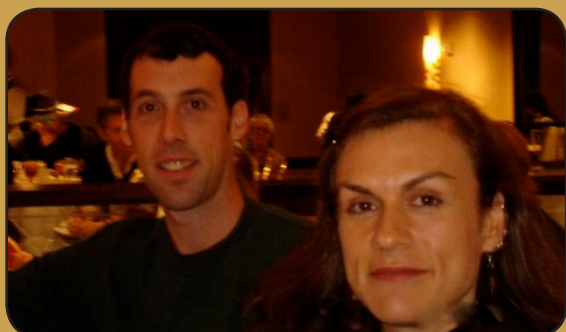
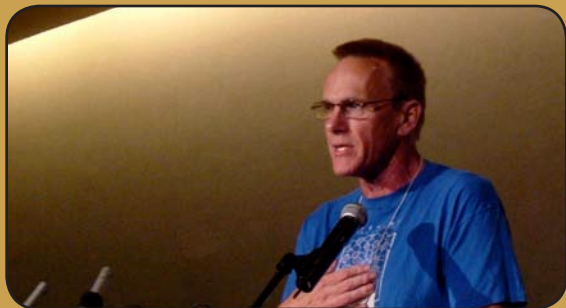
- Mental Health and Spirituality: A Holistic Approach to Wellness
- Trauma-Informed Peer Engagement: Making Meaning of Our Lives
- Self-Care Approaches for Longevity
- Tobacco: History, Impact and Solutions for the Mental Health Community

# ALTERNATIVES 2010 CONFERENCE

## SCHEDULE-AT-A-GLANCE

### HIGHLIGHTS:

- » Each morning will begin with a keynote session.
- » Daily luncheons provide attendees with an excellent opportunity for networking and uniting.



### WEDNESDAY, SEPTEMBER 29, 2010

- 2:00 p.m. .... Registration Open
- 4:00 p.m. - 5:00 p.m. .... Newcomer Orientation
- 6:30 p.m. - 8:30 p.m. .... Dinner & Opening Session

### THURSDAY, SEPTEMBER 30, 2010

- 6:45 a.m. - 7:30 a.m. .... Yoga, Tai Chi, Meditation & Writing
- 7:00 a.m. - 8:30 a.m. .... Breakfast
- 8:30 a.m. - 9:30 a.m. .... Welcome Session
- 10:00 a.m. - 11:30 a.m. .... Workshop Sessions I
- 11:30 a.m. - 5:30 p.m. .... Exhibit Hall Open
- 12:00 Noon - 1:15 p.m. .... Luncheon
- 1:30 p.m. - 3:00 p.m. .... Workshop Sessions II
- 3:00 p.m. - 3:30 p.m. .... Refreshment Break
- 3:30 p.m. - 5:00 p.m. .... Workshop Sessions III
- 5:00 p.m. - 7:00 p.m. .... Dinner on your own
- 7:00 p.m. - 8:30 p.m. .... Caucus Sessions

### FRIDAY, OCTOBER 1, 2010

- 6:45 a.m. - 7:30 a.m. .... Yoga, Tai Chi, Meditation & Writing
- 7:30 a.m. - 8:30 a.m. .... Breakfast
- 8:30 a.m. - 9:30 a.m. .... Keynote Session
- 10:00 a.m. - 11:30 a.m. .... Workshop Sessions IV
- 11:30 a.m. - 5:30 p.m. .... Exhibit Hall Open
- 12:00 Noon - 1:15 p.m. .... Luncheon
- 1:30 p.m. - 3:00 p.m. .... Institute Sessions / Part 1
- 3:00 p.m. - 3:30 p.m. .... Refreshment Break
- 3:30 p.m. - 5:00 p.m. .... Institute Sessions / Part 2
- 5:00 p.m. - 7:00 p.m. .... Dinner (on your own)
- 7:00 p.m. - 8:30 p.m. .... Caucus Sessions
- 8:30 p.m. - 11:00 p.m. .... Open Mic

### SATURDAY, OCTOBER 2, 2010

- 6:45 a.m. - 7:30 a.m. .... Yoga, Tai Chi, Meditation & Writing
- 7:30 a.m. - 8:30 a.m. .... Breakfast
- 8:30 a.m. - 9:30 a.m. .... Keynote Session
- 10:00 a.m. - 3:30 p.m. .... Exhibit Hall Open
- 10:00 a.m. - 11:30 a.m. .... Workshop Sessions V
- 12:00 Noon - 1:15 p.m. .... Luncheon
- 1:30 p.m. - 3:00 p.m. .... Workshop Sessions VI
- 3:00 p.m. - 3:30 p.m. .... Refreshment Break
- 3:30 p.m. - 5:00 p.m. .... Workshop Sessions VII
- 5:00 p.m. - 7:00 p.m. .... Dinner (on your own)
- 7:00 p.m. - 8:30 p.m. .... Caucus Sessions
- 9:00 p.m. - 12:00 midnight .... Dance Party

### SUNDAY, OCTOBER 3, 2010

- 9:00 a.m. - 12:00 noon Brunch/Closing Session and Wrap-Up

# ALTERNATIVES 2010 REGISTRATION FORM

Complete & Submit via Mail, or Fax, or Register Online at [www.power2u.org/alternatives2010](http://www.power2u.org/alternatives2010)



Name: \_\_\_\_\_ Nickname for badge: \_\_\_\_\_

Group/Organization: \_\_\_\_\_

Address (  home  work ): \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Emergency contact: \_\_\_\_\_ Relationship: \_\_\_\_\_

Contact's primary phone: \_\_\_\_\_ Contact's alternative phone: \_\_\_\_\_

Special Considerations (must be requested by August 15, 2010 - diet, accessibility needs, etc).

(please be specific): \_\_\_\_\_

Interpretation needs:  Spanish  Vietnamese  ASL  other \_\_\_\_\_

Have you attended an Alternatives Conference previously:  Yes  No

T-Shirt Size:  Small  Medium  Large  X-Large  2x  3x  4x  5x  6x  7x Other: \_\_\_\_\_

**Conference Fees:** Includes all workshops, institutes, plenary sessions, caucuses and Wednesday, Friday and Saturday evening events. Hotel Room is not included.

**Food Events:** Please select only the events you WILL attend. You can only attend events that are included in your Registration Type.

	<b>Early Bird</b> <small>(deadline July 15)</small>	<b>Regular</b> <small>(July 16 – Aug. 31)</small>	<b>Onsite</b> <small>(Sept. 1 - onsite)</small>
<input type="radio"/> <b>Full Registration</b> (includes Wednesday evening dinner; breakfast and lunch Thursday - Saturday; Sunday breakfast)	\$350	\$400	\$425
<input type="radio"/> <b>One-Day Registration:</b> (includes workshops, institutes and food functions on one specific day) (indicate day): <input type="radio"/> Thursday <input type="radio"/> Friday <input type="radio"/> Saturday	\$135	\$150	\$165
<input type="radio"/> <b>Wednesday Only:</b> (includes opening session and dinner)	\$50	\$50	\$50

<b>Details</b>	<b>Date</b>
<input type="radio"/> Wednesday Opening Session & Dinner	Sep. 29, 2010
<input type="radio"/> Thursday Breakfast	Sep. 30, 2010
<input type="radio"/> Thursday Luncheon	Sep. 30, 2010
<input type="radio"/> Friday Breakfast	Oct. 1, 2010
<input type="radio"/> Friday Luncheon	Oct. 1, 2010
<input type="radio"/> Saturday Breakfast	Oct. 2, 2010
<input type="radio"/> Saturday Luncheon	Oct. 2, 2010
<input type="radio"/> Sunday Brunch & Closing Session	Oct. 3, 2010

Total Registration Fee Due for Option(s) Selected \$ \_\_\_\_\_

**Payment Options:** *Refund Policy – Cancellations must be received in writing. If cancellation is requested before Sept. 1 you will receive a full refund, minus a \$35-per-person administration processing fee. After Sept. 1 registrations will not be refunded. Registrants who are no-shows for the conference will not receive a refund.*

Check/Money Order – Make payable to Alternatives 2010/NEC and enclose with registration form)

Credit Card  MasterCard  VISA  AMEX  PO No. \_\_\_\_\_

Card Number: \_\_\_\_\_ Exp. Date: \_\_\_\_\_ 3 or 4-digit code: \_\_\_\_\_

Cardholder Name: \_\_\_\_\_

Billing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Signature: \_\_\_\_\_ Phone: \_\_\_\_\_

**Registrations submitted without payment or a purchase order document from the sponsoring organization will NOT be processed. Payment or a PO is required for registration.**

**Online:** [www.power2u.org/alternatives2010](http://www.power2u.org/alternatives2010)

**E-mail:** [meetings.admin@horizonmeetings.com](mailto:meetings.admin@horizonmeetings.com)

**Mail:** Alternatives 2010  
c/o Horizon Meetings, P.O. Box 500209  
Austin, TX 78750

**Questions:** Desirae Carson - (888) 776-1286 Ext. 103

**Fax:** (512) 336-1238

## Are you interested in reserving space for an exhibit or caucus session?

If you would like to apply for a Caucus or Exhibit, please go to [www.power2u.org/alternatives2010](http://www.power2u.org/alternatives2010) and complete the Exhibit or Caucus forms. Space is limited.

## CONFERENCE HIGHLIGHTS

### Language Interpretation Available Upon Request

Alternatives 2010 is committed to making this conference accessible to people of diverse cultures. Interpretation will be available in Spanish, Vietnamese, ASL, and other languages; *requests must be indicated on the registration form by August 15*. In addition to language interpretation, select workshops will be in Spanish and Vietnamese.

### Cultural Drop-in Center

Visit the cultural drop-in center for a variety of inspiring activities, including dialogues and presentations. A space for people of diverse backgrounds and cultures to connect, share, and support one another.

### Health and Wellness Fair

Please visit the health and wellness fair for complementary screenings for metabolic syndrome, diabetes, and other common health issues. In There will be information on wellness and complementary approaches to health care, and relaxation and meditation techniques.

### Open Mic *Express yourself!*

**Friday, October 1, 8:30 – 11:00 p.m. Sign-up begins at 7:30 p.m.**

Hit the mic and speak your truth! Individuals and groups are invited to perform, preferably on topics related to recovery, wellness and social justice (limited to five minutes). All types of performances are encouraged: dance, song, poetry, narrative, and stand-up comedy.

### “California Dreaming” Dance Party

**Saturday, Oct. 2, 9:00 p.m. – 12:00 midnight**

Join us for the fun, and dress to express what California means to you! Refreshments will be provided.

### Open Art Studio with Dylan Scholinski

Dylan Scholinski, author of *The Last Time I Wore a Dress* and Founder/Witness of Sent(a)Mental Studios, will be hosting an open studio with opportunities to make original art around a common theme, or just to do your own thing! Art supplies will be available. Visit the Open Studio and let your creativity flow in a supportive and nurturing atmosphere.

### Invitation to Youth

Individuals involved in the youth movement are especially encouraged to attend Alternatives 2010. We have a lot to learn from youth and look forward to meaningful engagement together.

### Psychiatric Service Dog Training Available

There will be an opportunity for service dogs to have training sessions at the conference. Joan Esnayra of Psychiatric Service Dog Society ([www.psychdog.org](http://www.psychdog.org)) has arranged this training by “the dog whisperer.”

Funding for this conference was made possible in part by Grant No. SM56680 from the Substance Abuse and Mental Health Services Administration. The views expressed in written conference materials or publications and by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.



## REMEMBER TO...

FILL OUT THE REGISTRATION FORM COMPLETELY and send with full payment by check, money order, or credit card.

To get the lowest rates, register by July 15, 2010.

Note: Registrations received without payment or valid purchase order will not be processed.

INDICATE ANY SPECIAL CONSIDERATIONS, including language interpretation needs, on your registration form and return it as early as possible. (DEADLINE: August 15, 2010.)

We may not be able to accommodate special considerations after the deadline.

MAKE HOTEL RESERVATIONS BY September 7, 2010, TO RECEIVE THE DISCOUNTED CONFERENCE RATE.

Call early for best availability of rooms, including accessible accommodations.

MAKE ALL OF YOUR TRAVEL ARRANGEMENTS EARLY (bus, plane, train, reserving a rental car, etc.) to guarantee availability and the best rates.

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**JOIN US** in Anaheim at Alternatives 2010, as we promote wellness through social justice.

## PROMOTING WELLNESS THROUGH SOCIAL JUSTICE

Wellness and social justice are inseparable and interwoven; likewise, each individual is deeply connected to a greater collective. This year's conference will focus on strategies to increase the health and wellness of individuals and communities through taking action for social change.

WE ARE DELIGHTED TO HOLD ALTERNATIVES 2010, in ANAHEIM, CALIFORNIA. For 40 years, California's mental health consumer/survivor movement has worked to promote civil rights and social justice, resulting in ground-breaking legislation such as the Mental Health Services Act. California has also long been at the forefront of the wellness and holistic health movements, which seek to integrate mind, body, and spirit and to empower people to have a stronger voice and greater choice regarding their health and well-being.

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