Table of Contents

Newcomer Orientation ...................... 3
Exhibit Hall ..................................... 4
Important Notes .............................. 4
Arts Experiences .............................. 5
Multicultural Activities ...................... 5
Peer Support ................................... 6
Health and Wellness Fair ................... 6

WEDNESDAY, DECEMBER 4, 2013
Welcome Luncheon ......................... 7
Concurrent Sessions ...................... 8-11
Caucus Sessions ............................. 11
Film Festival ................................. 12

THURSDAY, DECEMBER 5, 2013
Keynote Session ............................. 13
Luncheon ...................................... 15
Concurrent Sessions ...................... 14-18
Caucus Sessions ............................. 19
Film Festival ................................. 20

FRIDAY, DECEMBER 6, 2013
Keynote Session ............................. 21
Concurrent Sessions ...................... 22-27
Caucus Sessions ............................. 28

SATURDAY, DECEMBER 7, 2013
Concurrent Sessions ...................... 30-31
Luncheon and Closing Session .......... 29

Bios of Presenters ......................... 32-47

Funding for this conference was made possible in part by Grant No. SM59965 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.

Alternatives conferences require the collaboration and hard work of many people and organizations. We would like to express our special thanks to the following people and organizations that contributed their time, ideas, and support to make Alternatives 2013 a success:

- **The Alternatives 2013 National Advisory Committee** for sharing valuable insight, advice, ideas and other support, and the Local Planning Committee for sharing local contacts, and carrying out on-the-ground support.

- **The Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Mental Health Services (CMHS)** for an ongoing commitment to supporting Alternatives and the recovery of consumer/survivors.

- **SAMHSA/CMHS, the Hogg Foundation, Via Hope, Texas Department of State Health Services**, and all others who provided scholarships to people who otherwise would be unable to attend Alternatives this year.

- Thank you to all the local volunteers for generously contributing their time and energy to make the conference a success.

- Thank you to: Lisa Boulanger, Amy Smith, and Ty Smith for coordinating the conference arts activities; Mark Davis and Greg Dicharry for emceeing the popular Open Mic night; and Tanya Naranjo Glorioso and Maria Ostheimer for their efforts to ensure multicultural inclusion and diversity.

- **Horizon Meetings, Inc.—Paula Bigan, Tom Guyton, Alice Sasser, Debra Coe, and Lisa Gallo** for logistical support as conference planners with heart, talent, and expertise to help carry out a professionally organized conference.

Alternatives 2013 Advisory Committee

Oryx Cohen, MA  
Daniel B. Fisher, MA  
Judene Shelley, UT  
Leah Harris, VA  
George Badillo, NY  
Gayle Bluebird, DE  
Lisa Boulanger, MA  
Treasure Britt, AR  
Iden Campbell, DC  
Nora Candey, OR  
Jeremy Countryman, FL  
Nicole Currier, OR  
Donna Diamenta, OR  
Lisa Forestell, MA  
Fred Friedman, IL  
Tanya Naranjo Glorioso, VA  
Lauren Grimes, MD  
Tammy Heinz, TX  
Jennifer Hollowell, NC  
Gary Hurst, TX  
Jennifer Jones, TN  
Seamus Kennedy, OR  
Shae Leggett, OK  
LaVerne Miller, NY  
Amy Pierce, TX  
Catherine Quinerly, MA  
Susan Rogers, PA  
Marian K. Scheinholtz, SAMHSA Liaison  
Laura-Nicole Sisson, VT  
Amy Smith, CO  
Ty Smith, CO  
Latosha Taylor, AR  
Can Truong, CA  
Eduardo Vega, CA  
Charles Willis, GA  
Amy Zulich, OR
Welcome
Bienvenidos

The National Empowerment Center and the 2013 National Advisory Committee are pleased to welcome you to Alternatives 2013: Building Inclusive Communities: Valuing Every Voice.

Our individual and collective wellness is enhanced through creating caring, resilient, and strong communities that honor and embrace diversity. This year’s theme reflects the importance of valuing each individual as we build inclusive communities. Alternatives 2013 will serve as a catalyst for reenergizing our communities by providing opportunities to share skills and information about innovative peer-delivered supports, community-building initiatives, mental health recovery, wellness, and systems change.

Whether you’ve come from near or far, you are welcome and we’re glad you are here. We hope you’ll participate in the broad array of workshops, institutes, plenary sessions, caucus sessions, arts activities, multicultural activities, and other opportunities offered at the conference.

We invite you to join our learning community, where we will share our stories of wisdom, strength, and hope, and celebrate our common experience.

It is our hope that at this year’s conference, you will be inspired, establish new relationships, and return home filled with exciting and creative ideas for building a more inclusive community in your backyard.

Your First Alternatives Conference?

Newcomer Orientation

Wednesday, 1:30 – 2:15 p.m. (Foothills II)
Come to this introduction to Alternatives by consumer/survivor movement pioneers Sally Zinman and Tom Wittick. It’s a great opportunity to hear the inspiring history of our recovery movement and also how to get the most out of Alternatives 2013.

Interpretation Services

CART (captioning on the large screen) will be provided for all keynote sessions.

If you requested other interpretation on your registration form, please come to the registration desk for arrangements.

Welcome to Austin

Famous for its lively creative scene and positive social climate, Austin is a fitting location for a conference focused on revitalizing ourselves and our communities. Austin’s friendly accepting culture of individual expression has made it a vibrant and eclectic creative center and haven for people of all walks of life.

CEU Credits Available

The University of Texas at Austin’s School of Social Work serves as CEU sponsor for this conference. In order to receive continuing education credit (CEU), complete the form available at the registration desk. You must also sign in for each session you attend.

The keynotes and workshops have been approved for Texas Social Workers, Licensed Professional Counselors, and Licensed Marriage and Family Therapists. If licensed in other professions or states, check with your licensing agency for reciprocity and/or approval.

Via Hope will award CEU credit for Certified Peer Specialists (CPS) from Texas. The certificate of participation at the end of the conference is all that is needed. For other states, we recommend you check with your state certification agency to confirm if they recognize the Alternatives Conference as a source of CEUs.

Questions?

Conference staff at the registration desk are ready to answer your questions. Throughout the conference, staff and volunteers are ready to help you, and can be identified by the blue ribbons on their name badges.
**2013 Exhibit Hall**

**Location and Hours:**
Texas Ballroom Foyer  
Wednesday...12:30 – 5:30 p.m.  
Thursday.....8:00 a.m. – 5:30 p.m.  
Friday ........8:00 a.m. – 5:30 p.m.

**2013 Exhibitors**
Bipolar USA  
Café TA Center  
Copeland Center for Wellness and Recovery  
Health and Wellness Exhibit  
Institute for Recovery and Community Integration  
International Association of Peer Supporters  
Ken Paul Rosenthal Films  
Memorial of Recovered Dignity  
Mental Health America, Oregon  
Mental Health America of San Francisco  
Nanette Tapp, Artist  
National Coalition for Mental Health Recovery  
National Empowerment Center On Our Own of Maryland, Inc.  
Open Minds Quarterly, Ontario, Canada  
Pathways RTC/Regional Research Institute, Portland State  
Peerlink National Technical Assistance Center  
Prosumers International  
Recovery Innovations/Recovery Opportunity Center  
Recovery International, Group Leader  
STAR Center  
Tennessee Mental Health Consumers’ Association  
The Campbell Center  
The Center for True Self  
The Impact of Food Intolerance on Our Mental Health  
The National Mental Health Consumers’ Self-Help Clearinghouse  
Western Massachusetts Recovery Learning Community (RLC)

---

**Important Notes**

The conference opens on Wednesday afternoon with a lunch and opening session. The closing session will be the luncheon on Saturday.

**Name Badges** ... PLEASE WEAR YOUR NAME BADGE THROUGHOUT THE CONFERENCE. The name badge will be your admission ticket to all events. If you lose your badge, bring a photo ID to the registration desk and a replacement will be made for you. Also, please be sure to complete the emergency contact information on the back of your badge!

**Special Meals** ... If you have requested special meals, such as vegetarian, please give your server the special meal ticket in your conference registration packet. Special meal requests should have been listed on your registration form prior to the conference. If you neglected to do this, we must have 48 hours notice to request special meals.

**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.

**Smoking Policy** ... Smoking is only permitted in designated smoking guest rooms, and 20 feet from all hotel entrances and exits. Smoking is not permitted at the pool or inside the public area space. PLEASE NOTE: A $250 cleaning fee will be added to your room charges if you smoke in a non-designated guest room.

**Recordings of Conference Sessions** ... Keynote sessions and workshops will be professionally recorded and CDs of conference sessions will be available near the registration desk. CD recordings can also be purchased after the conference at dovecassettes.com

**Internet Access** ... Complimentary internet is available in the guest rooms and in the hotel lobby. There is a charge for internet in the meeting rooms.

**Evaluation Forms** ... Please complete a workshop evaluation form for each session you attend. There will be a volunteer in each room to distribute and collect your completed forms. Please complete the overall conference evaluation form and bring it to the registration desk at the end of the conference to obtain your certificate of attendance.

**Caucuses** ... In addition to the formal program of workshops, a number of groups and individuals have organized informal caucuses on topics of special interest. The caucus sessions will take place on Wednesday, Thursday, and Friday evenings. Their locations can be found in this program.

**CONFERENCE ROOMS TEND TO BE COOL** ...  
For your comfort, please bring a sweater or light jacket.
Arts Experiences

Film Festival (Foothills II)
Wednesday and Thursday, December 4 – 5, 7:00 – 10:00 p.m.
Featured films include:
• *Kings Park* by Lucy Winer, Official Selection of the Woodstock Film Festival
• *What Happened to You?* by Brenda Vezina-Jodiatis and P.J. Moynihan, which received Honorable Mention at the 2013 SAMHSA Voice Awards
• *In Light, In!* by Ken Paul Rosenthal
• *Beyond the Medical Model* by Sera Davidow and P.J. Moynihan
• *From Asylums to Recovery* by Patrick Hendry

Visual Arts Presentation (Texas Ballroom)
Friday, December 6, 11:30 a.m. – 12:15 p.m.
During the luncheon, there will be a visual arts display organized by Altered States of the Arts, a large group of artists from around the country.

Open Mic (Texas Ballroom I)
Friday, December 6, 8:30 – 10:30 p.m.
Come to this exciting event, where our healing and recovery are revealed through our artistic expressions. Performances of all types are encouraged. Please limit your time to five minutes. Sign up early, prior to the event. We encourage everyone to come and be our appreciative audience. Refreshments provided!

YOUNG AT HEART ROOM
(PADRE ISLAND)
Youth and the “young of heart” of any age are welcome to come to this room dedicated to building community and supporting recovery through creative expression. Art supplies are available for people of all ages who would like to create, draw, collage, etc. Hands-on creative workshops will be offered here. Friendly faces will be waiting for you!

Hours:
Wednesday – Friday: 10:00 a.m. – 5:00 p.m.
Saturday: 9:00 a.m. – 12 noon

Scheduled Activities:
12:30 – 3:00 p.m. Music, games, arts—come imagine, dance, sing, and create!
3:00 – 5:00 p.m. Video craft: share documentaries and videos that have impacted your life; or continue to work on your own art projects.

STAR Center’s Multicultural Room
The SAMHSA funded STAR Center is very excited to host the newly created Diversity Track at Alternatives 2013. The sessions will provide a supportive, inclusive, and welcoming environment, which will educate, engage, and empower participants on the following topics:

• Social Inclusion
• Multicultural Competence
• Wellness and Recovery
• Building Empowered Communities of Diverse Backgrounds

In addition to the Diversity Track workshops and evening caucus sessions being held in the Multicultural Room, everyone is invited to the following:

Meet and Greet with the Keynote Speakers
12:30 – 1:15 p.m.
Participants will have an opportunity to chat with the conference Keynote Speakers.

Diversity Dialogue: Caffeine and Conversation
5:30 – 6:30 p.m.
Speakers from the Diversity Track sessions will be facilitating “Continued Conversations” regarding their conference sessions. Participants will have an opportunity to discuss and brainstorm ideas with their peers while enjoying a cup of coffee/tea.

In between sessions and the additional activities, the Multicultural Room will be open for participants to answer the “Diversity Question of the Day.” Additional resources will be available at the STAR Center’s exhibit table.

For additional updates to the STAR Center’s Multicultural Room Schedule, please see the schedule posted at Hill Country A.
For Emotional Support: The Support Suite

Experienced peers are available to offer support in one-on-one conversations. If you are experiencing conference stress or blues, a health issue, or another problem, and would like to talk to someone, you may find the Support Suite an excellent resource. Ask at the registration desk for the Support Suite. You can also contact a member of the Support Suite team before or after hours by calling the hotel operator and asking to be connected to the Alternatives Support Suite.

Hours:
Wednesday: 10:00 a.m. – 9:00 p.m.
Thursday – Friday: 10:00 a.m. – 10:00 p.m.
Saturday: 9:00 a.m. – 12:00 noon

Health and Wellness Fair (Big Thicket)

Free Health & Wellness Screening: We are all aware of the high rates of deadly health conditions in our peer community. We have started doing something about this at the conference: Trained peers will conduct mini-health screenings where people can get their blood pressure checked, get a reading on their blood sugar levels, and get some ideas on getting and staying healthy. Also check out the wellness table in the exhibit area. The Health and Wellness screenings are provided by Collaborative Support Programs of New Jersey, and are made possible by Peerlink, a consumer-run national technical assistance center funded in part by the Substance Abuse and Mental Health Services Administration (SAMHSA).

Hours:
Wednesday: 9:00 a.m. – 5:30 p.m.
Thursday: 8:00 a.m. – 5:30 p.m.

Other Wellness Activities

The Health and Wellness Fair is also offering selected wellness practices throughout the conference. These wellness activities are open to anyone at any fitness level. Activities are on first floor as well as the following sessions:

Dance Your Way to Wellness and Recovery (Foothills I)
Shining River (Sheilah Hill)
Thursday, 7:00 – 8:00 a.m.

Guided Silent Meditation (Foothills I)
Scott Mashburn
Friday, 7:00 – 8:00 a.m.

Gentle Yoga (Foothills I)
Casadi “Khaki” Marino
Thursday and Friday, 5:15 – 6:15 p.m.
Welcome Luncheon
11:30 a.m. – 1:15 p.m.
TEXAS BALLROOM

Opening Ceremony
• Ameyaltonal Tejatztlan Aztec Dancers share a glimpse of one of the many indigenous traditions that still thrives today.

Welcome to Austin
• Mike Maples, Assistant Commissioner, Mental Health and Substance Abuse Division, Texas Department of State Health Services
• Tammy Heinz, Hogg Foundation
• Bill Gilstrap, Texas Catalyst for Empowerment

Welcome to Alternatives 2013
• Oryx Cohen, TAC Director, National Empowerment Center
• David Morrissette, Acting Branch Chief, SAMHSA
• Pamela Hyde, Administrator, SAMHSA, Video Address
• Daniel B. Fisher, Executive Director, National Empowerment Center

Keynote: Paolo del Vecchio, MSW, Director, Center for Mental Health Services, SAMHSA

Valuing Voice and Choice
The past year has brought the nation’s focus on mental health like never before. The tragedies at Sandy Hook Elementary School and the Washington, D.C. Navy Yard have resulted in attention from the major media and high-profile policy makers. Simultaneously, substantial changes are occurring in mental health with the advent of the Affordable Care Act, insurance parity, integration, and other initiatives. During these times, how can peers play leadership roles, and how can the principles of voice and choice be affirmed?

Paolo del Vecchio is the Director of the Substance Abuse and Mental Health Services Administration’s Center for Mental Health Services (SAMHSA). Paolo was the first Consumer Affairs Specialist hired in 1995 by SAMHSA. In this capacity, he promoted consumer participation in all aspects of the Center’s policies and operations ranging from public education to developing evidence-based practices to address the needs of persons with mental illnesses. A self-identified mental health consumer, trauma survivor, and person in recovery from addictions, Paolo has been involved for more than 40 years in behavioral health as a consumer, family member, provider, advocate, and policy maker.
Workshops 2:30 – 4:00 p.m.

Lowering the Drawbridge: Peer Advocates and Psychiatrists Working Together for Change (Texas Ballroom I)
Amy Zulich, Michael Jiong Yao
“Lowering the Drawbridge” is an interactive workshop designed to facilitate dialogue between psychiatrists and peer advocates/activists. The presenters will describe how their personal and professional experience informs their work together. The presenters will reflect on the attitudes, perspectives, and strategies that best facilitate dialogue and effective collaboration for positive change.

The Role of Peers in a Mental Health/Substance Abuse Mobile Crisis Unit Intervention in the State of Georgia (Texas Ballroom II)
Jennifer Maria Padron, Cindy Driggers
Come participate in this dynamic discussion of proven program goals, mobile crisis intervention response services, and a ten-part recovery philosophy on the role and utilization of certified peer specialist and peer team supports.

Sound Out for Life (SOL): Talking About Hope, Suicide, and Suicide Stigma to Peers and Communities (Texas Ballroom III)
Eduardo Vega, Leah Harris, DeQuincy Lezine
Suicide attempt survivors have a major role to play in promoting hopeful alternatives to suicide. Come learn about “Sound Out for Life (SOL),” a new project of the Center for Dignity, Recovery and Stigma Elimination, designed to challenge public stigma and shame around suicide, and provide support and guidance for suicide attempt survivors in telling their stories.

The Power of Peers: How to Advocate Effectively on the Individual and Systems Level (Texas Ballroom V)
Joseph Rogers
With advocacy skills, individuals with lived experience of mental health conditions can protect their own and others’ rights, combat discrimination and prejudice, and become catalysts for systems change. This presentation, by a longtime national leader of the consumer/survivor/ex-patient (C/S/X) movement for social justice, will cover self-advocacy and systems advocacy skills.

Reframing Recovery (Texas Ballroom VI)
Nicole Currier, Donita Diamata
Reframing Recovery challenges perceptions and ideals around mental health recovery, including how we as a community define it. Too often, our ability to recover is challenged or decided on by others. With interactive visuals, small group dialogue, personal narratives, and thought-provoking statements, attendees are challenged to reframe how they see recovery for themselves and those around them.

Finding Wellness and Peace and Standing on Solid Ground in a Changing World (Texas Ballroom VII)
Deborah Louise Trueheart (Debbie Whittle)
Living in these complex times can leave us feeling disoriented, and overwhelmed. Drawing from the Living into Wholeness Curriculum, Debbie will share some tools and practices to help you access a state of self-love and well-being and help you find the place of peace that resides within each of us, even amidst the chaos of a swiftly changing world.

Diversity Track: Desarrollando Facilitadores de Grupos de Apoyo Mutuo y Compañeros Líderes Multiculturales para Crear una Comunidad Unida e Inclusiva (Developing Multicultural Peer Group Facilitators and Peer Support Leaders to Create a United and Inclusive Community) – (Hill Country A)
Taller en español/Workshop in Spanish Vivian Nuñez, Oscar Arzola
Una comunidad inclusiva exitosa descansa sobre la base de la concientización y aceptación de las diferencias culturales. El rol de los compañeros facilitadores de grupo de apoyo y los compañeros líderes es esencial en facilitar una comunidad total y completamente inclusiva. Unase a estos presentadores bi-culturales, mientras ellos comparten sus experiencias proveyendo apoyo y capacitación a compañeros multiculturales para establecer relaciones de trabajo y de bienestar efectivas.

The foundation of successful community inclusiveness lies in the awareness and acceptance of multicultural differences. The role of peer group facilitators and peer leaders is essential in facilitating total inclusion. Join bi-cultural presenters as they share their experiences supporting and training multicultural peers to establish effective working relationships and wellness.
**Creating Inclusive Communities by Shining the Light Within (Foothills I)**
*Yaffa Alter, Sharon Kuehn*

Come experience how music and painting can facilitate health, emotional growth, and human potential. Learn how to go beyond your problems to envisioning and taking action in the world constructively. This creative process will bring an alignment of mind and body, creating an opening.

**Discover the Hearing Voices Network (Foothills II)**
*Lisa Forestell, Marty Hodge, Janice Curtis, Becky Edwards*

The Hearing Voices Network (HVN) believes that hearing voices is a part of human experience. The presenters are voice hearers and trained HVN facilitators who find support through community created around the HVN principles of inclusivity and non-pathological, judgment-free connection. This workshop will provide an overview of HVN and its principles and will provide information on how to develop new hearing voices groups across America.

**Development of a Social Recovery Measure (Big Bend A)**
*Casadi Marino*

Social recovery involves regaining personal authority after the social exclusion that can occur with mental health challenges or madness. The process includes valuing one’s experiences, rebuilding identity, and claiming citizenship. This presentation will review the elements of a social recovery journey and the process of developing a social recovery measure.

**Ready, Set, Go: Embracing and Implementing a New Empowering Supported Employment Model (Big Bend C)**
*Jackie Pogue, Mary Hogden, Andrée Reyes, Annie Kim, Rick Degette*

This workshop explains the Individual Placement and Support (IPS) Supported Employment evidence-based practice as a service that promotes consumer recovery and empowerment. Highlighted are the advocacy and leadership of consumers and family members to promote the service in Alameda County, CA. We will explore advocacy and implementation strategies that have led to vocational system transformation.

**Spirituality Companion/Advocate Training (Big Bend D)**
*Phil Schulman, Melissa Logg*

How do peer specialists advocate for consumer/survivor/ex-patient (C/S/X) access to the faith and spirituality of their choosing? What role can peers play in matters of faith and spirituality? How do we embrace religious and spiritual diversity in our communities? The workshop will address these questions and offer experiential exercises, as well as presentation and discussion.
Workshops 4:30 – 6:00 p.m.

History of the Consumer Movement (Texas Ballroom I)
Sally Zinman, Tom Wittick
This workshop will discuss the history of the consumer movement, old and new, in the context of other human rights movements. We will describe the challenges that members of the movement have encountered, and the system and culture change gained through consumer advocacy. The workshop will demonstrate how our present is built on the past.

Strategies for Integrating Recovery Support Services in Programs for Justice-involved Consumers (Texas Ballroom V)
Michael Little, Matt Canuteson
Learn about successful collaborations between veterans, consumer-operated programs, and statewide networks and about successful strategies that harmonize often conflicting goals of criminal justice system and recovery support services.

Language: What We Tell Ourselves and Others (Texas Ballroom VI)
BJ North, Joan Keenen
In this workshop, we will use role play, music, and storytelling to observe and practice the power of intentional language. Presenters will introduce the value of using intentional language and how the way we describe ourselves informs our experiences.

Moving Beyond Brokenness (Texas Ballroom VII)
Deron Drumm, Greg Benson
Move toward the possibility of lives full of rich texture and joy through intentional living. The experiences of extreme states and intense suffering are very real, but they are also sources of strength, talent, and uniqueness. Entertain the possibility of overcoming emotional distress instead of just managing it or perpetually responding to it.

Diversity Track: Voices from the African Diaspora: Exploring Healing through Word, Spirit, and Sound (Hill Country A)
Rachel Bryant, Brianna Williams, Douglas Stewart
African-centered wellness is rooted in relationships, spirituality, and self-determination. In this workshop, we explore how communal self-knowledge and the use of word, spirit, and sound can heal trauma in our everyday lives. Participants will actively engage in African and African-American ceremony and storytelling in a welcoming, cross-generational, and multi-racial community.

Valuing the Young Adult Voice: Oh, the Places You’ll Go! (Foothills I)
Lauren Grimes, Lacy Kendrick Burk, Teresa King, Gwen White
This workshop will present the developmental challenges unique to Young Adults of Transition Age (YATA) and the value that YATA bring to building inclusive communities. Come learn the value adult allies in recovery bring to this age group and some concrete outreach and engagement strategies you can use.

Navigating the Space between Brilliance and Madness: A Narrative of Psychic Diversity (Foothills II)
Sascha DuBrul
This interactive workshop is based on the Icarus Project book, Navigating the Space between Brilliance and Madness. We’ll talk about what it means to be ‘crazy’ in a crazy world, and find language for our own experiences of emotional/spiritual distress. Through writing, exercises, sharing stories, and creating wellness maps, we’ll develop visions of self-care and community healing.

Learning Experiences for People with Labels—A Recovery Crash Course in 8 days! (Big Bend A)
Rokus Loopik
Rokus Loopik organizes “Learning Experiences for People with Labels” in several countries and cities in the world, helping to empower people and promote recovery by traveling, telling stories, visiting new programs, and making new friends. Come learn to get out of your comfort zone and let go of your stigma!
Personal Values at Work: How What We Value Can Transform How We Work and Lead (Big Bend B)
Lynnae Brown
This session explores how personal values can be used to create a person-centered workplace. Identifying the unique ways each peer staff member views the world can be used as a catalyst to promote unification and productivity. Join Lynnae and discover how to help you and your staff gain a deeper connection and commitment to the way you work together.

Consumer Recovery Investment Funds (CRIF) Self Directed Care (SDC): How Participants and Peers Benefit (Big Bend C)
Erme Maula, David Brown, Julie Schnepp, Jeremy Abbott
The Mental Health Association of Southeastern Pennsylvania (MHASP) CRIF SDC Peer Support Team will describe the challenges and successes of creating and maintaining a SDC Program. In addition to Team members, a recipient of the CRIF SDC services will talk about his experience with Peer Support, working with a Recovery Coach, budgeting, and utilizing Freedom Funds.

BESTBET Training: “Get The Job You Want” (Big Bend D)
Robyn Priest
Sometimes, people develop, or encounter, barriers to attaining their goals, particularly with securing desirable and fulfilling employment. BestBet Training offers a series of fun, interactive, empowering workshops that help to empower people to create opportunities and achieve their dreams. This presentation focuses on the “Get the Job You Want” workshop.

Caucus Sessions 7:00 – 8:30 P.M.

Nonprofit Peer Leadership Forum (Texas Ballroom V)
Join the director of a thriving peer nonprofit organization to share lessons learned and discuss best practices in peer leadership.
Led by Amy Zulich

Fostering Success and Sustainability in Recovery (Texas Ballroom VI)
Engagement in the community is critical to moving into successful, sustainable living. Join the discussion on holistic, social healing—including the physical, psychological, spiritual, and social elements of community-driven supports and care.
Led by Jay Drayer

Diversity Track: African American Caucus (Hill Country A)
A place for African-American peers to join together and discuss what is important to them.
Led by Brian Hill

Diversity Track: Pride Caucus (Hill Country A)
A space for lesbian, gay, bisexual, transgender, questioning, intersex and two-spirit people and our allies to caucus, support, share, and strengthen our diverse culture.
Led by Jennifer Maria Padron

Health Care Reform and ‘Peer’ Values and Practice: Influencing Policy and Planning of Mental Health System Transformation through the Affordable Care Act (ACA) – (Texas Ballroom VII)
Share your stories and learn from others on advocating for (and achieving!) person-centered, peer-provided, recovery-oriented mental health services and supports under the ACA.
Led by Anne Weaver

Envisioning Alternatives to Suicide (Foothills I)
Suicide attempt survivors are changing the way we think and talk about suicide and approach prevention. Join us for a conversation about the shared values of our growing movement.
Led by Mark Davis, Sean Donovan, Leah Harris, DeQuincy Lezine, Currie Murphy, Janice Sorensen, Eduardo Vega, Caroline M. White

WRAP® Networking (Texas Ballroom I)
This caucus is a networking and discussion session for anyone interested in WRAP® Facilitation to share current events, tips, strategies, and future plans.
Led by Matthew Federici, Copeland Center for Wellness and Recovery
**Film Festival 7:00 – 10:00 P.M. (Foothills II)**

**What Happened to You? A Dialogue about Trauma**  
Produced by Brenda Vezina-Jodiatis and PJ Moynihan  
Directed by PJ Moynihan  
Film length: 38 minutes

Trauma is often overlooked in connection to our understanding of people who are experiencing mental health issues, or have been given mental health diagnoses. *What Happened to You?* is a documentary highlighting the cause-and-effect of adverse childhood experiences and its implications for trauma-informed care. The film features five real-life stories of people healing from trauma, and also includes an interview with Dr. Robert Anda, co-researcher of the Adverse Childhood Experiences (ACE) study, who discusses the findings of the ACE study and its significance for healing from emotional distress. *What Happened to You?* received an honorable mention for best documentary at this year’s VOICE Awards.

**Kings Park: Stories from an American Mental Institution**  
Produced by Lucy Winer and Karen Eaton  
Directed by Lucy Winer  
Film length: 108 minutes

The forbidding buildings and massive brick complexes are out of earshot and hidden from view. They are the state hospitals where individuals deemed “mentally ill” were once compelled to live out their lives. *Kings Park* offers an inside look at public mental health care in America by focusing on the story of one of these institutions. Established in 1885 and closed in 1996, Kings Park State Hospital on Long Island, New York, warehoused over 9,000 patients at its height in the 1950’s. One of these patients was Lucy Winer, who was committed there in 1967 as a suicidal teenage girl.

Determined to face her past, Lucy Winer returns to Kings Park for the first time in over 30 years. To fully understand her own story, Lucy seeks out other former patients, their families, and hospital staff, who share their memories of life at Kings Park. These firsthand accounts of a vanishing world bear witness to the many changes in treatment, policy, and attitudes over the past century.
Keynote: Chacku Mathai, Director, STAR Center

Embracing the Power of Our Differences

8:30 – 9:30 A.M.
Texas Ballroom

Our community has the opportunity to evolve as we engage in the incredible strength of our diversity and discover what unites us. Now is the time for us to discover the “we” among “them” and come face-to-face with our own prejudices and assumptions. In this new era of social change, we approach the following questions with a new state of mind:

• What are the key issues around which we need to come together and organize?
• What structures and institutions need to respond to our call for change?
• With which advocacy communities should we be better acquainted, and how should we begin collaborating with them?
• What will change about us when we value every voice?

Chacku Mathai is an Indian-American who has more than 25 years of experience in mental health and addiction community-based services in a wide variety of roles. He has been a peer advocate, peer support meeting facilitator, self-help educator, community organizer, and educator. Chacku’s personal experiences as a youth and young adult consumer/survivor/ex-patient of mental health and addiction services in New York launched him and his family toward a number of efforts to advocate for improved services and alternative supports in the community.
Wellness Activity: 7:00 – 8:00 A.M.

Dance Your Way to Wellness and Recovery (Foothills I)
Shining River (Sheilah Hill)
“‘To watch us dance is to hear our hearts speak’ (Hope/Choctaw). Dance for celebration, for wellbeing, for mental clarity, and healing. Learn how to release tension and discover new ways to listen to your body. No dance experience or ability is necessary for this free-form movement.

Workshops 10:00 – 11:30 A.M.

Emotional CPR (eCPR), a Trauma-Informed Approach to Healing and Recovery (Foothills II)
Daniel Fisher, Eileen Rosen
eCPR is a trauma-informed approach assisting people to construct their own healing and recovery. eCPR can be learned by any member of the community to help others in the community heal from trauma and build healthy communities. The workshop will include role-plays demonstrating the practice of eCPR.

WRAP®, Healing the Trauma of Abuse (Foothills I)
Matthew Federici
WRAP®, Healing the Trauma of Abuse is an interactive workshop for men and women who have experienced sexual, emotional or physical abuse and/or their supporters seeking steps and tools to wellness using WRAP®. The workshop is an introduction based on Mary Ellen Copeland, PhD literature on Wellness Recovery Action Plan® and healing from trauma.

Video Storytelling for Individuals and Nonprofits (Big Bend B)
Leah Harris, Evan Goodchild
More than half of Internet content today is now video! Whether you are seeking to raise awareness or raise funds, this interactive workshop will provide useful tips and strategies for creating a compelling narrative using video. It will also help you avoid several common pitfalls and mistakes that individuals and organizations can make when creating digital videos.

Opportunities for Peer Support Specialists in Federally Qualified Health Centers (FQHC) and Primary Care Settings (Big Bend C)
Pamela Werner, Lee Curtis
Michigan received a SAMHSA Transformation Transfer Initiative Award to employ Certified Peer Support Specialists in FQHC. The roles and responsibilities of peers as health and wellness coaches and system’s navigators will be presented including case examples of how individuals with lived experience improve the quality of life for persons served in integrated care settings.

Promoting Recovery through Greater Access to Peer Support (Big Bend D)
Kim Sunderland, Shana Calixte
To promote peer support as a highly recognized and valued service in Canada, Peer Support Accreditation and Certification (Canada) was created as a non-profit organization in 2012. This presentation will look at nationally accepted standards of practice for peer support, the offering of voluntary certification, and promotion of peer support research.

Diversity Track: Building Communities of Wellness Across Differences: Healing the Trauma of Internalized Systemic Stigma and Discrimination (Hill Country A)
Stephanie Ozbun
The workshop will help participants come to a new level of understanding of the cultural diversity within all groups through experiential exercises and discussion. Workshop attendees will explore how internalized systemic stigma and discrimination impact building healthy communities.
**Thursday Awards Luncheon**
11:30 a.m. – 12:15 p.m.
Texas Ballroom

**Howie the Harp Arts Award**
Howie the Harp (1953-1995), a leader of the consumer/survivor/ex-patient movement, created peace with his music, playing his harmonica wherever he went. He was a founder of Altered States of the Arts, a national network for artists, writers, and performers, and was the emcee at Alternatives Conference talent shows. Howie was a longtime advocate for the arts in the consumer movement. We honor the work he did by presenting an award in his memory to a person who has carried on that tradition.

**The Cookie Gant and Bill Compton LGBTQI Leadership Award**
This award recognizes an LGBTQI individual who has demonstrated outstanding advocacy and leadership by and for the LGBTQI consumer/survivor community. This award is named for Cookie Gant and Bill Compton, early pioneers of the LGBTQI consumer/survivor movement.

**The Esperanza Hope Memorial Award**
Presented to a consumer/survivor of color who has expanded the idea of cultural competency and done exceptional work within the mental health and peer support community. Esperanza was a recognized Latina leader, nationally and internationally, and often attended Alternatives. She is credited with starting Casa La Esperanza, the first clubhouse for Latino consumer/survivors in New York City. This award is given in the spirit of her leadership and perseverance in advancing cultural diversity issues for people of color consumer/survivors.
Institute 1:30 – 5:00 p.m.

**Planting the Financial Wellness Seed (Texas Ballroom V)**
*Donita Diamata, Mimi Martinez McKay, Janet Paleo*

SAMHSA’s Wellness Initiative embraces the Eight Dimensions of Wellness to achieve holistic overall wellbeing. Throughout 2013, the initiative focused on the financial dimension of wellness. During this session, attendees will hear from leaders of peer wellness and financial wellness programs. Speakers will share their personal experiences with financial wellness and how it contributes to their overall recovery journeys.

**Peer Debriefing and Elimination of Restraint and Seclusion in Inpatient and Crisis Settings (Texas Ballroom VI)**
*Howard Trachtman, Deni Cohodas, Deanna Bell, Holly Dixon*

Presenters will discuss the history and implementation of inpatient peer debriefing in Massachusetts; preventing restraint and seclusion in Maine through Amistad, a peer-run organization which operated in a crisis setting at a state hospital; and offer ideas on how to replicate these models and national efforts in restraint and seclusion elimination.

Workshops 1:30 – 3:00 p.m.

**The Path to Peer Respite (Texas Ballroom I)**
*Sera Davidow, Gloria van den Burg, Darcy Townsend, Andy Beresky*

There are over a dozen peer respites in North America, and more on the way! Representatives from several respites across the country will explore what makes this support so valuable and unique. Participants will leave with practical tools and information to take home to their own peer respite projects.

**Exceeding Expectations through Education, Training and Employment (Texas Ballroom II)**
*Diana Capponi, Michael Creek, Tony Priolo*

This workshop will discuss successful and innovative approaches to education, training, and employment for peers in Canada. Explore how the development of peer-run social purpose enterprise, mentorships, and augmented education are empowering people.

**Carrying the Message of Hope to Every Consumer: The Living Legacy We Each Offer (Texas Ballroom VII)**
*Patti Bitney Starke, Kirsten Berg*

Incorporating hope in our communities is a legacy we can all offer. This is a presentation on how to establish a Living Legacy/Ambassador Program in your community, based on the work of creating such a program in Minnesota highlighting the message of hope and the value of the living legacies we can extend to each other.

**Unique Approaches to Military Veterans’ Wellness and Reintegration (Foothills II)**
*Steve Robinson, David Berceli*

Military veterans have high rates of post-traumatic stress disorder (PTSD), substance use challenges, suicide, and homelessness, and face a complex period of readjustment to society. Veterans and nationally recognized experts Steve Robinson and David Berceli will discuss these issues and demonstrate a self-help technique designed to reduce the challenging effects of stress and trauma by enhancing psycho-emotional and physical health resilience.
Implementing Peer Provider Services into a Private Integrated Health Care System (Big Bend A)
Shannon Carr, Gerald Wilson, Michael Carey, Michele Guzman
Implementing peer provider services into a privatized integrated health care system can be both exciting and challenging. The presenters will present how one hospital implemented peer services and will then lead a discussion on how peers can engage in support services and connect with community resources.

Trauma, Internalized Mad-Phobia, Suicide, and Recovery (Big Bend C)
Jim Probert
Unresolved trauma can lead to hopelessness and other extreme feelings, thoughts, voices, and experiences. Hospitalizations, re-traumatization, and internalized mad-phobia may fuel a vicious cycle. The more deeply we fear our own experience of human distress, the harder it can be to resolve trauma. However, learning mindfulness skills can support acceptance of extreme experiences, ‘standing up to’ those that disparage or threaten us, and moving more intentionally into recovery and healing.

How to Maintain Healthy Relationships When Coping with Mental Health Distress (Big Bend D)
Michele Bibby
Healthy relationships are vital to human existence, and the ability to maintain them is a critical recovery strategy for people who experience mental health distress. Components of healthy relationships will be identified, as well as barriers to maintaining healthy relationships. Peer specialists will learn strategies to help people recover fractured relationships.

Diversity Track: WRAP® in Diverse Communities/Cultures and Relationships (Hill Country A)
Lala Doost, Letty Elenes, Kimberly Marquez, Rashad Eady
This workshop will offer insight to multiple approaches to recovery using WRAP® in diverse communities. The workshop utilizes WRAP® as a tool to build a bridge within community members to break the stigma on mental health in diverse cultures, as well as building stronger relationships.

Workshops 3:30 – 5:00 p.m.

Intentional Peer Support and Early Experiences of Psychosis (Texas Ballroom I)
Steven Morgan, Beth Filson
The four tasks of Intentional Peer Support (IPS)—building connection, understanding worldview, creating mutuality, and moving towards—can apply to any relational encounter, so how does this work with people experiencing “first break” psychosis? This workshop will explore IPS as a way to facilitate dialogue and establish relationships in such contexts.

Housing-Focused Outreach (Texas Ballroom II)
Steven Samra
Explore the evolution of street outreach, from managing homelessness to ending homelessness, though the lens of lived experience. Learn about three types of street outreach, and the requirements needed to accomplish housing-focused outreach. Join the discussion on the primary challenges people face doing outreach in their communities.

Are We in a Perfect Storm for Recovery and Peer Support? (Texas Ballroom III)
Harvey Rosenthal, Briana Gilmore
In the midst of unprecedented change, a number of forces may well advance the prospects for recovery and peer support. These include federal and state budget pressures, federal and state healthcare reform and Medicaid redesign, Olmstead-based legal pressures, and the increasing sophistication of peer recovery and wellness initiatives. The workshop offers recommendations for effective state level advocacy for peer-led recovery and wellness initiatives.

Coming Without Labels: Gender, Sexuality and Peer-to-Peer Support (Texas Ballroom V)
Sean Donovan, Wyatt Ferrera, Marty Hadge
Through sharing our experiences starting and co-facilitating a peer support group around gender, sexuality and extreme states we will explore the traumas of gender and sexual discrimination, and explore peer-to-peer support for recovery.
Dialogical Recovery: Synthesis of Open Dialogue and Recovery (Texas Ballroom VI)
Daniel Fisher, Anne Weaver
This presentation will review the history and principles of Open Dialogue, showing the parallel between Open Dialogue and recovery, and will also introduce a new synthesis of Open Dialogue and recovery called Dialogical Recovery (DR). Dialogical recovery is a way of being which can assist all persons to help each other live a fuller life in the community.

Peer Non-Profit Leadership: Strengthening Our Organizations through Support and Connection (Texas Ballroom VII)
Amy Zulich, Robyn Priest, Patricia Ross
Non-profit leadership can be challenging. Connecting with other leaders provides us with opportunities to learn from and support each other. Workshop presenters will share their experiences as peers leading non-profits. Participants will have the opportunity to connect with each other for small group discussions in their areas of interest.

Diversity Track: Women Empowering Women: Accepting the Trauma Life Dealt, Forgiven, Moving Forward (Hill Country A)
Yvette Mcshan, Sharon Bagsbie, Tracy Love, Adrian Turner, Joy Torres
Experience Victorious Black Women (VBW) expressing wellness and recovery in skits, dialogue with audience, healing dance, and song. Follow the VBW "living victoriously" movement, ending stigma and discrimination. We will entertain and engage participants in open discussion of trauma with suggestions for alternative self-care.

Childhood Trauma and the Shadow: A Film Presentation (Foothills II)
Ken Paul Rosenthal
This presentation explores the way we represent and discuss the culturally taboo areas of childhood trauma and self-harm. They will be addressed as the source and manifestation of one’s ‘Shadow’, as well as a potential tool of insight and integration for anyone who feels ‘crazy’ in today’s chaotic world.

The Dynamic Duo for Depression Recovery: Peer Support and Web Conference (Big Bend A)
Vincent Caimano
Depression Recovery Groups represent an innovative approach for treating depression, using Certified Peer Specialists to lead web conference support groups with evidence-based material. This workshop will demonstrate how one person achieved his own recovery, was inspired to help others, and now employs Certified Peer Specialists to help thousands of others.

Humor for the ‘Health’ of It: How to Use Humor in Preventing and Managing Stress and Burnout (Big Bend C)
Traci Jacobs, Carol Hartman
This interactive workshop uses strategies on how to use humor in preventing and managing stress and burnout. Guaranteed satisfaction with this workshop, remember there are trillions of cells in your body and all they care about is you!

Awakening to the Power of Creative Expression as a Means of Personal, Social, and Societal Transformation (Big Bend D)
Lauren Spiro, Jean Campbell, Iden Campbell, Franzswa Watson
Artistic expression has the power to heal and transform our communities and fuel our wellness journeys. The Wellness Works Initiative showcases artistic submissions from around the country in celebration of National Wellness Week. Join some of the artists as they share their experiences. Workshop participants will have opportunities to share their experiences, thoughts, and creative works.
Wellness Activity 5:15 – 6:15 p.m.

Gentle Yoga (Foothills I)
Casadi "Khaki" Marino
The focus of these gentle vinyasa sessions will be on postures and breathing techniques related to grounding, expression, and acceptance. Some attention will be placed on yoga for sleep as well. Please wear clothing that allows for movement.

Caucus Sessions 7:00 – 8:30 p.m.

CMHS/SAMHSA Caucus (Texas Ballroom I)
This caucus will provide a brief overview/update of key activities of the federal Substance Abuse and Mental Health Centers Administration (SAMHSA) Center for Mental Health Services (CMHS), followed by a dialogue with participants on funding opportunities, needs, issues, and promising approaches.
Led by David Morrisette, Risa Fox

Youth Movement: Youth Leaders Working Together to Move Forward (Texas Ballroom V)
Youth leaders are working together across the nation to build the youth movement, plan our own conference, and educate each other about promising youth practices and resources.
Led by Ty Smith

The Role of Certified Peer Specialists and Recovery Coaches (Texas Ballroom VI)
Join a dynamic discussion on the evolving roles for peers in our movement!
Led by Jennifer Maria Padron

Identifying Opportunities for Inclusion (Texas Ballroom II)
Discussion on how consumers can amplify their voices on issues of policy, employment, and stigma reduction.
Led by Sally Zinman, Lisa Smusz, Kelechi Ubozoh, Cyndi Eppler

Engaging in Advocacy for Recovery-Oriented Policies (Texas Ballroom VII)
Drawing upon examples from Texas, this caucus will explore effective ways for consumers to participate in developing recovery-oriented policies at the local and state levels.
Led by Lynda Frost

Diversity Track: Latino Caucus (Hill Country A)
A place for Latino peers to join together and talk about what is important to them.
Led by Tanya Naranjo Glorioso

Behavioral Health Planning and Advisory Council Members Meeting (Foothills I)
Behavioral Health planning council members and those interested in the work of the councils will have an opportunity to network and to share ideas, opportunities, and challenges in fulfilling their responsibilities. These councils are an important opportunity for people with lived experience to have a voice in state mental health policy, and also to influence how mental health block grant funds are spent.
Led by Judy Stange
In Light, In!
Produced and Directed by Ken Paul Rosenthal
Film length: 12 minutes

In Light, In! is a haunting, visual essay about the awkward and angry junctures where our culture struggles to manage its emotional distress. It is the third and final segment in the MAD DANCE trilogy of provocative and beautiful short films that re-envision the way we think, speak and feel about mental distress and wellness in today’s chaotic world. These transformative films offer new maps for navigating madness with insight, healing, and hope.

From Asylums to Recovery
Produced and Directed by Patrick Hendry
Associate Producers: Jessica Kizorak and William Sykes
Film length: 24 minutes

Beyond the Medical Model
Produced by: Sera Davidow and PJ Moynihan
Director: The Western Mass Recovery Learning Community
Film length: 67 minutes

Beyond the Medical Model presents a variety of points of view and first person accounts about how we come to make meaning of the experiences that so often lead us to psychiatric diagnosis. It offers a perspective rarely—if ever—seen on film, and one that needs to be heard by students, providers, people diagnosed, and the general public. The stories that are shared demonstrate that people can find their own meaning in emotional distress; that there is research that corroborates the success of alternative ways to understand; and that no one model of care should ever reign supreme above any others. Offering alternatives for healing is only the SECOND half of the story; the first half—where each person shares their discovery of their own meaning and understanding of their distress—also must be told.

The Consumer/Survivor/Ex-patient (C/S/X) movement has a rich history. Over the last fifty years, many incredible and talented people have made the C/S/X movement a central force in policy making and implementation of the nation’s mental health services and supports. From Asylums to Recovery details the history of the battle for civil rights and humane treatment for people with lived experience of mental health issues, trauma, and extreme states. This film covers the years 1960-1985 and is the first part of an ongoing film series highlighting the C/S/X movement and its impact on mental health system transformation. The film features Daniel Fisher, Joseph Rogers, Gayle Bluebird, Sally Zinman, Jay Mahler, David Oaks, Celia Brown, Dorothy Dundas, and several others.
Keynote: William Kellibrew IV, Trauma Survivor and International Advocate

Pathways to Healing and Recovery: Empowering Communities with Trauma-Informed Approaches

8:30 A.M. – 9:30 A.M.
Texas Ballroom

William Kellibrew’s story is a testament that healing and recovery are possible. A survivor of childhood sexual abuse and a witness to his mother’s and brother’s murders, William will recount his journey from tragedy to resiliency to illuminate the importance of understanding the impact of trauma. He will explore the ways individuals and families can heal from trauma, as well as the role that communities can play in helping trauma survivors gain voice and choice through a trauma-informed lens.

William Kellibrew IV is a native Washingtonian and an international advocate for civil, human, women, children, and victims’ rights. He is a sought after motivational speaker throughout the world on issues related to trauma and recovery, trauma-informed care, and poly-victimization. He has extensive experience developing and directing civic engagement campaigns, working on public policy issues, and campus organizing.

Friday Evening – Open Mic
8:30 – 10:30 p.m.
Texas Ballroom I

Come to this exciting event, where our healing and recovery are revealed through our artistic expressions. Performances of all types are encouraged. Be original! Be creative! But please limit yourself to five minutes, so that everyone who wants to has time to perform. Sign up early: there will be a sign up sheet outside the door just prior to the event. As always, we encourage everyone to come and be part of our appreciative audience. Refreshments provided.

Schedule at-a-glance

7:00 – 8:00 a.m. ........ Wellness Activity
7:30 – 8:30 a.m. ............... Breakfast (Texas Ballroom)
8:30 – 9:30 a.m. ............... Keynote (Texas Ballroom)
10:00 – 11:30 a.m. .......... Concurrent Sessions
11:30 a.m. – 12:15 p.m. Luncheon with Visual Arts Display (Texas Ballroom)
12:30 – 1:15 p.m. Meet and Greet with the Keynote Speakers (Hill Country A, Multicultural Room)
1:30 – 3:00 p.m... Concurrent Sessions
3:30 – 5:00 p.m... Concurrent Sessions
5:00 – 7:00 p.m.... Dinner on Your Own
5:15 – 6:15 p.m....... Wellness Activity
5:30 – 6:30 p.m...... Diversity Dialogue: Caffeine and Conversation (Hill Country A, Multicultural Room)
7:00 – 8:30 p.m...........Caucus Sessions
8:30 – 10:30 p.m.............Open Mic (Texas Ballroom I)

Ongoing throughout the day
7:00 a.m. – 5:00 p.m.
Registration Open (Texas Ballroom Foyer)
8:00 a.m. – 5:30 p.m.
Exhibits Open (Texas Ballroom Foyer)
10:00 a.m. – 5:00 p.m.
Young at Heart Room (Padre Island)
10:00 a.m. – 10:00 p.m.
Support Suite (Ask at the registration desk.)

STAR Center Multicultural Room (Hill Country A)
Everyone is welcome to join the workshops and other activities in the multicultural room. A schedule is posted at the Hill Country A meeting room.
Wellness Activity 7:00 – 8:00 a.m.

Guided Meditation (Foothills I)
Scott Mashburn
Please join Scott for a guided silent meditation.

Workshops 10:00 – 11:30 a.m.

The Recovery Learning Community (RLC) Approach (Foothills II)
Caroline White, Andy Beresky, Currie Murphy, Sera Davidow
Explore the RLC approach as it has been developed in Western Massachusetts, including its history as an unfunded project to current day with four centers, a peer respite, and many other offerings that are gaining national recognition and operating from a truly values-driven perspective.

Diversity Track: How to Build a “Black Men Speak” or “Men of Color Group” for Wellness and Recovery in Your Community (Hill Country A)
Brian Hill, Joe L. Anderson, Harry Caldwell
Hear personal stories by African American men about wellness and recovery, substance abuse, mental health, and internal and external stigma. This is an opportunity to examine attitudes and become more culturally aware in interactions with men of color with substance abuse and mental health issues.

Veteran Specific Recovery Issues (Hill Country B)
Roberta L. Howard
The presentation will present the Homes 4 Heroes Veteran Homeless Program, a successful program for addressing veteran-specific issues. Learn some unique and common issues that allow the “aha” moment to occur and help the veteran gain tools and move through recovery utilizing self-care methods.

Making Your Voice Heard: Communicating Your Message through the Media (Hill Country C)
Susan Rogers
Acquire the ABCs of combating discrimination and prejudice via the media! Learn how to do damage control; to write an effective press release, op-ed, and letter to the editor; to organize media events; what you should—and should NEVER—do in an interview; and more! Audience participation is welcome.

Advocacy and Research Hand-in-Hand (Hill Country D)
Jean Campbell, Laysha Ostrow, Peggy Swarbrick, Priscilla Ridgeway
The panel will provide an overview of the new Research Subcommittee of the National Coalition for Mental Health Recovery (NCMHR), discuss the history and models of peers engaged in research, describe recent studies, and conclude with audience discussion of strategies to promote peers engaged in research-based on lived experience.

Bringing Together Addictions and Mental Health Peer Support (Foothills I)
Steve Harrington, Tom Hill
Peer support for the addictions and mental health fields are remarkably similar in purpose and method. Despite similarities, barriers between these fields have hindered collaboration. Two experts will explore barriers and challenges as well as opportunities and benefits of working together to bring peer support to those in need.

Oklahoma Peer Recovery Support Specialist Program (Big Thicket)
Malacha Davidson, Pam McElmuray
This presentation will review and discuss the Oklahoma Certified Peer Recovery Support Specialist (CPRSS) training and certification process, including the role of CPRSS in the Freedom, Recovery, Empowerment (FRE) program, the value of the team approach to care, innovative ways to develop peer skills, and ways to develop skills for self-care.
Get Media Savvy: Tools to Take Your Communications to the Next Level (Big Bend B)
Shannon Eliot, Jenee Darden, Sherman Park, Kelechi Ubozoh
The award-winning Peers Envisioning and Engaging in Recovery Services (PEERS) media team will share how media tools such as websites, social media, podcasting, and video can be used to enhance communication and spread advocacy messages advocating hope and recovery to new and existing audiences. They will give real-world examples of how to use these tools to build socially inclusive communities.

Social Self-Directed Care: It’s My Life (Big Bend C)
Patrick Hendry
Learn about the It’s My Life program, which is staffed by Certified Peer Specialists, cross-trained in the principles of psychiatric rehabilitation and as professional life coaches. Using these skills, and a self-directed care model, they work one-on-one with people to connect with their community and form the bonds of friendships and intimate relationships as defined by the individual.

Lessons from the Hogg Foundation for Mental Health—East Texas Coalition for Mental Health Recovery (Big Bend D)
Stephany Bryan, Michele Guzman, H. Stephen Cooper, Freddie Avant
Presenters will share the history and mission of the Hogg Foundation for Mental Health and its efforts to create a coalition to advance mental health recovery in East Texas, as well as the findings of an evaluation of the coalition. Participants will have the opportunity to apply lessons from the coalition through an interactive exercise and discussion.
Institute 1:30 – 5:00 p.m.

Alternatives to Suicide Peer-to-Peer Support Groups (Alt2su): Lessons From the Western Mass Recovery Learning Community (Foothills I)
Janice Sorensen, Sean Donovan, Caroline M. White
This institute will use Prezi, an innovative presentation platform, to provide the overview, philosophy, and facilitation skills necessary to offer Alternatives to Suicide Peer Support Groups as well as the history of and approach to this unique form of suicide prevention.

Workshops 1:30 – 3:00 p.m.

The bipolarORwakingUP Project: Using Transpersonal Psychology as a Basis for Validation and Recovery (Foothills II)
Sean Blackwell
Sean Blackwell will share his experience providing psycho-educational support to thousands of people around the world through his online video project, bipolarORwakingUP, and his deeply personal experience working with friends and family in Brazil. Sean will introduce techniques he has found helpful in supporting people through out-of-the-ordinary experiences.

Creativity and Mental Health Recovery (Texas Ballroom I)
Barry Shainbaum
A correlation between mental health challenges and creativity exists. How do the arts help people with mental health challenges express themselves and how can that expression be part of healing and even recovery? This session looks at the role of creativity in the lives of people who have mental health challenges, from famous artists to laypeople.

Utilizing Peer Support to Build Community: An Approach Rooted in Advocacy, Creative Expression, and Empowerment! (Texas Ballroom II)
Yohanna Briscoe, TK Blanchard, Amiee Powers
Another Way is a peer-run community center in Montpelier, Vermont. The Another Way team will share an approach that is rooted in creative expression, wellness, supported employment, and shared experiences to help people navigate severe trauma, mental health, and addiction challenges. The team will discuss utilizing peer support to build a strong, empowered and resilient community.

What Gets Measured Gets Done: Evaluation as a Tool for Advocacy (Texas Ballroom III)
Darcey Jane, Judy Oakden
This presentation showcases the power of evaluation as self-reflection, to enhance program design and delivery, and to ensure that peer-educator perspectives and best practices are meaningfully captured and reported upon. It will also demonstrate how evaluation can strengthen evidence about best practices that address and reduce discrimination of people who experience mental distress.

Empowering Women’s Voices for Greater Intimacy and Wellness (Texas Ballroom V)
Jenee Darden, Lisa Smusz, Kelechi Ubozoh
As women and consumers we face barriers to intimacy, health, and wellness. With knowledge comes empowerment and recovery! Learn about wellness and intimacy, the impact of some medications on your libido, reclaiming your sexuality after trauma, and self-reflective activities to help you speak up for your health and wellness. For mature women only, ages 18+. All sexual orientations welcome.

Innovative Approaches to Supporting Young Adults to Take Charge of Their Career Visions and Plans (Texas Ballroom VI)
Adrienne Scavera, Jo-Ann Sowers
Hear from a participant of a project aimed at supporting young adults with mental health diagnoses to take charge of their career visions and to identify and take steps toward their goals. Also learn about research outcome data and lessons learned from this program.

Holistic Approaches to Wellness: Moving Beyond Mental Health to Whole Health (Texas Ballroom VII)
Jeanie Whitecroft
Physical health and mental health are interwoven. This workshop will provide an overview of the dimensions of wellness and how they are interconnected. The workshop will include presentation, group discussion, and activities, including some exercises of meditation and relaxation to gain first-hand experience of these wellness tools.
**Diversity Track: Improving the Wellness of Transgender, Intersex, and Genderqueer Individuals (Hill Country A)**

*Iden Campbell*

Peer leader and transgender man Iden Campbell operates a resource center in Washington, DC, and is an advocate for the social inclusion and wellness promotion of transgender individuals. He will address issues among the transgender community, including wellness and social inclusion practices, health care, legal needs, and how to support these individuals as valued members of our diverse peer community.

**Build It and They Will Come: Leadership in the Consumer/Survivor Movement (Big Bend C)**

*Walter Wai Tak Chan*

Walter Chan will explore what leadership means in our movement. What are the challenges and opportunities for consumer/survivor leadership? What things will help and hinder leadership? Prepare for the challenges of tomorrow in a dynamic and ever changing landscape. Connect with other movement leaders and generate new ideas and strategies for success and innovation!

**Corners, Please: Intra-Organizational Conflict Resolution (Hill Country B)**

*Jeremy Countryman*

Conflict is inevitable and can be a sign of healthy involvement and a precursor to change. However, there are types of conflict that can be detrimental. This session explores types of conflict, prevention of unhealthy conflict, and ways to turn around when approaching a point of conflict leading to a derailment of the group’s mission.

**Getting a Place at the Table: Ensuring the Inclusion of a Diversified Peer Workforce and Peer Recovery Services under the Affordable Care Act (Big Bend D)**

*Robert Rousseau*

Deepen your understanding of what is happening in health care reform, especially in the integration of primary and behavioral health care in partnered systems. Topics to be explored include: understanding the differences between ACOs (Affordable Care Organizations), ICOs (Integrated Care Organizations), and MCOs (Managed Care Organizations), and the importance of peer involvement at all levels of change.

**Promoting Resiliency through Peer Support Whole Health (Hill Country C)**

*Tom Lane*

The Peer Support Whole Health and Resiliency model recognizes that a whole person-approach results in the best outcomes for health, wellness, and quality of life. Practical approaches to supporting people to improve their overall wellness in the resiliency domains will be presented.

**Meaning from Madness: Making Room for Mystery in Mutual Support (Hill Country D)**

*Nicole Darr*

This workshop explores the roles that metaphor and mystery can play in peer support. Topics include communication skills, person-first language, locating disorder outside of individuals, metaphor as a wellness tool, and the importance of leaving room for mystery and the unknown.

**Emocional CPR (eCPR) como Estilo de Vida: Salvando Vidas con Diálogo de Corazón a Corazón (Emotional CPR (eCPR) as a Way of Life: Saving Lives through Heart to Heart Dialogue) – (Big Thicket)**

*Walter Whitaker/Winterling, Walter Hudson*

The Workshop is over. Now what? Where do I go for support? Every successful WRAP® Workshop ends with people asking these very questions. We will discuss how you can develop wellness support groups for yourself and others and how to transform your WRAP® workshop into an on-going peer led wellness support group.
Workshops 3:30 – 5:00 p.m.

Promoting Resilience and Well-being through a Trauma-informed Lens (Foothills II)
William Kellibrew IV
The presenter will take us on a journey from personal tragedy to resilience and well-being using a trauma-informed lens. Trauma-informed care asks, “What happened to you?” instead of “What’s wrong with you?” William will address and discuss core concepts in trauma-informed care and practices that help to strengthen individuals, families, and communities.

MY LIFE Matters: Empowered Youth Voices for Change (Texas Ballroom I)
Greg Dicharry, MY LIFE youth leaders
This workshop will demonstrate how the innovative youth leadership group MY LIFE (Magellan Youth Leaders Inspiring Future Empowerment) is magnifying youth voice to create system change while reducing stigma and creating awareness in their communities. Participants will learn how they can lead similar efforts to increase the impact of youth voice in their communities.

Animals in Mental Health Recovery: Emotional Support, Therapy and Service Animals (Texas Ballroom II)
Alicia Smith
Partnering with an animal can add resiliency and longevity to one’s recovery, facilitate social interactions, and increase outings. We’ll cover important information for anyone considering an animal as part of his/her recovery, and we’ll explore the positive influence animals can have as part of a wellness and recovery plan. This presentation will encourage active participation by all.

Nutrients, Herbs and Other Natural Approaches (Texas Ballroom III)
Eva Edelman
Eva Edelman, author of Natural Healing for Bipolar Disorder and Natural Healing for Schizophrenia, will share information about nutrient-based approaches that have transformed the lives of many people. Get answers to questions such as: What are the most important nutrients? What role does food play? Environmental toxins? Come find out!

Extreme Self-Care: You Play the Leading Role! (Texas Ballroom V)
Carolyn Marsalis, Amy Pierce
Join Carolyn Marsalis and Amy Pierce as they teach you simple steps to begin reclaiming your health. We will discuss the impact food can have on your mental health. You will be taught the Emotional Freedom Technique (EFT) as well as several other healing methods we have used to become well.

Self Advocacy Transformed into Professional Growth through a Certified Peer Specialist Program (Texas Ballroom VI)
Melinda Hasbrouck, Vivi Smith
The Certified Peer Specialist (CPS) program will lead a person on different paths after graduation. Some paths include employment, volunteering, and education. This workshop will present tools for implementing or redeveloping a CPS program to embrace a training that encourages all paths of personal/professional growth after successful completion.

Trauma and Cost Reduction through Anonymous Support Line Services (Texas Ballroom VII)
Tanya Vyhovsky, Howard Trachtman, Lori Larson
People have a fundamental need for connection and understanding. Many people access unnecessary services looking for connection when they are feeling alone and disconnected. In providing a space for connection and open discussions with someone who cares and who doesn’t judge, we can decrease reliance on ERs, crisis centers, and hospitals, thereby reducing financial costs and potentially traumatic experiences.

The Sound of Healing: Music Therapy for Recovery (Big Thicket)
Denise Maratos, Sandra Cheng
Come learn how music and sound therapy can be beneficial in the healing process. Experience how songs of empowerment can influence our feelings and thoughts and engage in reflective dialogue on how our environment can effect our healing.
**Diversity Track: Lesbian, Gay, Bisexual, and Transgender (LGBT) Civil Rights, Equality, and Pride Principles and the Transformation of Mental Health, Addiction, and Suicide Prevention Services (Hill Country A)**

*Mark Davis*

Are the principles and values of the LGBT community being upheld in mental health and addictions systems transformation? Add your voice to a lively and vital discussion of how to effectively implement LGBT community principles into healthcare reform, specifically with regards to parity, peer-led services and supports, affordable healthcare, and comprehensive services.

**Voice Your Recovery Wisdom with a Little Rhyme and Rhythm (Hill Country B)**

*Lisa Boulanger*

Lisa Boulanger voices her recovery story through poetry, rap, and music and will share exercises and activities that will nurture each participant’s creative recovery voice. Participants are invited to share their recovery story in a creative way.

**New Opportunities in Supportive Housing to Promote Recovery and Community Integration (Hill Country C)**

*Andrew Sperling*

As many as 5,000 new units of permanent supportive housing (PSH) will be developed by states under the HUD Section 811 program. These new units are directly linked to federal and state policies promoting community integration, including Olmstead. Come learn about this program and how it is being used to help consumers transition to full community participation.

**Advocacy Is Everyone’s Business: How Anyone Can Be a Change Agent (Hill Country D)**

*Jacob Bowling, Elisha Coffey, Lori Regan*

Experienced systems advocates will share information about how people in recovery, family members, and the community can engage in advocacy that impacts systems and policies. Participants will learn how to use their recovery stories to organize peers in advocacy initiatives.

**WRAP® for a Life Less Cluttered (Big Bend B)**

*Terri Byrne, Julian Plumadore*

WRAP® for Clutter is based on Mary Ellen Copeland’s WRAP® system and is adapted specifically for people who want to reduce the number of possessions that they own because the accumulation has become disruptive to their life and overall well-being.

**Bringing Recovery Supports to Scale in a Rural State (Big Bend C)**

*David Sanders, Nancy McKenzie*

Come on a journey through rural Appalachia and explore the benefits and challenges of establishing access to recovery supports. Along the journey, we will look at who the allies are, who the opposition is, and the strategies that made the BRSS TACS journey a success for Appalachia.

**Changing Systems One Conversation at a Time (Big Bend D)**

*Vickie McCarty*

Learn how the Consumer Council System of Maine has built beneficial relationships with the Maine legislature and state agencies though the use of peer support skills. We are practicing successful systems advocacy one person, one relationship, and one conversation at a time in order to produce meaningful mental health system change.
Wellness Activity 5:15 – 6:15 p.m.

Gentle Yoga (Foothills I)
Casadi "Khaki" Marino
The focus of these gentle vinyasa sessions will be on postures and breathing techniques related to grounding, expression, and acceptance. Some attention will be placed on yoga for sleep as well. Please wear clothing that allows for movement.

Caucus Sessions 7:00 – 8:30 p.m.

Declaration of Peer Roles: Strengthening Our Voice (Texas Ballroom II)
The Western Massachusetts Peer Network will offer the ‘Declaration of Peer Roles’ for discussion and review as an alternative approach to defining peer roles nationally.
Led by Sera Davidow, Erin E. Levesque

Overcoming Obstacles (Texas Ballroom III)
This caucus will explore various models of resiliency from a peer perspective.
Led by Joan Garner

Involving Consumers in National Mental Health Policy Development and Evaluation (Texas Ballroom V)
Come learn about how individuals, statewide organizations, and supporters are working for recovery. Hosted by the National Coalition for Mental Health Recovery (NCMHR).
Led by Daniel Fisher, Joseph Rogers, Lauren Spiro, Amy Zulich

Self-Publishing: Telling Your Story (Texas Ballroom VI)
Learn the basics of self-publishing and discuss how it can be an effective means of sharing your story with others.
Led by John Gallagher

Diversity Track: Asian American/Pacific Islander Caucus (Hill Country A)
A place for AA/PI peers to join together and talk about what is important to them.

Peer Specialists and Boundaries: Where We Stop and Others Begin (Texas Ballroom VII)
A forum to discuss the topic of boundaries in peer work.
Led by Jennifer Jones

Aging Issues and Older Adult Consumers (Big Thicket)
This caucus will discuss issues that consumer/survivors have as they age, including issues of older adults who experience mental health challenges.
Led by Marian K. Scheinholtz

Story Room: Presentations (Padre Island)
Come share your story and your voice at the Alternatives Conference. Contribute your expertise and present to your peers. Be that last minute presenter!
Led by Ty Smith

Occupying Our Behavior: Overcoming Stereotypes (Hill Country B)
A caucus addressing the sometimes conflicting issues of “behavior management,” compliance, and self-determination. How can we become responsible leaders of society?
Andrew Phelps, Pamela Inaba, Drake Ewbank, Mike Halligan

Cross-Collaborating in Action: Speaking Out about Schools (Hill Country C)
A forum to discuss school-related issues such as inclusion, bullying, discipline, and partnering with other organizations.
Led by Sandra Goodwick

Exploring the Future of Peer Support (Hill Country D)
Join Steve of International Association of Peer Supporters (INAPS) to explore the future of peer support.
Led by Steve Harrington

Spiritual Practice and Support Group (Foothills I)
Wind down and get support to help integrate what you’ve received here. Experience a diversity of spiritual practices served up with cultural humility in this interactive caucus.
Led by Phil Schulman
Luncheon and Closing Session
1:00 – 2:30 p.m.
Texas Ballroom

Keynote: Marty Hadge, Trainer, Western Massachusetts Recovery Learning Community (RLC)

Hearing Voices Beyond the Labels
Despite childhood trauma, hearing voices, drug addiction, years of treatment, and being given a dismal prognosis, Marty Hadge has transformed her life. Marty will share her story and describe the importance of peer-run organizations, such as the Western Mass RLC and the Hearing Voices Network. Additionally, Marty will discuss her current work as a Community Bridger, supporting people leaving some of the same psychiatric hospitals she once resided within.

Marty Hadge is a person in recovery from substance abuse as well as mental health issues, hearing voices, trauma, and poverty. After years of receiving traditional mental health services, Marty began working her way through the experience of hearing voices and extreme states by becoming active in the Western Mass Recovery Learning Community and attending Hearing Voices Groups. She has found meaning and value in this experience. Marty is now working with people transitioning out of psychiatric hospitalization and training Hearing Voices Group facilitators.

Conference Wrap-Up ...
JOIN US! This is your opportunity to weave what you’ve learned into some concrete suggestions and plans for follow-through. The consumer/survivor movement and the Alternatives Conference are about YOU! Come share your insights and your ideas.
Workshops 9:00 – 10:30 a.m.

Fostering Recovery for Males with Special Attention to Trauma (Foothills I)
William Kellibrew IV, Ty Smith
Recent research suggests that males in the United States have had difficulty accessing and receiving effective services and supports for addressing trauma-related mental health issues. This presentation will focus on fostering recovery for males with trauma histories through engagement in diverse and inclusive communities. Active participation by both male and female audience members is encouraged.

Collaging Recovery: Telling Your Story (Padre Island)
Mark Davis
Learn how to tell your recovery story confidently by creating a collage from magazine images and text. Each participant is encouraged to share their collages and stories and to share and teach the craft within their communities. Participants receive a "Collaging Recovery" instruction handout.

Diversity Track: Traditional Healer’s Project Model: Fighting Stigma in Hmong Communities (Hill Country A)
Daniel Esparza, Mai Y. Vang
The Traditional Healer’s Project provides an innovative and culturally responsive approach to services and stigma reduction for the Hmong community. Learn how it addresses mental health conditions by understanding culturally specific experiences of stigma and examining exemplary programs through the lens of the “Promising Practices Program,” as well as methods of technical assistance and lessons learned.

The Lives They Left Behind: Suitcases from a State Hospital Attic (Hill Country B)
Darby Penney
When Willard Psychiatric Center in New York closed in 1995, 400 patients’ suitcases from the late 19th-mid-20th century were discovered in an abandoned attic. This presentation uses photos of suitcase contents, their owners, and hospital records to depict the lives of several suitcase owners in all their complexity, and explores the implications for mental health policy today.

Peer Support and Effective Collaboration with Multiple Organizations (Hill Country C)
Tamara Ferber, Mary Lou Berger
Accompany us in our journey of discovering the beauty of offering innovative peer support services through multi-organization collaboration. We are pioneering a new transitional housing program in our city, and are excited to bring our experience, data, and ideas to share with you all!

Frontier/Rural Peer Psychiatric Emergency Response Options (Hill Country D)
Robyn Priest, Donna Mong
The Alaska Peer Support Consortium received a sub-contract to develop a national database on peers in psychiatric emergency response teams, prepare a manual for providers on how to include peers on psychiatric emergency response teams, and provide related trainings for clinicians and peers. Presenters will share lessons learned for those who may want to implement a similar program.

Peers and Parenting (Big Bend A)
George Badillo, Dorothy Washburn Dundas
Parents with lived experience can have unique struggles and issues when raising their children. George will share his long time hospitalization and the custody battle that followed. Dorothy will share her experience of raising four children after her own institutionalization. Come learn from their stories and share your own!

Online Facilitation and Support for the Professional Development of Peer Workers (Big Bend C)
David Hidajattoellah, Eddo Rats
Can peer worker professional development, education, and supports be done effectively through online facilitations and trainings? Our consumer-led organization in the Netherlands is actively involved in such efforts. We will present an overview of our online peer support training centre and how we provide training to peer support workers on such topics as developing a professional identity, the legal and financial aspects of providing peer support, and social entrepreneurship.
Workshops 11:00 a.m. – 12:30 p.m.

SAMHSA’s Wellness Initiative: Pathways to Holistic Wellness (Foothills I)
Lauren Spiro, Jean Campbell, Cathy Cave
SAMHSA’s Wellness Initiative is making great strides in increasing peers’ quality of life and years of life. National Wellness Week 2012 had more than 235 events in 35 states, many of which were peer-run activities. This year, the Initiative conducted dialogues about cultural inclusion and worked with researchers to measure the Initiative’s impact. Come learn about our accomplishments and new resources.

Using Language to Increase Resiliency (Hill Country B)
Janet Paleo, Anna H. Gray, Lesla Copley, Aleta Copley
Many people dismiss the power of our words, and yet our words shape our reality. We will look at how altering our language impacts the brain and can develop our resiliency. You’ll come away with a new awareness of language and its importance in your ability to live a fully empowered life.

Reclaim Your Power! (Hill Country D)
Ben Luskin
Discover the many ways in which you are already doing what you need to succeed in life. Reflect on past trials and accomplishments from a fresh, empowered perspective, focus on personal strengths, and use those qualities to design and build desired lifestyle changes.

Exploring Human Consciousness to Promote Recovery (Big Bend C)
Hrannar Jonsson
This workshop will include a lively dialogue about human consciousness. Hrannar will present a theory of consciousness using everyday terms and will invite discussion on how understanding our consciousness promotes recovery and staying well on a day-to-day basis.

Social Activities to Strengthen Recovery and Recovery-based Communities (Hill Country A)
Phil Schulman, Tracy Love
This interactive workshop will include social activities designed to increase a sense of community, meaning, and purpose to create a joyful experience that can be brought back to your community. Each interactive activity will be followed by a “harvest session” where participants will reflect and share what they observed or learned.

Cultivating Curiosity: Collective Empowerment and Freedom of Choice in Mental Health Crises (Hill Country C)
Matthew Cohen
In this session we will explore 1) contemporary analysis of the treatment of mental and emotional states; 2) practical skills for communities addressing mental health crises; and 3) how to maintain safer spaces for those expressing non-normative behavior.

Thank you for joining us in Austin . . . We hope to see you next year at Alternatives 2014!

Please complete the conference evaluation form and bring it to the registration desk at the end of the conference to obtain your certificate of attendance. Thank you!
Jeremy Abbott is smart, funny and hardworking; he has made much progress toward his recovery. He doesn’t let mental health challenges stop him and he’s working toward becoming a Certified Peer Specialist.

Yaffa Alter is an Afro-Caribbean consumer who promotes wellness and recovery through facilitating WRAP® and self-esteem groups and writing/performing inspiring and uplifting poetry. She educates law enforcement and other community partners about the infinite possibilities available for everyone who experiences mental health challenges.

Joe Anderson is the Chair and Master of Ceremony for Black Men Speak. He joined Black Men Speak because he wanted to help other people like himself who have suffered from substance abuse, alcohol challenges, and homelessness. He hopes to achieve a goal of reaching 100,000 African American men and women.

Oscar Arzola, IPS, Spanish WRAP® Facilitator, was born in Guayama, P.R., and raised in Massachusetts. He works at the Northeast Recovery Learning Community as the Multicultural Outreach Coordinator Peer Specialist. He uses his lived experience as a Hispanic man in recovery to support others of diverse cultural and linguistic backgrounds.

Oscar Arzola, IPS, Facilitador de WRAP® en Español, nació en Guayama, Puerto Rico, y criado en Massachusetts. Él trabaja en la Comunidad de Aprendizaje de la Recuperación del Noreste como el Coordinador de Alcance Multicultural. Él utiliza su experiencia vivida como un hombre Hispano en recuperación para apoyar a otros compañeros de diversas minorías culturales y lingüísticas.

Freddie L. Avant, PhD, LMSW-AP, ACSW, C-SSWS, is the Associate Dean and Director of the School of Social Work and a Professor of Social Work at Stephen F. Austin State University. He has an extensive history in directing and evaluating educational and human service programs in organizations and communities.

George Badillo recently made a video describing the custody obstacles he faced. He has trained psychiatrists, staff, families, and peers on advocacy and how to improve the mental health system. George’s life story is featured in Robert Whitaker’s book, Anatomy of an Epidemic.

Deanna Bell, CPS, LPN, Advanced Level WRAP® Facilitator, is employed by the Commonwealth of Massachusetts Department of Mental Health as Certified Peer Specialist at the Worcester Recovery Center and Hospital. She debriefs inpatient restraints and facilitates several peer support groups.

Greg Benson is a Human Rights Advocate at Advocacy Unlimited Inc. and currently leads an enjoyable and exciting life, incorporating friends, employment, passionate activism, cardio-vascular exercise, and disciplined eating habits into his life.

David Berceli, PhD, is an international expert in the areas of trauma intervention, stress reduction, and resiliency strengthening. He specializes in trauma recovery with large populations, e.g., military personnel, national and international relief agencies, and government and non-governmental organizations whose staff are living and working in trauma-inducing environments.

Andrew Beresky is an Advocate at Afiya, a peer-run respite and a part of the Western Mass Recovery Learning Community. He is an avid proponent and practitioner of meditation of mindfulness. He also is a lover of literature, philosophy, and music.

Kirsten Berg is a Certified Peer Specialist, Ambassador with MHCSN, and a mental health manager and trainer in rural Minnesota.

Mary Lou Berger, Peer Specialist, has been recovering from mental health issues for 25 years. Mental health care advocacy and volunteer work became a mainstay in her recovery, along with receiving an Associate’s Degree. Moving forward, she hopes to become a paid advocate for people with mental health challenges.

Michele Bibby has 28 years of lived experience with matters of mental health. Michele is a Certified Peer Specialist and was a founding member of Texas Catalyst for Empowerment, a Texas consumer-run network. Michele speaks publicly on mental health issues and has served as a consultant to Via Hope.

Sean Blackwell has produced videos for his YouTube channel, bipolarORwakingUP since 2007. With over 6,000 subscribers and over one million views, Sean’s videos have a wide-ranging audience. His book, Am I Bipolar or Waking Up? describes his own ‘bipolar awakening,’ subsequent hospitalization in 1996, and his complete recovery.
TK Blanchard is a Peer Support Specialist at Another Way. He believes in building strong communities, where people feel safe and are encouraged to be themselves, without judgment. He loves making music, painting, and cooking. He hopes to support other peers in leading happy, healthy, and fulfilling lives!

Lisa Boulanger is an aspiring artist, rapper, and songwriter working as a Certified Peer Specialist at Fellowship Health Resources in Massachusetts. She attributes much of her recovery from a bipolar diagnosis to the creative process of writing poetry and music.

Jacob Bowling, MSW, is the Director of Advocacy and Policy at the Mental Health Association of Southeastern Pennsylvania (MHASP), where he leads a group of advocates who engage in direct service advocacy, policy analysis, community organizing and engagement, and legislative affairs.

Yohanna Briscoe guides and connects Another Way community members to meaningful employment and educational opportunities. She has a background in public service and non-profit work. She has a degree in Black Studies and is passionate about creating a respectful, peaceful world.

David Brown is a high school graduate, and a veteran of the United States Marine Corps Reserve. He has struggled with mental health and substance abuse issues, but is on a journey of recovery for both. David is a Certified Peer Specialist and a participant of the CRIF SDC Program.

Lynnae Brown is Coordinator of Education and Training at Howie the Harp (HTH) Advocacy Center, a peer-run peer training and employment resource center in Harlem, NYC. Her work includes overseeing training of peer workers, as well as peer staff development.

Stephany Bryan, Program Officer, Consumer and Family Liaison, represents the perspectives of persons with lived experience and their families in the Hogg Foundation’s activities. Before joining the Foundation, she advocated for improvements to federal, state, and local mental health policies and services. She is a Certified Peer Specialist and certified WRAP® facilitator.

Rachel Bryant, MA, family member and trauma survivor, believes in the innate wisdom and intelligence of everyone to become their own healer. She facilitates workshops and hosted a KPFA-Pacifica radio show about holistic medicine, sexuality, and women’s health.

Lacy Kendrick Burk is Executive Director of Youth MOVE National, and has a personal history of the foster care system. Her focus areas include youth engagement in systems change, organizational development, youth adult partnerships, youth leadership development, and research and evaluation.

Terri Byrne is an Advanced Level Facilitator working at the Mental Health Association of San Francisco (MHASF). She co-facilitates WRAP® groups in a public housing community and also for the Suicide Attempt Survivors Group in San Francisco.

Vincent Caimano is the Founder of Depression Recovery Groups and an organizational psychologist. Despite his many bouts of depression, Vince is a successful consultant and has created an organization that employs Certified Peer Specialists and has helped thousands of people in over 35 countries.

Harry Caldwell is a member of Black Men Speak and is also a Community Liaison for Peers Envisioning and Engaging in Recovery Services (PEERS). Harry uses his lived experience to mentor homeless shelter populations. He also performs as a lead singer in an inspirational vocal group.

Shana Calixte is the Executive Director of Northern Initiative for Social Action (NISA), a consumer/survivor initiative in Northern Ontario, providing administrative and organizational leadership, as well as advocacy for mental health consumers.

Iden Campbell, CPS, a transgender man, is the Founder/Executive Director of The Campbell Center, a peer-run resource center in Washington, DC. He has chaired the DC PAIMI Advisory Council and the DC State Vocational Rehabilitation Commission, and been a board member of the DC State Independent Living Council.
Jean Campbell retired this year after a consumer-directed research career bringing voice to persons with lived experience. Her own experience-based explorations combine research, creative expression, and advocacy, and involve painting, documentary filmmaking, photography, writing, and improvisation. She serves on SAMHSA's Wellness Initiative’s Research and Evaluation Subcommittee.

Matt Canuteson is Assistant Center Director for the Statewide Family and Consumer Networks (FCN) TA Center at Policy Research Associates (PRA). Using his personal experience with incarceration, homelessness, and being a receiver and provider of mental health services, Matt works hard to ensure that others have the ability to recover.

Diana Capponi—As a psychiatric survivor Diana has led the development of ‘Alternative Business’ across Ontario. Ten years ago, Diana accepted a Human Resources Recruitment position at the Centre for Addiction and Mental Health.

Michael P. Carey, PhD, is a clinical child psychologist and Training Director of Scott and White Healthcare’s pre-doctoral psychology internship program in Temple, Texas. Both the internship program and certified peer support program are supported by grants from the Hogg Foundation for Mental Health and the Meadows Foundation.

Shannon Carr is a Certified Peer Specialist and motivational speaker in Texas, and the Executive Director for Austin Area Mental Health Consumers. She provides peer support services for adults experiencing mental health issues, substance use and/or homelessness, and also serves in advisory roles which promote wellness and recovery.

Cathy Cave is a Founding Partner of Unlimited Mindfulness Consulting and Senior Project Associate at Advocates for Human Potential. She advises on trauma-informed care, countering racism and discrimination, and cultural and linguistic competence. She serves on SAMHSA’s Wellness Initiative’s Steering Committee and is Co-chair of its Culture and Inclusion Subcommittee.

Walter Wai Tak Chan is a psychiatric consumer and a PhD student at the University of Manitoba. He is interested in community participatory research and anti-discrimination organizing. Walter also serves on the boards of several community nonprofits, including the Mood Disorders Association of Manitoba.

Sandra Cheng is an artist and peer advocate with a Master’s degree in Fine Arts from the University of Southern California. She volunteers for local community organizations and is a facilitator for the Wildflowers’ Movement.

Elisha Coffey, MSW, is the Advocacy Manager at the Mental Health Association of Southeastern Pennsylvania (MHASP). She monitors and advocates in situations where people with mental health conditions interface with various systems, and engages in community organizing, legislative affairs, and policy analysis.

Bert Coffman is the NY Founder of the Zappalorti Society (ZS 1992) and the Rainbow Heights (RH) psychosocial club (2003). He is the consumer-patient Ombudsman of Rainbow Heights, and the co-chair of the NYC DOHMH Federation LBGT Committee.

Matthew Cohen is a community builder, teacher, advocate, and social entrepreneur in the fields of cooperation, wellness, and mental health. Matthew is one of the site runners for Mad in America.

Oryx Cohen, MPA, is the Director of the National Empowerment Center’s (NEC’s) Technical Assistance Center. He works with consumer/survivors to create peer-driven and recovery-oriented supports and assists state organizations in the transformation of their mental health system. Oryx is also the co-founder of Freedom Center, the Pioneer Valley’s only independent peer-run support/activist organization.

Deni Cohodas, CPS, was the first Peer Debriefeer in the country and has continued to define this area of expertise for certified peer specialists. She also facilitates peer-education groups, provides staff education from a peer perspective, and is employed at the Worcester Recovery Center and Hospital in Massachusetts.
H. Stephen Cooper, PhD, LCSW, is an Associate Professor of Social Work and Associate Dean for the College of Liberal and Applied Arts at Stephen F. Austin State University. He has taught across the BSW curriculum with an emphasis on research, statistics, policy, and community/organizational theory and practice.

Aleta Copley is a Certified Peer Specialist and is employed as a Peer Advocate at Gateways Satellite in Silverlake, CA. She will be returning to college next spring to pursue licensure as an art therapist, and recently completed the Focus for Life training program.

Lesla Copley has a liberal arts degree from Colorado College and is also a Certified Peer Advocate. She volunteers at the West Side Center for Independent Living in Venice, CA, and recently completed Focus for Life training.

Jeremy Countryman is Program Director at The CAFE TA Center. He has more than a decade of experience advocating for individuals with disabilities and behavioral health needs and their families. He is both a consumer of mental health services and the parent of a child with a developmental disability.

Michael Creek is the Director of Strategic Initiatives at Working for Change and is the former coordinator of the Toronto Speakers Bureau Voices from the Street.

Allison Crotty is a mother of a daughter living with an intellectual/development disability and a son whose life has been impacted by substance use. Allison’s compassion, passion, and organizational skills helped to create a consumer affairs department centered on initiatives which lead to lives of resiliency.

Nicole Currier is a Project Coordinator for Peerlink National Technical Assistance Center, focusing on health and wellness and media and communications. Nicole is a Certified Peer Specialist and a certified WRAP® Facilitator. She is on the Consumer Advisory Management Committee at Mid-Valley Behavioral Care Network and sits on the board of Clearwater Center for Healing.

Janice Curtis is Coordinator of Peer Support Services at Mind Springs Health, and an active volunteer in a variety of state and national organizations. She considers herself a peer in every category in the mental health field.

Jenee Darden is an award-winning journalist and host of Mental Health and Wellness Radio. She’s also the Web Content and PR Specialist for Peers Envisioning and Engaging in Recovery Services (PEERS) in Oakland, Calif. Jenee has reported for NPR and Huffington Post.

Nicole Darr is a Certified Peer Specialist and a Program Manager at the Mental Health Association of Southeastern Pennsylvania. She was the first Coordinator for the Pennsylvania Peer Support Coalition, a statewide network of peer specialists. She loves literature and art.

Sera Davidow is part of the Western Massachusetts Recovery Learning Community, which includes four resource centers, a peer respite, and many other learning and growth opportunities. Sera is also a mother, a film lover, a blogger on Mad in America, and a chocolate and bleu cheese connoisseur (not together!).

Malacha Davidson is a Certified Peer Recovery Support Specialist for NorthCare Community Mental Health Center in Oklahoma City, Oklahoma. She has worked for almost three years in the trauma-informed program, Freedom, Recovery, Empowerment (FRE) and teaches WRAP®, Seeking Safety®, and WHAM to consumers and also does individual peer counseling.

Mark Davis is a longtime consumer-survivor living with HIV in Philadelphia, PA, and a GLBT mental health consumer activist and advocate. He is the leader of the Pink and Blues GLBT Mental Health Consumer Support group. His Drag with a Tag character, “Miss Altered States,” debuted at Alternatives 1992.

Eva Dech is Statewide Trainer/Community Organizer at the Mental Health Empowerment Project (MHEP). She formerly worked at the Westchester Dept. of Community Mental Health and at the Westchester Independent Living Center as Program Director of Independent Living Services.
Rick DeGette, MA, MFT, is Vocational Services Director for Alameda County Behavioral Healthcare Services. Rick has over 25 years of experience in public behavioral healthcare throughout California. He also teaches part-time in a human services program at Solano Community College (SCC) which he helped to conceptualize, develop, and implement.

Donita Diamata’s work experience includes providing direct peer support, start-up, and management of peer-run programs, and advocating for change in the system. Her current role as Project Coordinator for Mental Health America of Oregon/Peerlink National Technical Assistance Center allows her to continue her passion for advocacy.

Greg Dicharry is National Youth Empowerment Director for Magellan Health Services. After ten forced hospitalizations, two stays in drug rehabilitation facilities and many hopeless depressive states, Greg completed a peer-training program, which he later directed. At Magellan, he developed and now coordinates the youth leadership program, MY LIFE.

Holly Dixon, LCSW, served as the Peer Services Director for Amistad’s peer support program at Maine’s largest state hospital. She has worked in the mental health field for more than 15 years. Holly is recognized for her expertise in inpatient peer services, supervising peers, and is currently working in Delaware.

Sean Donovan is a Community Bridger in western Massachusetts, a co-facilitator of the Sylvia Rivera peer support group and co-facilitator and facilitation trainer for Alternatives to Suicide groups. He shares his experiences with gender, sexuality, and extreme states daily in conversations and as a writer for MadinAmerica.com

Lala Doost grew up in a culturally sheltered and protected home where she knew nothing about mental health issues. She began working in the mental health field over five years ago and has been committed to help break the stigma and discrimination that surround mental health.

Jay Drayer is the founder of CareFlash—a new media partner to organizations nationwide, empowering friends and loved ones—the most logical yet most elusive assets for enhancing sustainability in recovery. CareFlash strengthens integrated care and mitigates caregiver burnout associated with recovery, cognitive decline, behavioral issues, dying, and grieving.

Cindy Driggers, LCSW, has worked in the field of Mental Health and Substance Abuse Treatment for 25 years. Cindy has worked with many populations including children, adolescents, adults and geriatrics. Cindy graduated from the University of Georgia with a Master’s of Social Work.

Deron Drumm is the Co-Executive Director of Advocacy Unlimited and a blogger for Mad in America. He has experienced extreme, altered, and addictive states. He writes and speaks openly and honestly about where his emotional distress and addiction brought him, and how he has reshaped his life through deliberate living.

Sascha DuBrul is the Co-founder of the Icarus Project, a community support network and media project that’s actively redefining the language and culture of mental health and illness with over 12,000 members and dozens of peer-based supports groups all over the world.

Dorothy Washburn Dundas was institutionalized for three years as an adolescent in the 1960s, labeled a “schizophrenic,” and forced to undergo forty insulin-coma electroshock “treatments.” Luck, determination, her own anger, and one compassionate advocate helped her to recover. She lives in the Boston area where she raised her four children.

Rashad Eady grew up in an environment where mental health issues were never talked about, even though they were a part of his family. Rashad started working in the mental health field about three years ago to help bring awareness to himself and his community.

Eva Edelman is a writer/researcher and nutritionist. She is the author of two widely acclaimed compendiums: Natural Healing for Bipolar Disorder, and Natural Healing for Schizophrenia. These books describe nutrient-based approaches, plus the role of allergies, sugar issues, addictions, heavy metals and other toxins.
**Becky Edwards** is a person in recovery who has been dealing with voices for about 20 years. She volunteers at Mind Springs Health, and co-facilitates a Hearing Voices group as well as other peer groups, and is involved in other advocacy activities.

**Letty Elenes** has been with Peers Envisioning and Engaging in Recovery Services (PEERS) since July 2009. Letty is responsible for leading Transitional Age Youth (TAY) Initiative projects and the Campus Mental Health Program, and is the first WRAP® facilitator to run youth-to-youth groups in the nation.

**Shannon Eliot** is the Communications Manager for Peers Envisioning and Engaging in Recovery Services (PEERS) in Oakland, Calif. She served as producer on *Shine*, a documentary film about Transition Age Youth (TAY) and trauma, and hosts and produces the talk show Mental Health Matters.

**Cyndi Eppler**, LMFT, is the Statewide Program Manager for the MHSOAC Client Stakeholder Project, California. She collaborates with various consumer groups and county agencies to improve stakeholder involvement in mental health services planning. Cyndi is a consumer, family member, and therapist who is actively involved in community recovery and advocacy.

**Daniel Esparza** has provided technical assistance and oversight for a national campus program on reducing domestic violence, dating violence, sexual assault, and stalking on college campuses. Daniel is the Senior Program Manager at The Center for Dignity, Recovery & Stigma Elimination at Mental Health Association San Francisco (MHASF).

**Matthew Federici** is the Executive Director of the Copeland Center. Matthew brings a blended perspective as family member and from his own journey in wellness recovery. His career has focused on advocacy and systems change. He is an international speaker providing keynotes and trainings promoting WRAP® and Peer Support.

**Tamara Ferber** is the Lead Peer Specialist at Our Space, a transitional housing program in Wisconsin, where she offers compassion, empathy, validation, hope, love, and empowerment to those who have not yet found their voice. To remain centered, Tamara practices daily mindfulness and meditation.

**Wyatt Ferrera** is an Advocate at Massachusetts’ first peer respite, Afiya, and a co-facilitator of the Sylvia Rivera peer support group. He also writes and speaks about parenting, gender, class, and the many facets of privilege and power as a writer for Mad in America and beyond.

**Beth Filson**, MFA, CPS, is a nationally recognized trainer and curriculum developer in trauma-informed care with a concentration in trauma-informed peer support. She also co-facilitates Intentional Peer Support, a trauma-informed approach to relationships and healing. Beth is a self-taught artist and lives in Western Massachusetts.

**Daniel Fisher**, MD, PhD, was diagnosed with schizophrenia while working as a neurochemist at NIMH. To humanize mental health, Dan became a community psychiatrist, founded the National Empowerment Center, was a member of the New Freedom Commission on Mental Health, and helped organize the National Coalition for Mental Health Recovery, and Emotional CPR (eCPR).

**Lisa Forestell** is passionate about alternative ways to talk about and understand our experiences. Both voice hearer and advocate, she finds the Hearing Voices ethos one such compelling alternative. Lisa works with the Western Mass Recovery Learning Community.

**Lynda Frost**, JD, PhD, is Director of Planning and Programs at the Hogg Foundation for Mental Health, where she oversees major initiatives and grant programs, leads strategic and operational planning, and manages program staff. She is an experienced administrator, professor, and attorney with legal expertise in human rights, juvenile and criminal justice, mental health law, and mediation.

**John P. Gallagher** got his start with self-publishing with the non-profit Cordial Unlimited with a three year grant from State of Wisconsin to produce four books. He gained much experience from Cordial Unlimited. Once that project ended, he continued to self-publish his psychiatric histories.
**Joan K. Garner** is both a multiple trauma survivor and an advocate. She will utilize her experience as a trauma survivor, an advocate, and a student of social sciences to inspire others in their journey to resiliency. Most recently she has worked as the Assistant Public Policy Director of Mental Health America of Louisiana.

**Briana Gilmore** works on developing progressive mental health policy first at the state level and now at NYAPRS. Her focus on mental health policy and advocacy has helped Briana embrace her own recovery experience, allowing her to share her history with the family of peers she has met since joining NYAPRS.

**Evan Goodchild** filmed, edited, and co-directed the Western Massachusetts Recovery Learning Community’s *The Virtues of Non-Compliance*. He co-facilitates a weekly art workshop for young adults. The workshop utilizes the online production company hitRECord.org, where he is a resident curator. Evan is earning his Bachelor's Degree in ‘Creative Arts in Human Services.’

**Anna H. Gray** co-owns PRO (Positive Reinforced Outlook) International. She is a recent graduate of a Harvard University Certificate Program on Refugee Trauma. She is the co-developer of Focus for Life, a resiliency-building program and holds a Master’s Degree in Educational Psychology.

**Lauren Grimes** is the Transitional Age Youth Outreach Coordinator for On Our Own of Maryland. She works in peer support and youth-led systems change on county, state, and national levels, and helps young adults create an equitable and reciprocal relationship with their service systems.

**Michele R. Guzman**, PhD, is Assistant Director of Research and Evaluation at the Hogg Foundation for Mental Health, at the University of Texas at Austin’s Division of Diversity and Community Engagement. Michele leads the Foundation’s evaluation efforts and works on grant programs related to mental health provider workforce issues.

**Marty Hadge** has been a member of the Western Mass Recovery Learning Community for the past four years. She is a Trainer for the Hearing Voices Network USA and works as a Peer Facilitator for the Western Mass RLC. She finds meaning and value in her experiences.

**Steve Harrington** is Executive Director of the International Association of Peer Supporters and is a leader in the development of national practice guidelines for peer supporters. He is also the author of a peer support training curriculum that integrates addiction and mental health fields.

**Leah Harris**—mother, artist, activist—is passionate about using technology to advance our common activist agenda. She is a suicide attempt survivor and works to promote the attempt survivor voice in policy and public awareness. Leah is Communications and Development Coordinator at the National Empowerment Center and Technical Director at Madness Radio.

**Carol Hartman**, a consumer who once had agoraphobia, now travels to every Alternatives conference by plane, collecting her first set of wings from the pilot in 2008. She also serves as the Recovery Coordinator and Client Rights officer of Gathering Hope House. Ms. Hartman is a Certified Peer Specialist.

**Melinda R. Hasbrouck**, JD, CPS, MPH Candidate, is a consumer of mental health services, and is a contractor for the DC Department of Behavioral Health Office of Consumer and Family Affairs. She is currently pursuing a master’s degree at George Washington University and has a law degree from William & Mary School of Law.

**Patrick Hendry** is the Senior Director for Consumer Advocacy at Mental Health America National and the Associate Director of the Statewide Consumer Network TA Center. Patrick is currently the director of Social Self-Directed Care: *It’s My Life*. He is the former Executive Director of the Florida Peer Network.

**David Hidajattoellah** is the Coordinator and Researcher of the Dutch project, *Learning Network for Peer Workers*. He has a degree in educational science, information technology, and statistics. He has developed many courses, taught many peer workers, and conducted research on stigma and other topics.
Brian Hill handles all forms of media, video, Internet marketing, website content, design, and Smash Solution technology for Black Men Speak. He is the CEO/Founder of Brian’s Online Success Services, which provides online marketing and lead generation services to customers and prospective clients. Brian identifies as a mental health consumer with bipolar disorder.

Sheilah Hill (Shining River) loves to dance. Sometimes it’s on the program; often it is not. Once, a whole auditorium danced with her. Sheilah has written What Makes Us Recover: A Recovery Anthology for Mental Health, and Somewhere on The Edge of Dreaming: Stories of Meaning in Madness.

Tom Hill is Director of Programs for Faces and Voices of Recovery, a national information, education, and advocacy organization dedicated to improving services and access to those abusing and/or addicted to alcohol and drugs. He has more than 20 years of experience in recovery and community organizing.

Mary Hogden is a Manager/Program Specialist at Alameda County Behavioral Health Care Services. She is the former President/CEO of FIRST, Inc. in North Carolina.

Roberta L. Howard, CEO of Northern Arizona Consumers Advancing Recovery by Empowerment (NAZCARE), has been working in collaboration with the Veterans Administration since 1998. She has designed veteran-specific Peer Specialist Employment Training and programs specific to veterans. She designed the Homes 4 Heroes VA Homeless Program.

Walter Hudson is the founder of Vet-to-Vet Ohio, a trainer of Certified Peer Specialists, and a WRAP® Facilitator. A veteran and entrepreneur, Walter believes in “I can” and “I can do.” He brings energy and enthusiasm to sharing all that he has learned about himself and the system through many challenges.

Traci Jacobs is both a consumer and a licensed social worker. Ms. Jacobs is the Executive Director of the Gathering Hope House, an innovative peer center, and is also a college instructor who often uses humor in work and in the classroom.

Darcey Jane is a project specialist at Kites Trust, New Zealand, and is a person with lived experience of recovery from extreme emotional distress. Darcey has been working on the social inclusion program, Like Minds, Like Mine, for the past nine years, addressing the effects of stigma and discrimination.

Jennifer Jones is Advocacy Director for Tennessee Mental Health Consumers’ Association. Jennifer has been an active advocate and lobbyist, including experience working with diverse populations. She is a Tennessee Certified Recovery Peer Specialist, an Advanced Level WRAP® Facilitator, and earned her Master’s Degree from the University of Tennessee in Social Work.

Hrannar Jonsson is President of The Icelandic Mental Health Alliance (Gedhjalp) and is an activist and a social organizer. For most of his life he battled depression and anxiety but now considers himself to be completely recovered. Hrannar attributes his recovery to expression and community.

Joan Keenen works in Fresno, California, as a Clinical Supervisor. She is committed to having a ‘well workforce’ and a ‘well environment.’ She supports the wellness of mental health providers (including peer workers) so that they can support others on their journey of wellness.

William Kellibrew IV, an international advocate and motivational speaker, works on trauma and recovery, trauma-informed care, poly-victimization, civic engagement and public policy issues. He consults with SAMHSA’s National Center for Trauma-Informed Care and has appeared in many media outlets, including “The Oprah Winfrey Show,” The Washington Post, and BBC.

Annie Kim is the Program Director for the Family Education and Resource Center (FERC), where she facilitates trainings to promote wellness and recovery, stigma reduction, the importance of practicing self-care, and having hope to support family members/caregivers who have a loved one with a mental health challenge.
**Bios of Presenters**

**Teresa King** is the Training and TA Family Resource Specialist for the National Federation of Families for Children’s Mental Health and the Georgetown University National Technical Assistance Center for Children's Mental Health. Her efforts to find supports and resources for her son have fueled her work as an advocate.

**Sharon Kuehn** leads the Alameda County Social Inclusion Campaign for Peers Envisioning and Engaging in Recovery Services (PEERS). A passionate educator, she loves sharing hope, empowerment, and connection. Sharon facilitates change and develops programs in which every voice is valued.

**Tom Lane** works as the National Director of Consumer and Recovery Services for Magellan Health Services and has presented nationally about peer-provided services, social inclusion, and peer-support outcomes. He has worked along the entire continuum of peer supports, from the grassroots level to state hospital settings.

**Lori Larson** works with Community Access as a Peer Counselor for the Parachute NYC Manhattan Crisis Respite Center, and as a peer worker on the Parachute Support Line. Lori is deeply interested in using expressive arts, especially creative writing, as tools in healing.

**Erin E. Levesque** works at The Lighthouse Clubhouse, in Springfield, Massachusetts, where she helps oversee the Peer Support in Aftercare Program. She is a writer and dedicated believer in equality for all people. Erin contributes her continued success to the love and support of her wife and five children.

**DeQuincy Lezine** is a researcher in suicide prevention and author of a memoir, *Eight Stories Up: An Adolescent Chooses Hope over Suicide* about his suicide attempts as a youth and how he was able to move forward.

**Vivien Limon** is a Peer and Family Advocate for the County of San Bernardino. Educated at U.C. Berkeley and the Pasadena School of Design, she is a trainer and presenter with NAMI and County programs.

**Michael Little** is a Certified Peer Specialist and a Forensic Peer Support Specialist Trainer. He is currently working for the Philadelphia Department of Behavioral Health Intellectual Disability Services and Resources for Human Development as the Forensic Certified Peer Specialist Coordinator and Mental Health First Aid Instructor.

**Melissa Logg**, M.Ed., brings her lived experiences and her Navajo beliefs to her role as the Program Manager for Mental Health America of the Four Corners and is a Program Manager at Mental Health America.

**Rokus Loopik** is a social psychiatric nurse and a person with lived experience. He has served homeless individuals in Amsterdam, the Netherlands, for over 20 years. He brought the Housing First Program from New York to the Netherlands. He is a feel-good columnist, a Housing First/ACT/LEAP and Recovery Trainer.

**Tracy Love** is an emotional CPR (eCPR) trainer and wellness educator who has transformed her lived experience in mental health and the criminal justice systems into advocacy for social justice and systems change nationally. Tracy works in cultural attunement for healing of intergenerational trauma within the African-American Community.

**Ben Luskin** is a Life Coach, Peer Mentor, martial arts instructor, and advocate for empowerment in Eugene, Oregon. He is also a survivor of a severe traumatic brain injury and has made it his life’s mission to share the lessons he’s learned in his recovery.

**Mike MacInnis** is the Chief Relations Officer at the Central Mass Recovery Learning Community in Worcester, MA. Mike develops, plans, and coordinates community outreach, media, and public relations functions for the organization. Mike is also a Certified Personal Trainer and ACE Certified Nutrition and Wellness Coach.

**Simonne Maline** is the Executive Director of the Consumer Council System of Maine, a statewide systems change and advocacy organization. She has spent many years creating and running innovative peer support programs. Simonne is very proud of her experience of being a peer in recovery.
Denise Maratos is an educator, researcher, writer, peer mentor, and mental health educator with a Master’s degree in Education from Harvard University. She founded the Wildflowers’ Movement, a peer support and educational group, which promotes the values of self-awareness, mindfulness, and diversity. She loves yoga, dancing, music, and dogs.

Casadi Marino (Khaki) is in recovery from madness. She began working in community mental health and the consumer movement in the 1990s. She is pursuing a PhD in Social Work and Social Research at Portland State University in order to conduct research on madness and recovery.

Kimberly Marquez has been an advocate since she was 14 working with Mujeres Unidas y Activas, a nonprofit organization fighting against domestic violence and for immigration rights, as a group facilitator. Kimberly is a Certified WRAP® facilitator in Alameda County.

Carolyn Marsalis, CHHC, M.Ed., is a Life/Health Coach. Carolyn has served on the NAMI Lubbock Consumer Council and works with Texas Catalyst for Empowerment.

Scott Mashburn is a co-facilitator of a Buddhist Meditation and Spiritual Support Group and leads silent meditation retreats. He is a board member of Personal Empowerment Recovery Coalition of Arkansas (PERC).

Erme Maula, RN, MSN, CPS, WRAP® Facilitator, is Program Manager of the CRIF SDC Program of the Mental Health Association of Southeastern Pennsylvania. Erme has created and implemented the CRIF SDC Project with the guidance of a collaborative Operations Team. She is dedicated to addressing the social justice aspects of mental wellness.

Vickie McCarty is a fellow peer and systems specialist for the Consumer Council System of Maine, a statewide organization for systems change and advocacy. Vickie works with other peers in creating policies and systems which include the valuable skills, talents, and contributions of Maine’s recovery community.

Pam McElmuray is a Certified Peer Recovery Support Specialist at Northcare Community Mental Health Center in Oklahoma City, Oklahoma, and works in the FRE program. She also teaches WRAP®, WHAM, co-facilitates trauma informed addiction therapy, and is a one-to-one peer counselor.

Mimi Martinez McKay has worked for mental health organizations for many years. She currently serves as Chief of Staff/Information Services Director for Texas Department of State Health Services and serves on the Wellness Initiative’s Steering Committee.

Nancy McKenzie is a mental health consumer and family member, and a retired professional in the mental health field. She currently works as the staff resource to the North Dakota Consumer and Family Network.

Yvette McShan is the founder of the Victorious Black Women (VBW) organization.

David Miller experienced years of homelessness and institutionalization and has been in recovery for the last twenty years. He now works as a Peer and Family Advocate for the County of San Bernardino. He is an active advocate at the state and local level.

Donna Mong is Assistant Director of the Alaska Peer Support Consortium. She was previously with the North Carolina Mental Health Consumers’ Organization and has experience with community development, interviewing and follow-up, and the development and implementation of learning-based materials.

Steven Morgan is Operations Manager for Intentional Peer Support and has worked in peer support services for the past decade, helping develop and manage several alternative and community-based mental health programs in Vermont.

Currie Murphy is a mother, artist, survivor, and activist. She is an Advocate for the Western Mass Recovery Learning Community where she also co-facilitates the Alternatives to Suicide Peer Support Group. Her passions include creating healing environments where people are not striving to be normal, but where everyone is human.
Stephanie Ozbun, BSSW, LSW, is a Peer Specialist and has been a Trainer/Consultant for the Wellness Management and Recovery Coordinating Center of Excellence in Ohio for over seven years. Stephanie is a mental health provider, a person in recovery, and is involved with community and state initiatives.

Jennifer Maria Padron, M.Ed, CPS. Jen’s specialties include innovative business modeling, C/S/X-driven peer services and supports, consumer operated service provider project management, US Certified Peer Specialist certification, person-centered medical home (Texas), strength-based recovery and oriented systems of care, Whole health and wellness solutions, program design and implementation.

Janet Paleo has been an advocate since 1996 and currently works for the Texas Council of Community Centers as the Director of Recovery-based Services. She serves on the board for the World Federation for Mental Health. SAMHSA honored her in 2010 with a Voice Award.

Sherman Park is the Video Production Specialist for Peers Envisioning and Engaging in Recovery Services (PEERS) in Oakland, Calif. Sherman has worked in the video production industry around the San Francisco Bay Area and in Europe as a videographer, video editor, and ad copywriter.

Darby Penney is a long-time activist in the human rights movement for people with psychiatric histories. She is the co-author of The Lives They Left Behind: Suitcases from a State Hospital Attic and is also co-author of Engaging Women in Trauma-Informed Peer Support: A Guidebook. Darby trains on trauma-informed peer support nationally.

Andrew Phelps, a “mental patients liberation” activist from the 1960s, fights objectification and supports the alternative dialogical approach. He teaches math at DeAnza College and advocates social accountability at local, regional, statewide, and national levels. Andrew is project director for the “New Social Roles” project of Psychologists for Social Responsibility.

Amy Pierce, CPS, is the Peer Support and Recovery Coordinator at Bluebonnet Trails Community Center. Amy has served on the Disability Rights Texas, PAIMI Advisory Council and works with Texas Catalyst for Empowerment.
Bios of Presenters

Julian Plumadore is a Community Advocate at MHASF and works to raise awareness of and reduce stigma by sharing his own experiences. Julian is a writer and a survivor of multiple mental health challenges. He specializes in working with members of San Francisco’s LGBT community.

Lori Regan is a person in recovery who has emerged as a leader in advocacy. She has participated in advocacy trainings and met with legislators with whom she passionately tells her recovery story in order to promote systems change.

Jackie Pogue is the Individual Placement and Support (IPS) Trainer for Alameda County. She works with the county and contract agencies to implement and sustain evidence-based supported employment programs for consumers.

Andrée Reyes, MSW, is a Consumer/Provider Employment Liaison at Alameda County Behavioral Health Care Services. She helps implement transformation to a consumer-driven system through the employment initiative.

Amiee Powers was born and raised in Vermont and has been part of the peer movement for the past three years. Choosing to eat healthier foods has been an important part of Amiee’s healing process, and she believes that establishing healthier eating habits can be equally helpful for others in achieving wellness.

Priscilla Ridgway, PhD, has more than 35 years’ experience in the mental health field. She has conducted best practice research in supportive housing, studied recovery narratives, hope, and recovery, and co-authored “Mental Health Recovery: What Helps and What Hinders?” (a NASMHPD and SAMHSA funded project).

Margaret Rivers has a fascinating story of recovery from a unique diagnosis, and benefited from a program in South Carolina which addressed her needs in a person-centered manner. Margaret has years of experience working in Assertive Community Treatment Teams.

Tony Priolo is the Chair of the School of College and Work Preparation at George Brown College. Tony oversees a variety of ACCESS programs designed to assist individuals in entering post-secondary education programs or employment.

Robyn Priest is Executive Director of the Alaska Peer Support Consortium. She has extensive experience working in peer support positions and administrating and directing peer organizations and mental health non-government agencies. Her true love is bringing diverse groups and people to the table to learn from each other.

Jim Probert went mad in 1982, was hospitalized, then prescribed medications. His traumatic experiences and healing capacities were forgotten. Fortunately, he questioned this and began his recovery journey. He became a crisis worker, a psychologist, and discovered the transforming power of the peer movement.

Tony Priolo is the Chair of the School of College and Work Preparation at George Brown College. Tony oversees a variety of ACCESS programs designed to assist individuals in entering post-secondary education programs or employment.

Eddo Rats is the Community Manager at Learning Network for Peer Workers in Amsterdam and has organized support groups for 13 years. He has a BS in Electrical Engineering, and has completed additional university courses in international technological development studies, physics, and philosophy. He applies philosophy, mathematics, and science to understand the mind and its relationship to society.

Margaret Rivers has a fascinating story of recovery from a unique diagnosis, and benefited from a program in South Carolina which addressed her needs in a person-centered manner. Margaret has years of experience working in Assertive Community Treatment Teams.

Joseph Rogers is Executive Director, National Mental Health Consumers’ Self-Help Clearinghouse (a national technical assistance center funded in part by SAMHSA), and Chief Advocacy Officer, Mental Health Association of Southeastern Pennsylvania. An internationally known advocate, he has won numerous awards, including the 2005 Heinz Award for the Human Condition.

Steve Robinson, a retired Non-Commissioned Officer and Gulf War veteran, served 20 years in the U.S. Army. As Vice President of External Veteran Affairs for Prudential Financial, Inc., his programs help veterans find work within Prudential and other companies. Steve has testified numerous times before Congress about military service members’ mental health needs.

Susan Rogers is Director of the National Mental Health Consumers’ Self-Help Clearinghouse, a national technical assistance center funded in part by SAMHSA. A writer, editor, and advocate, she has appeared on television, radio, and in the print media. She received the 2013 Clifford W. Beers Award from Mental Health America.
**Bios of Presenters**

**Eileen Rosen**, CPS, M.Ed., LPC, became a Licensed Professional Counselor in 1989 and an eCPR trainer in 2011. She is a Certified Peer Specialist and Advanced Level WRAP® Facilitator and served as Consumer Coordinator for Via Hope Mental Health Resource while she was the Executive Director for DBSA of Texas.

**Harvey Rosenthal** has over 35 years of experience working to provide public mental health services and social policies that promote recovery, rehabilitation, and rights. He is the Executive Director of the New York Association of Psychiatric Rehabilitation Services (NYAPRS).

**Ken Paul Rosenthal** is a filmmaker and activist whose films exist as works of art and also function as tools for personal and societal transformation. He is widely recognized for his media work in mental health advocacy, including a SAMHSA Voice Award and Golden Psi Award Nomination by the APA.

**Patricia Ross** is the Consumer Affairs Specialist for Oregon’s Mid-Valley Behavioral Care Network. She is a person with lived experience of mental diversity and a history of trauma. She also leads Clearwater Center for Healing, where women who have experienced trauma come together to seek cleansing, restorative, and empowering healing.

**Robert Rousseau**, M.Div., MA, CPS, AMHRE, is a person living with psychiatric challenges and recovering from alcoholism. He works full-time as a Certified Peer Specialist and is the Corporate Director of Peer Recovery Services for Fellowship Health Resources, a behavioral health care provider in seven states along the Atlantic seaboard.

**Steven Samra**, MPA, is a Deputy Project Director and Senior Analyst at the Center for Social Innovation. He serves as Deputy Director and Consumer Advisor on SAMHSA’s Bringing Recovery Supports to Scale Technical Assistance Center Strategy (BRSS TACS) and has served in leadership capacities for SAMHSA on HHRN, PATH, and SSH consumer involvement roles.

**Dave Sanders** is a person in recovery who works in the behavioral healthcare field on supported employment, grassroots public policy advocacy, and Recovery Coaching. He is a certified Recovery Coach Trainer and is a Board Member of the Psychiatric Rehabilitation Association and the National Coalition for Mental Health Recovery.

**Christopher Scarzo** is a Community Support Workers for Tri City Mental Health. He was educated at California Polytechnic University. He also coordinated peer/consumer programs for NAMI Pomona Valley and is a trained group facilitator with a special interest in spirituality and recovery.

**Adrienne Scavera** is currently enrolled in a Master's in Social Work program and has her first “real” full-time job. She attributes her academic and vocational success to her participation in the Career Visions project.

**Marian K. Scheinholtz** is a public health advisor at the Center for Mental Health Services, SAMHSA. Ms. Scheinholtz is a person with lived experience, an author on behavioral health topics, and a frequent speaker on recovery, consumers as providers, and older adult mental health issues.

**Julie Schnepp** is a Certified Peer Specialist and WRAP® Facilitator. She is volunteering at a homeless shelter and looks forward to using her WRAP® and CPS skills. She also works with MHASP to progress in her recovery. Recovery has helped her to see the joy life can bring.

**Phil Schulman** has provided organizational and program support to consumer/survivor/ex-patient (C/S/X) self-help and peer support communities since 1989. He is an Interfaith Minister with a decade of parish ministry experience and has eight years of experience offering “Compassionate Conversations” Trainings.”

**Barry Shainbaum** fully recovered from bipolar over twenty years ago. He shares his journey with others in order to promote the message that recovery from mental health challenges is possible. He is the author of two books: *Hope & Heroes*, and *Dancing in the Rain*.

**Masipula Sithole Jr.** is an aspiring spokesperson, social entrepreneur, and arts advocate for human rights, global justice, and cultural exchange in North America and Southern Africa. Masi is completing graduate work at Johns Hopkins University and contributes to the world mental health movement as a bridge builder based on bipolar-blessing.

**Eileen Rosen**, CPS, M.Ed., LPC, became a Licensed Professional Counselor in 1989 and an eCPR trainer in 2011. She is a Certified Peer Specialist and Advanced Level WRAP® Facilitator and served as Consumer Coordinator for Via Hope Mental Health Resource while she was the Executive Director for DBSA of Texas.

**Harvey Rosenthal** has over 35 years of experience working to provide public mental health services and social policies that promote recovery, rehabilitation, and rights. He is the Executive Director of the New York Association of Psychiatric Rehabilitation Services (NYAPRS).

**Ken Paul Rosenthal** is a filmmaker and activist whose films exist as works of art and also function as tools for personal and societal transformation. He is widely recognized for his media work in mental health advocacy, including a SAMHSA Voice Award and Golden Psi Award Nomination by the APA.

**Patricia Ross** is the Consumer Affairs Specialist for Oregon’s Mid-Valley Behavioral Care Network. She is a person with lived experience of mental diversity and a history of trauma. She also leads Clearwater Center for Healing, where women who have experienced trauma come together to seek cleansing, restorative, and empowering healing.

**Robert Rousseau**, M.Div., MA, CPS, AMHRE, is a person living with psychiatric challenges and recovering from alcoholism. He works full-time as a Certified Peer Specialist and is theCorporate Director of Peer Recovery Services for Fellowship Health Resources, a behavioral health care provider in seven states along the Atlantic seaboard.

**Steven Samra**, MPA, is a Deputy Project Director and Senior Analyst at the Center for Social Innovation. He serves as Deputy Director and Consumer Advisor on SAMHSA’s Bringing Recovery Supports to Scale Technical Assistance Center Strategy (BRSS TACS) and has served in leadership capacities for SAMHSA on HHRN, PATH, and SSH consumer involvement roles.

**Dave Sanders** is a person in recovery who works in the behavioral healthcare field on supported employment, grassroots public policy advocacy, and Recovery Coaching. He is a certified Recovery Coach Trainer and is a Board Member of the Psychiatric Rehabilitation Association and the National Coalition for Mental Health Recovery.
Bios of Presenters

**Alicia Smith** has taught over 80,000 people in person and 12,000 virtually. Now medically retired, Alicia focuses her time on mental health advocacy, and various volunteer activities to improve our country’s mental health care. She enjoys hiking Montana’s trails with her service dogs.

**Ty Smith** is Founding Director of Colorado Youth Voice, which is a coalition of youth advocates working to increase and improve youth mental health services. Ty also works on issues of trauma-informed care.

**Vivi W. Smith,** JD, resides in Washington, DC, and is the Director of the Department of Behavioral Health Office of Consumer and Family Affairs. She has been a disability rights advocate for over twenty years. Vivi has a law degree from the University of the District of Columbia.

**Lisa Smusz,** MS, LPCC, is the Executive Director of Peers Envisioning and Engaging in Recovery Services (PEERS) in Oakland, Calif. As a provider, consumer, and university instructor, Lisa is passionate about reducing stigma surrounding mental health issues, promoting recovery model practices, and providing greater access to underserved populations.

**Janice Sorensen** has been doing suicide prevention since the age of eight, while dealing with her mother’s numerous attempts and later navigating her own thoughts of suicide. She understands the despondency that precedes an attempt and brings this knowledge to her suicide prevention work.

**Jo-Ann Sowers** is the Director of the Career Visions project.

**Andrew Sperling** is the Director of Federal Legislative Advocacy for NAMI, the National Alliance on Mental Illness. Mr. Sperling is the Co-Chair of the Consortium for Citizens with Disabilities (CCD) Housing Task Force—a coalition dedicated to expanding access to decent, safe, and affordable housing for adults living with disabilities.

**Lauren Spiro’s** vision of social justice and liberation fuels her work as the Director of the National Coalition for Mental Health Recovery and co-director of Emotional CPR. She also works on SAMHSA’s Wellness Initiative. She is an artist who is awakening to the power of creative expression as a tool to transform consciousness.

**Patti Bitney Starke,** Executive Director of the Mental Health Consumer Survivor Network of Minnesota, has over 30 years of experience as an advocate for mental health recovery and wellness. She is an educator, trainer, program developer, consumer, and peer.

**Douglas Stewart,** art therapist, painter, and spoken word artist, has taught African Studies for more than 20 years. He brings his lived and spiritual experiences of the African Diaspora to elevate community consciousness towards self-discovery.

**Kim Sunderland,** as Executive Director of Peer Support Accreditation and Certification Canada (PSACC), plays a key leadership role in galvanizing the peer support community towards the common goal of enhancing the recognition and accessibility of peer support in Canada.

**Peggy Swarbrick,** PhD, is the Director of the Wellness Institute at Collaborative Support Programs of New Jersey and part-time Assistant Professor at Rutgers University School of Health Related Professions. She has a long history of developing peer-delivered programs and innovative projects researching wellness and health promotion.

**Joy Torres** is a model of transformation. Locked in a mental institution at age five and homeless for ten years, she has been clean and sober for over 23 years. Joy facilitates wellness and advocacy groups in culturally diverse mental health settings in Orange County, California.

**Darcy Townsend** has a passion for Social Transformation. She is a trainer of Intentional Peer Support and is involved in the growth and evolution of Second Story House (a peer staffed respite) in Santa Cruz, Ca. Darcy holds a BA in Child and Adolescent Development.

**Howard D. Trachtman,** BS, CPS, CPRP, is an individual who has personally been restrained and secluded. He has served on the NAMI Advisory Committee on Restraint and Seclusion and is also a champion of hospital alternatives such as warmlines and peer-run respites. Howard maintains the websites RestraintFreeWorld.org and warmline.org.
Deborah Louise Trueheart (Debbie Whittle) is an educator, counselor, writer, artist, and motivational speaker. She has devoted the last twenty years to the study of psychology, holism, process therapy, spirituality, and the healing process. She is former director of the Technical Assistance Center at the National Empowerment Center.

Kelechi Ubozoh is the Statewide Project Coordinator for Peers Envisioning and Engaging in Recovery Services (PEERS) in Oakland, CA. Kelechi has a journalism degree from SUNY Purchase and was the first student reporter to have an op-ed published in The New York Times. She is also a certified WRAP® Facilitator.

Gloria van den Berg is the Executive Director for Alyssum, Vermont’s first peer-run respite where the focus is on ‘what happened to you,’ dialogue, mutuality, and re-discovery of self. Gloria brings her history of healing from trauma and psychosis through alternatives, including peer counseling, group support, and meditation.

Mai Y. Vang is a Licensed Clinical Social Worker leading Sutter-Yuba Mental Health Services Hmong Outreach Program. She works closely with the Hmong American Association of Marysville, as well as providing consultation to others who serve this local Hmong community.

Eduardo Vega is the Executive Director of the Mental Health Association of San Francisco, providing research, advocacy, and program leadership in California and internationally. Through MHASF he directs the Center for Dignity, Recovery and Empowerment, a technical assistance, research, and training center focused on stigma change, program innovation, and suicide prevention.

Brenda Vezina-Jodiatis is Executive Director of the Central Mass Recovery Learning Community in Worcester, MA. Her focus has been on relationships that help heal the effects of trauma and extreme experiences, including mental health diagnoses and other significant life experiences that change the course of a person’s well-being.

Tanya Vykovsky has worked at Pathways Vermont since July 2012 and is committed to changing the way we speak to and about human beings who are experiencing struggles. Having experienced the impact of marginalization, Tanya has moved from feeling the world didn’t expect much from her to fighting against disempowerment.

Franzswa Watson is the Peer Support Educator/Training Coordinator, at the Delaware Psychiatric Center/DSAMH, in conjunction with the Mental Health Association of Delaware. In addition to developing and implementing training programs, she assisted with the development of Delaware's Peer Certification curriculum.

Anne Weaver works for the National Empowerment Center as a Public Policy Specialist and is a part-time doctoral student at Lesley University, studying the peer movement’s role in outcomes-based healthcare policy reform. She is also a licensed mental health counselor and has a small private practice in Massachusetts.

Mike Weaver has been recovering from the effects and treatment of bipolar disorder, seclusions/restraints and incarceration for many years. He is an advocate who has managed peer-directed and clinical programs and has assertively addressed injustice in national advocacy organizations.

Pam Werner is the Manager in the Office of Recovery Oriented Systems of Care at the Michigan Department of Community Health, responsible for leadership and policy direction of the Certified Peer Support initiative and provides training and technical assistance in person-centered planning and self-determination.

Jane Winterling is one of the original people responsible for the development of WRAP®. Having experienced both sides of the mental health system, she advocates for reaching out to each other across the system, so we can change things that benefit us all.

Caroline White is a recent transplant from North Carolina, who after 22 years of involvement in traditional mental health services, is now excited to be a part of the Western Mass RLC, helping to create alternatives across four counties. Caroline enjoys playing roller derby, participating in social activism, and raising cats.
Gwendolyn Watkins White is Project Director of Technical Assistance for the Federal Healthy Transition Initiative (HTI) at Georgetown University, National Technical Assistance Center for Children’s Mental Health (NTAC). Ms. White is a content expert on the transition to successful adaptation of adult roles and responsibilities for youth and young adults.

Jeanie Whitecraft is Director of the Institute for Recovery and Community Integration at the Mental Health Association of Southeastern Pennsylvania. Under her direction, the Institute has led the Pennsylvania Peer Specialist Initiative, providing training and technical assistance. Ms. Whitecraft also developed the Friends Connection, a national evidence-based peer support program.

Brianna Williams has a strong voice in her community as an advocate, activist, and spoken word artist. She is a certified WRAP® facilitator, Peer Specialist, Ebony Youth Project Founder, and Lead Coordinator for the Transition Age Youth initiative (TAYi) to Peers Envisioning and Engaging in Recovery Services (PEERS).

Gerald M Wilson, CPS, is a Peer Mentor for an Arizona State Home Health Integrated Outpatient Clinic and also works for Scott and White Mental Health Center in Temple, Texas as a Certified Peer Specialist.

Lucy Winer has been directing and producing critically acclaimed documentaries for over 30 years. Committed to issues of social concern, Winer’s work has been distributed theatrically in this country and overseas, and broadcast nationally on PBS and cable. Her most recent film, Kings Park, received the NYAPRS Public Education/Media Award.

Tom Wittick grew up in Oregon around loggers and then moved to Portland. After being catatonic for five years, he was a co-founder of the insane liberation movement in the late 1960s. Tom became a peer advocate in 1975 and his organizing still continues.

Michael Jiong Yao was born in Shanghai and immigrated to the US in 1990. He got his MD and MPH at Ohio State University and psychiatry training at Oregon Health and Science University. He serves on the board of MHA of Oregon and works with a Veterans Administration Assertive Community Treatment team.

Sally Zinman is Executive Director of the California Association of Mental Health Peer Run Organizations (CAMHPRO) and a consultant with the Office of Consumer Relations, Alameda County (California) Behavioral Health Care Services. Active in the mental health consumer/survivor empowerment movement for almost 40 years, she was instrumental in founding and implementing the early consumer run drop in centers.

Amy Zulich is Executive Director of Mental Health America of Oregon (MHAO) and has extensive experience providing peer support, training, and technical assistance in the areas of employment, financial self-sufficiency, and mental health recovery. Her current passion is non-profit leadership and administration.
MULTICULTURAL ROOM

REGISTRATION & EXHIBITS

Note: Elevators 1 & 2 will go to floors 1-17 (Foothills Ballroom)
Elevators 3 & 4 will go to floors 1-16, with a short staircase to the 17th floor.