



Friday, October 20, 2017

7:30-8:00 a.m. Registration				
8:00-8:45 a.m. Welcome and Opening Session				
9:00 a.m.-5:00 p.m. Health and Wellness Resource Fair				
9:00-9:50 a.m. Concurrent Sessions				
Wellness Track	Caregiver/Family Track	Consumer/Peer Track I	Consumer/Peer Track II	Parents of Youth
The Food-Mood Connection	Self-Compassion for the Caregiver	Introduction to Mental Health First Aid for Adults	Conversations with Peers: Mental Health	NAMI Basics/Parenting Classes
9:50-10:00 a.m. Break				
10:00-10:50 a.m. Concurrent Sessions				
One Basket, Five Recipes: Healthy Cooking on a Budget	Conversations with Parents and Caregivers: How to be an Advocate When Your Family Member Needs Help	Introduction to Wellness Recovery Action Plan (WRAP)	Mental Health Treatment and the Law	Criminal Justice and Adolescent Mental Health Court
10:50-11:00 a.m. Break				
11:00-11:50 a.m. Concurrent Sessions				
Benefits of Pet Therapy	NAMI Family-to-Family Discussion	Mental Health: There's an app for that!	Your Legal Rights in the Hospital	Parental Rights in the Special Education Process
11:50 a.m.-12:00 p.m. Break				Parents of Youth track will reconvene on Saturday morning.
12:00-1:00 p.m. Keynote Luncheon and Award Ceremony				
1:30-2:00 p.m. 30-minute Break (Opportunity to visit the Health and Wellness Resource Fair)				
2:00-2:50 p.m. Concurrent Sessions				
Wellness Track	Caregiver/Family Track	Consumer/Peer Track I	Consumer/Peer Track II	Professional Development
Art Therapy	SAPD/BCSO Mental Health Unit Teams: Ask-A-Cop Panel Discussion	Creating Your Personal Vision Board to Help Lead the Life You Imagine	Conversations with Peers: Substance Use Challenges/Dual Diagnosis	Cognitive Adaptation Training to Improve Community Outcomes
2:50-3:00 p.m. Break				
3:00-3:50 p.m. Concurrent Sessions				
Yoga for Mental Health	What I Want to Tell My Parents/Family Caregivers about My Mental Health and/or Substance Use Challenges	Housing 101	Military Veterans Treatment Court	Supported Decision-Making: A New Alternative to Guardianship
3:50-4:00 p.m. Break				
4:00-4:50 p.m. Concurrent Sessions				
Using Exercise to Improve Mental Health	A New Generation: Why Sibling Support Matters in Youth and Family Recovery	Mental Health FAQs	Trans-Cranial Magnetic Stimulation: How it can help you with your Depression, without the use of medications	Trauma-Informed Care Training
5:00 p.m. Adjourn				



Saturday, October 21, 2017

8:00-8:30 a.m. Registration				
8:00-9:00 a.m. Welcome and Opening Session				
9:00 a.m. -12:00 p.m. Health and Wellness Resource Fair				
9:00-9:50 a.m. Concurrent Sessions				
Wellness Track	Legislative Track	Consumer/Peer Track I	Youth Track (ages 12-17)	Parents of Youth
TamboRhythms Drum Circle	411 on Current Legislative Issues Affecting the Mental Health and/or Substance Abuse Communities	How to Become Your Own Self-Advocate (Practical Steps to Self-Advocacy)	Exploring Your Mental Health: When to Ask for Help	Aging Out: Transitioning from Youth to Adult Services
9:50-10:00 a.m. Break				
10:00-10:50 a.m. Concurrent Sessions				
Mindfulness for Stress Reduction	Fireside Chat with Local Officials	Being a Self-Advocate Panel, Part I (Member-Based Organizations)	Building Healthy Relationships: How Relationships Affect Today's Youth	Teen Dating Violence/Healthy Relationships: How Do I Know My Teen is Safe?
10:50-11:00 a.m. Break				
11:00-11:50 a.m. Concurrent Sessions				
Dance Therapy as Personal Medicine: Two-Step Your Way to Wellness	How to Make Your Voice Heard: Getting Elected Officials to Hear Your Story	Being a Self-Advocate Panel, Part II (Community Organizations)	Teenagers Taking Care of Business: Managing Stress and Standing Up for Yourself	Social Media Literacy: What Parents Need to Know to Help Their Youth Make Healthier Choices/Decisions
11:50-12:00 Conference Concluded				