

Session One • Sesión Uno

Finding Home: Tools and Techniques for Finding Housing

This session will highlight the affordable housing resources available to people diagnosed with mental health conditions through the Department of Mental Health, Department of Housing & Community Development, and local housing authorities, including both rental assistance and capital investment programs. Panelists will discuss the housing search process from the perspective of the individual, outlining the steps required to become eligible for affordable housing programs, what's involved in the search process, and taking on the requirements of tenancy. They will also speak from experience what supports individuals may need to assist them in maintaining their housing.

Earl Miller - Western Massachusetts Area Director of Recovery, Department of Mental Health

Jonathan Bowen-Leopold - Peer Network Advocate, Department of Mental Health

Joe Valley - Central Office Housing Specialist, Department of Mental Health

Moderator: Jill Gichuhi - COMPASS Helpline Director, NAMI Massachusetts

The Living Room: A Peer-Based Crisis Alternative

This workshop will focus on The Living Room program at Advocates which provides a 24-hour, completely peer-staffed crisis alternative to emergency department visits, traditional respites and hospitalization. The goal of The Living Room is to create connections, provide support and offer choices for people to explore without surrendering control of their lives. Participants can expect to learn what the Living Room offers, specific supports and resources a guest can expect when visiting, and how we measure guests' experiences and outcomes.

Caroline Miller, CPS – the Living Room, Advocates, Inc.

Heidi Trainor - Peer Program Coordinator, Advocates, Inc.

Moderator: Judi Maguire - Director of Peer Programs, NAMI Massachusetts

Responses to Substance Use

There are as many responses to substance use as there are people. This workshop will cover three major approaches: traditional 12-step abstinence programs, Medication Assisted Treatment programs such as suboxone, and Harm Reduction approaches such as syringe exchange programs.

Meghan Hynes, MPH - Harm Reduction Consultant and former manager of the Drug User Health Program, AIDS Action Committee/Fenway Health Center

Jimmy Kamel, NP - MAT Clinical Coordinator, Fenway Health Center

Julie Bunch - North East/Boston Regional Coordinator, Massachusetts Organization for Addiction Recovery

Moderator: Karen Gromis - Deputy Director, NAMI Massachusetts

The Importance of Lived Experience Narratives in Training for Law Enforcement

Beyond clinical and tactical information, Crisis Intervention Team (CIT) training in Massachusetts provides officers the opportunity to hear from people with lived experience of navigating the mental health system, for themselves or a family member. This workshop will offer participants the chance to hear from CIT leaders about the importance of these perspectives and the impact hearing real life stories has on officers. Participants will also hear two people share their stories of interactions with the police as a result of mental health crises.

Annabel Lane, LCSW - Social Worker, Brookline Police Department

Sergeant Chris Malinn - Brookline Police Department

Lieutenant Jennifer Paster - Brookline Police Department

Rae Simpson - NAMI Cambridge-Middlesex

Moderator: Eliza Williamson - Director of Community Education & Training, NAMI Massachusetts

Preguntas al Doctor (en Español)

El doctor va hablar sobre su investigación y trabajo en el Hospital McLean, y luego abrirá el foro para responder preguntas de la audiencia. Areas de especial interes:especiales: trastornos del estado de animo, depresion y ansiedad, evaluacion del riesgo de suicidio y prevencion, psiquiatria intercultural (trabaje en la Clinica Hispana del Brigham and Women's Hospital), salud mental universitaria, estigma, incorporando la experiencia vivida en la atencion clinica.

Fernando Rodriguez-Villa, MD - Hospital McLean

Session Two • Sesión Dos

Advocacy: Speaking Truth to Power

This workshop will address the multiple ways to advocate for rights and causes by highlighting programs for people with lived experience produced by the Disability Policy Center and Advocates, Inc. We will also hear the perspective of a former legislator who will share his inside knowledge of advocacy at the State House level.

Keith Scott - Vice President of Peer Support & Self-Advocacy, Advocates, Inc.

Lenny Somerville - Head of Advocacy, Disability Policy Consortium

Robert Antonioni, Esq. - Former State Senator

Moderator: Deborah Shields, JD, MPH - Executive Director, NAMI Massachusetts

Family Member Perspectives on Maintaining Wellness

When someone is diagnosed with a mental health condition, it can be a struggle for all family members to maintain their own well-being. One of the toughest aspects of supporting a loved-one with a mental health diagnosis is the way worry and frustrations can overwhelm us. Stress, anxiety, compassion fatigue, isolation, and stifled emotions can become a permanent part of our day-to-day existence. In this workshop, family members of people diagnosed with mental health conditions discuss the challenges they have faced, as well as some of the ways they have found to get support. You will hear how partners, spouses, siblings, children, and parents found ways to maintain their own wellness under these circumstances.

Dominique Zarella - NAMI Family-to-Family Teacher, NAMI Boston

Kathleen Considine - NAMI Family-to-Family Teacher, NAMI Plymouth

Mary Harris - COMPASS Helpline Navigator and NAMI Family-to-Family Teacher, NAMI Boston

Sheila Flaherty - Family Support Group Facilitator, NAMI Plymouth

Moderator: Larry DeAngelo - Affiliate Development Director, NAMI Massachusetts

Living with Voices: the Hearing Voices Network Approach to Unique Experiences

This workshop will provide an overview of an approach to voices, visions, and unusual beliefs that has been transforming lives worldwide for the past 30 years. What can we learn from the Hearing Voices Network's history of collaboration between voice-hearers, family members and clinicians? What are some of the new ways of understanding and coping with voices that have come out of this important movement? What are new strategies that supporters can use to help voice-hearers build strong, empowered relationships with their experiences and the community at large?

Jeannie Bass, CPS - Board of Directors Member, Hearing Voices Network USA and Certified Peer Specialist, Department of Mental Health

Tasha Pearce - Advocate & Lead Community Bridger, Western Mass Recovery Learning Community

Moderator: Eliza Williamson - Director of Community Education & Training, NAMI Massachusetts

Defining and Validating Trauma

This workshop will offer an overview that broadly defines trauma, speaks to the day to day living with trauma and how validation of trauma is the beginning of what we often hear being described as Trauma Informed Care. Validation is the assumption of trauma as a wide lens we look through as well as the act of validating individuals lived experience, concurrently.

Thomas Brown, M.Ed, CPS - Interim Executive Director, The Transformation Center

Brenda L. Vezina, LSW, CPS - Director, Central Mass Recovery Learning Community/Kiva Center

Moderator: Jill Gichuhi - COMPASS Helpline Director, NAMI Massachusetts

Trauma, Experiencia y Validación: El Comienzo o el Principio (en Español)

Lo que estoy pensando es una visión general que define el trauma en términos generales, habla sobre la vida con trauma y la interacción y cómo la validación del trauma es el comienzo de lo que a menudo escuchamos que se describe como Atención Informada de Trauma. La validación para mí es la suposición de trauma como un lente amplio al cual nos miramos, así como el acto de validar la experiencia vivida de los individuos a el mismo tiempo. El título que he reunido es: "Trauma, experiencia y validación: el comienzo o el principio.

Vesper J. Moore, CPS - Director, Zia Young Adult Access Center & Advocacy Network

Jasmine Quinones, CPS - Director of Outreach & Marketing, Kiva Center of the Central Mass Recovery Learning Community

Moderator: Bianey Ramirez - NAMI Massachusetts

