

Finding Our Way Together

Annual NAMI Mass Convention

Saturday, October 26th

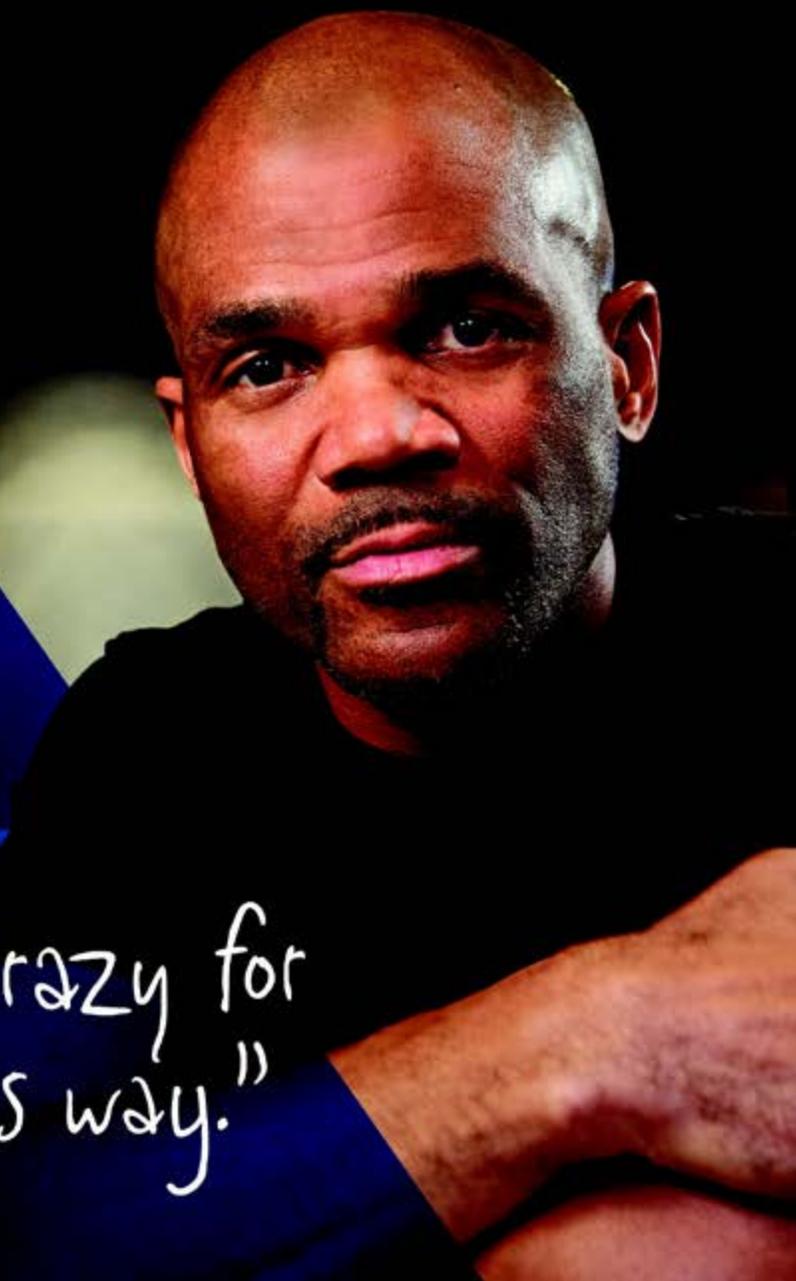
8 am - 4 pm

DoubleTree by Hilton, Leominster



National Alliance on Mental Illness

Massachusetts

A close-up portrait of a Black man with a shaved head and a goatee, looking directly at the camera with a serious expression. He is wearing a dark t-shirt. The background is dark and out of focus.

"I'm not crazy for feeling this way."

— Darryl



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Welcome to the 37th Annual NAMI Massachusetts Convention

We would like to thank our Convention sponsors!



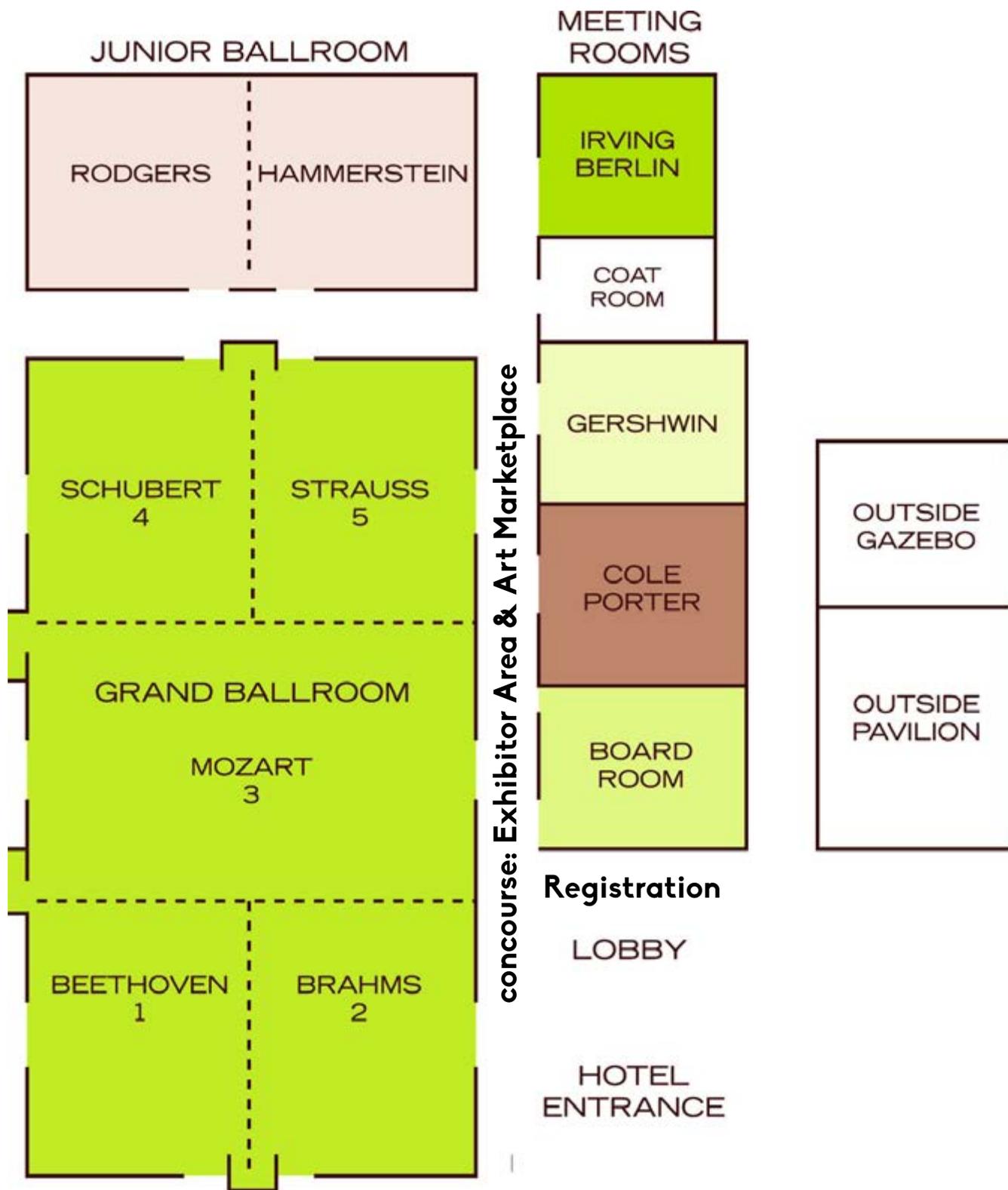
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Agenda at a Glance

8:00 am - 10:00 am	Registration & Breakfast
8:00 am	Voting Opens for NAMI Mass Board of Directors
8:30 am	Exhibit Area & Art Marketplace Open
9:00 am - 10:30 am	Morning Plenary
10:30 am - 10:50 am	Break & Voting
11:20 am	Voting Closes
10:50 am - 12:10 pm	Workshop Session One
12:10 pm - 12:30 pm	Transition
12:30 pm - 1:30 pm	Lunchtime Program
1:30 pm - 1:50 pm	Break & Transition
1:50 pm - 3:10 pm	Workshop Session Two
3:30 pm	Exhibit Area & Art Marketplace Close
3:30 pm	Convention Ends

Venue Map



Convention Agenda

- 8:00 am - 10:00 am** **Registration & Breakfast**
in the Grand Ballroom
- 8:00 am** **Voting Opens for NAMI Mass Board of Directors**
- 8:30 am** **Exhibit Area & Art Marketplace Open**
concourse outside the Grand Ballroom
- 9:00 am - 10:30 am** **Morning Plenary**
in the Grand Ballroom
- Welcome Remarks
Deborah Shields, JD, MPH
Executive Director, NAMI Massachusetts
- Keynote Address
Dr. Charmain Jackman
Discrimination Stress and Mental Health
- Board of Directors Candidate Speeches
see page 10 for candidate biographies
- 10:30 am - 10:50 am** **Break & Voting**
cast your vote for the NAMI Mass Board of Directors
- 11:20 am** **Voting Closes**
- 10:50 am - 12:10 pm** **Workshop Session One**
- Finding Home: Tools and Techniques for Finding Housing
Rodgers
- The Living Room: A Peer-Based Crisis Alternative
Hammerstein
- Responses to Substance Use
Cole Porter
- The Importance of Lived Experience Narratives in Training for Law Enforcement
Gershwin
- Pregúntas al Doctor (en Español)
Irving Berlin
- 12:10 pm - 12:30 pm** **Transition**

Convention Agenda

- 12:30 pm - 1:30 pm** **Lunchtime Program**
in the Grand Ballroom
- Lunch Service
Mass General Hospital Cancer Center
Collaborative Care & Community Engagement Program
Awards & Recognitions
Recognition of Outgoing Board Members
Board Election Results
- 1:30 pm - 1:50 pm** **Break & Transition**
please visit the Exhibit Area & Art Marketplace
concourse outside the Grand Ballroom
- 1:50 pm - 3:10 pm** **Workshop Session Two**
Advocacy: Speaking Truth to Power
Cole Porter
Family Member Perspectives on Maintaining Wellness
Hammerstein
Living with Voices: the Hearing Voices Network Approach to
Unique Experiences
Gershwin
Defining and Validating Trauma
Rodgers
Trauma, Experiencia y Validación: El Comienzo o el Principio
(en Español)
Irving Berlin
- 3:30 pm** **Exhibit Area & Art Marketplace Close**
- 3:30 pm** **Convention Ends**

Convention Quiet Room

Our quiet room will be open from 9 am to 3 pm. Stop by for a place to take a break. Check in with the Registration table for location information.

Convention Exhibitors

We would like to thank all Convention exhibitors for their participation. Please visit with exhibitors in the concourse outside the Grand Ballroom.

Achieve TMS East
www.achievetmseast.com

Advocates, Inc.
www.advocates.org

Central Mass Recovery Learning Community
www.centralmassrlc.org

Department of Mental Health
www.mass.gov/dmh

Harvard Brain Tissue Resource Center
hbtrc.mclean.harvard.edu

Health Law Advocates
www.healthlawadvocates.org

**Implementation Science & Practice Advances
Research Center (iSPARC)**
www.umassmed.edu/sparc/

Innovative Psychological Service (InnoPsych)
www.drcharmainjackman.com

Janssen
www.janssen.com

Justice Resource Institute (JRI)
www.jri.org

Mass General Hospital Cancer Center Collaborative Care & Community Engagement Program
<https://www.massgeneral.org/cancer/mental-health-collaborative.aspx>

McLean Hospital
www.mcleanhospital.org

**My Ombudsman &
Disability Policy Consortium**
www.myombudsman.org

**NAMI Greater Boston
Peer Support & Advocacy Network**
www.namiboston.org

Nizhoni Health
www.nizhonihealth.com

Plan of Massachusetts and Rhode Island
www.planofma-ri.org

Samaritans, Inc.
www.samaritanshope.org

**Service Employees International Union
(SEIU) Local 509**
www.seiu509.org

Westborough Behavioral Healthcare Hospital
www.westboroughbehavioral.com

Art Marketplace

Be sure to check out the Art Marketplace, in the concourse outside the Grand Ballroom! We are grateful to these talented artisans for sharing their work with us.

24 Hr. Power, Inc.
recovery graffiti

Frances Giampietro
handmade jewelry

Richard Mattoli
handmade earrings

Aaron Needle
original cards, calendars, and artwork

Wanda Ramos
paintings

Michele Urgo
pottery



508 251 9595

www.namimetrowest.org

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Justice Resource Institute is a leader in social justice with over 100 diverse programs across three states. We provide education, advocacy, housing and support services with a therapeutic trauma focus to children and adults with physical, emotional and learning disabilities. JRI promotes and fosters positive change to help each person find their place in the world and open doors to opportunities.



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Board of Directors: Candidate Biographies

Dayna Altman is an enthusiastic and driven young professional based in Boston, MA. She currently works as the Substance Use Prevention Program Coordinator at Girls Inc. of Lynn. Dayna graduated with her Master's Degree in Public Health and Bachelors of Science in Human Services and Psychology with honors from Northeastern University. She has held several roles in the human services field working with youth in mental health settings, and women who have experienced domestic or sexual violence. A working professional by day and entrepreneur by night, Dayna has created several organizations working toward prevention, education and advocacy for those who live with mental health challenges. Her entrepreneurial adventures have helped her become a speaker who has traveled to several universities across the country, a documentary film maker with her first film entitled, *Life After*, and now a published author with the first of its kind mental health and resilience cookbook, *Bake it Till You Make it: Breaking Bread, Building Resilience*.



Mathieu Bermingham, MD, graduated from the Boston University School of Medicine and subsequently completed a combined residency in adult psychiatry and fellowship in child and adolescent psychiatry. He is the Medical Director of Children Services of Roxbury and has a private practice, MetroWest Center for Well Being. The Center is founded on the principle that peace and well-being are essential for all people in order to maintain a balanced life, a healthy environment and a community without violence, conflict and disease. He is a consultant to the Department of Mental Health in early childhood mental health. He is the former psychiatrist for Central Massachusetts MCPAP region, and he was a consulting psychiatrist at Coordinated Family-Focused Care. He was a founder of the Haitian Mental Health Network created in response to the 2010 earthquake in Haiti. In medical school, as an Albert Schweitzer Urban Fellow, Dr. Bermingham developed a violence prevention program for middle schools in Dorchester. He is a board member of the Professional Parent Advocacy League (PPAL); Massachusetts Association for Infant Mental Health: Birth to Six (Mass AIMH); National Alliance on Mental Illness (NAMI); and the Professional Advisory Committee on Child and Adolescent Mental Health of the State Mental Health Planning Council (PAC). He is also the current co-chair of the Massachusetts Psychiatry Association's Committee on Integrative Care.



Board of Directors: Candidate Biographies

Neal Anthony Boyd lives in Springfield and is the President of NAMI Western Massachusetts and current Acting-President for NAMI Massachusetts. He is a mental health clinician who has actively brought support, education, and advocacy to cities and towns in Western Massachusetts. A chaplain on the Springfield police force, he teaches and encourages officers who serve the citizens of Springfield. Neal has spent much of his professional career showing and teaching youth how to successfully overcome struggles in life. He taught elementary and middle school for 12 years in Missouri public schools. Most recently, he worked for Sunrise Behavioral Health Clinic and the Disaster Relief Team at the Behavioral Health Network in Springfield, where he helped survivors and family members get their lives back together after traumatic events. He is a trained Family-to-Family teacher who looks forward to teaching the course in Western Mass communities. Knowing how important it is for NAMI Massachusetts to be a diversified organization, he wants to reach all who struggle with mental illness no matter who they may be.



Thomas Brown, M.Ed, is a Certified Peer Specialist who has worked in this capacity for 11 years. He is also a leading trauma educator, and teaches trauma studies from a combined lived experience and academic research perspective at various universities and institutions within the Boston area—including Harvard Medical School, Tufts University and the Victims of Violence collaboration between Cambridge Health Alliance and Harvard Medical School. Thomas is a lead trainer of peer specialists in the state's Certified Peer Specialist Program through the Transformation Center, where he is the Interim Executive Director. As founder and president of the Eastern Mass Peer Network, he is a committed advocate for diversity and inclusion in the workplace through hiring practices, promoting respect and inclusion for the LGBTQIA community, Americans of African descent, women, and the peer support movement.

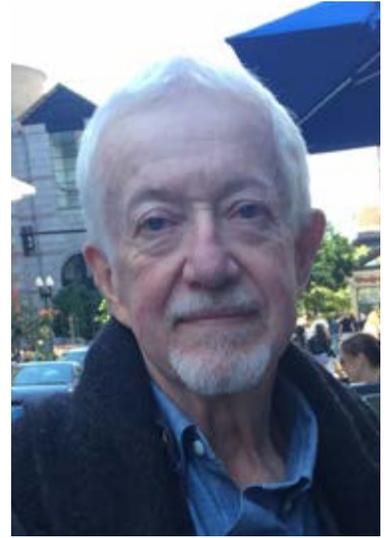


Voting Information

Remember to cast your ballot for the NAMI Massachusetts Board of Directors. Candidate speeches will take place during the Morning Plenary, and **voting will close at 11:20 am.**

Board of Directors: Candidate Biographies

Will Buckley was born and raised in Cambridge, Massachusetts. He graduated from St. Anselm College and received a M.Ed. in Counseling Psychology and Applied Human Development from Teachers College, Columbia University. He was employed in Copenhagen, Denmark from 1984 to 1992 where he became the Clinical Director of Danish State Church Substance Abuse Program. During that time, he implemented programs for the treatment of people with co-occurring mental health and substance use issues. In 1992, he became Senior Program Director, and subsequently Operations Director, for the Vinfen Corporation. During this time, he was a founding member of the Board of Directors of the Massachusetts Psychiatric Rehabilitation Association, now the Massachusetts Psychiatric Rehabilitation Collaborative. During his tenure on the Board, he participated in the strategic planning process, and served as co-chair of the annual conference for 10 years. Will has been the Vinfen Team Captain for NAMI Walks Massachusetts since its inception 16 years ago. He hopes to bring his experience of working to gain access to mental health services and fighting the stigma of mental illness to the NAMI Massachusetts Board.



Annabel Lane understands the crucial power of voices with lived experience. Through her work on the NAMI Mass Criminal Justice Diversion Project, Annabel partnered with police departments to prevent the unnecessary arrest and incarceration of people with mental health conditions. Currently, she is a police department clinician. She connects individuals to NAMI programs because they are some of the most empowering resources in the community. Annabel witnesses gaps and flaws in our mental health care system daily, particularly for children during their most painful, vulnerable, and confusing moments. She knows Massachusetts can do better, and strongly believes that NAMI Mass plays a vital role in holding legislators, providers, and insurance companies accountable for better frameworks of care. She brings clinical experience from many roles across the mental health system, and advocacy experience collaborating with multiple state legislators and agencies. Every day, Annabel joins partners from systems that seldom communicate or collaborate, to find creative ways to help adults, children, and families in crisis. She believes her ability to bridge the criminal justice and mental health systems is a key strength. Annabel is also informed by experiences with her own mental health, and with that of a loved one. She is excited and motivated to work together on our Board to make things better!



Board of Directors: Candidate Biographies

Dr. Susan J. Noonan is a physician and Certified Peer Specialist; author of four books, a website, and blog on Psychology Today on managing mood disorders; a consultant, and long-term patient. She bridges the gap between provider and recipient of mental health care services, and speaks firsthand knowledge of the illness, backed by evidence-based medical information. Susan has experienced depression on the bipolar spectrum that began in adolescence. She is a graduate of Mount Holyoke College, Tufts University School of Medicine, and the Harvard University School of Public Health, where she earned a Master's of Public Health (MPH) degree. She achieved board certification in Emergency Medicine, treating patients with a variety of medical conditions including many years counseling, treating, supporting, educating and advocating for individuals who have mental illness. Dr. Noonan also worked in the field of medical informatics, which is the application of computer expert systems to clinical decision making and the delivery of health care. She has volunteered as an advocate in the Cancer Resource Room of the Massachusetts General Hospital (MGH), counseling and assisting patients in search of their diagnoses and treatments, and for that work received the MGH Volunteer Service Award in 2006. Dr. Noonan later earned Certification from the American College of Lifestyle Medicine.



Michael Rafferty has gained expertise across the full spectrum of non-profit organizations over a career of more than 35 years in professional fundraising and communications work. Michael has experience working on grassroots start-up efforts to \$90 million capital campaigns. His experience ranges from mass marketing solicitations to corporate partnerships and local and national foundation grants as well as individual gifts at 5-, 6- and 7-figure gift levels. Among Michael's strengths are strategic planning for small non-profit organizations. His focus is on major gift cultivation and solicitation, corporate and foundation relations, fundraising communication and volunteer management. Michael's career in fundraising included chief fundraising officer at Big Brothers of Massachusetts Bay and at United Cerebral Palsy of Metropolitan Boston – both "small shop" development offices – and diverse senior staff positions at Dana-Farber Cancer Institute and its Jimmy Fund, and at Brigham and Women's Hospital. In addition to his fundraising expertise, Michael is also an accomplished free-lance writer. His assignments have included grant proposals, stewardship reports, magazine articles as well as online material including web pages, blog postings and on-line solicitations. In addition to these accomplishments, Michael is especially proud to have completed the 2000 Boston Marathon. With a time of under five hours, he locked up 15,145th place.



Board of Directors: Candidate Biographies

Evan Rockefeller has been involved with NAMI Massachusetts since 2014 as an Advocacy Day participant, NAMIWalks volunteer, and In Our Own Voice Presenter and State Trainer. He would join the board as a person with lived experience, and healthcare professional with nearly 15 years of job experience in the nonprofit and human service sector. A large part of his work as an occupational therapist involves advocating for inclusion of people who have historically been marginalized. In his work leading groups and trainings, Evan has experience negotiating group dynamics, synthesizing input from diverse viewpoints, including from those who have often had difficulty getting their voices heard or their perspectives understood, and drawing parties toward consensus. Evan brings with him connections to the statewide clinical and academic network of occupational therapists, professionals with a longstanding, vested interest in advocating for mental health services. In addition, Evan is a member of the LGBTQ community and can speak to the intersection of mental health with gay and trans identity.

As a member of the board, he would work to ensure that the voices of his peers with lived experience were well represented in guiding the organization's priorities in the coming years.



Jennifer Roy was born and raised in Worcester, MA and is a graduate of Clark University. For 10 years Jennifer worked as a news reporter at Worcester News Tonight. She later developed a passion for public relations and served as a communications specialist at several organizations including Worcester Public Schools, Mechanics Hall, and Worcester State University. Jennifer is proud of a fundraiser she created 11 years ago called Karaoke for a Cure which has raised more than \$200,000 for pancreatic cancer research and treatment at UMass Medical Center. An avid supporter of women's issues, Jennifer co-founded Worcester's Young Professional Women's Association to harness the power of young women through participation in economic, cultural and charitable initiatives. Jennifer is a proud mental health advocate and a member of the Obsessive Compulsive Disorder Institute where she has spoken in support of peer support specialists. Jennifer is currently earning her graduate certificate in the nation's first program in Regulatory Affairs on Cannabis Control. She hopes to help form policy that will advance medical research on cannabis.



Board of Directors: Candidate Biographies

Kristin Schultz, Psy.D. is a licensed Clinical Psychologist who has worked in the mental health field since 1997 in many capacities. She began as a residential counselor, and later ran a specialized residential treatment program for adult women with mental health conditions. After earning her doctorate at William James College in 2011, she performed psychological and neuropsychological testing with children and adults for several years after licensure. Now, Kristin is a full-time therapist at an urban outpatient clinic, serving individuals in the greater Worcester area who have mental health diagnoses and substance use disorders. She became involved with NAMI in 2015 through the Peer to Peer program. Since that time, she has trained as a Peer-to-Peer Leader, an In Our Own Voice speaker, helped with In Our Own Voice trainings, worked for the In Our Own Voice program administratively, and has attended NAMI Walks Massachusetts and NAMI Mass conventions. And now, Kristin is eager to offer her unique skills, knowledge, and experience to the NAMI Massachusetts board.



Karen Wolfson's oldest son stepped off a parking garage. Her family tried to have the right supports in place for him, but that day he made a decision that changed all of their lives. Today he has permanent physical disabilities. However, he is not defined by them. He is in a "good place." His mental health issues will remain a chronic condition and the family's lifelong journey continues. While the family struggled, she enrolled in NAMI Family-to-Family class. The class quickly became a supportive community. She found NAMI Mass at a vulnerable time in her life, and strongly believes, "NAMI saves lives. NAMI changes lives." Karen currently serves on the NAMI Massachusetts board as Treasurer. Professionally, she leads the tax department for Beth Israel Lahey Health. Karen successfully combines her professional skills and personal experiences to support an organization integral to her family's journey. She is committed to making a difference for those that live with mental health issues and eliminating the stigma. She asks for your support to continue supporting NAMI Massachusetts in this capacity.





NAMI
National Alliance on Mental Illness

**Cambridge/
Middlesex**

NAMI-Cambridge/Middlesex is a volunteer-run, non-profit membership organization whose mission is to better the lives of those with mental illness and their families through support, education, and advocacy for improved care and services.

Our free programs include two monthly Family Support Groups, the Family to Family education course for family members, Peer to Peer for persons in recovery, and regularly scheduled public education programs including our annual June Speaking of Science lecture on the latest research into mental illness.

Visit our Website for more information:
www.nami-cambridgemiddlesex.org



A young man in recovery tells his inspiring story at the 2019 NAMI-CM Auction Event.

Janssen is proud to partner with NAMI Massachusetts on issues related to healthcare access for the citizens of the Commonwealth.

Congratulations to NAMI Mass for their tireless dedication to behavioral health in Massachusetts.



NAMI Newton/ Wellesley

congratulates

NAMI Massachusetts

on its 37th year

of bringing us together

to learn, support, advocate and celebrate.

www.naminw.org

Keynote Biography

Charmain F. Jackman, Ph.D., is a licensed psychologist of Barbadian heritage. After obtaining her doctorate degree in psychology from the University of Southern Mississippi, she worked at Boston Children's Hospital, Massachusetts General Hospital, and at Harvard Medical School.



Dr. Jackman is President & CEO of InnoPsych, Inc., an organization whose mission is focused on changing the feel and face of therapy by making it simpler for individuals of color to find therapists of color, curating emotional wellness resources, and empowering therapists to launch their own wellness-focused businesses! **You can learn more about Innopsych by visiting the organization's table in the exhibition area.**

In April 2019, InnoPsych, Inc., was selected as 2nd place winner of the Citizens Bank Small Business Community Champion Award. She leads workshops on topics such as diversity, equity, and inclusion, personal branding, workplace discrimination, and emotional wellness.

Dr. Jackman has appeared on Basic Black and CityLine and has been featured in local, regional, and national print media. Through her mission-driven initiatives, Dr. Jackman aspires to bring healing to communities of color by ensuring that anyone who wants therapy can find a therapist that looks like them.

The topic of Dr. Jackman's keynote presentation will be Discrimination Stress and Mental Health.





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WESTBOROUGH BEHAVIORAL - CARES

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Attitude of caring expressed by the entire organization

RESPONSIVENESS

**Responsiveness to the needs of our patients, patients'
families, physicians, employees, referral sources
and community**

ENTHUSIASM

**Enthusiasm to modify our services in response to the
ever-changing needs of the community we serve**

SERVICE

**Service to the organization, the community
and external agencies**

Session One: Workshop Descriptions

Finding Home: Tools and Techniques for Finding Housing

Rodgers

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.

*Presenter: **Earl Miller** - Western Mass Area Director of Recovery, Department of Mental Health*

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

*Presenter: **Joe Vallely** - Central Office Housing Specialist, Department of Mental Health*

*Moderator: **Jill Gichuhi** - COMPASS Helpline Director, NAMI Massachusetts*

The Living Room: A Peer-Based Crisis Alternative

Hammerstein

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.

*Presenter: **Caroline Miller**, CPS - The Living Room, Advocates, Inc.*

*Presenter: **Heidi Trainor** - Peer Program Coordinator, Advocates, Inc.*

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

Responses to Substance Use

Cole Porter

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.

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

*Presenter: **Jimmy Kamel**, NP - MAT Clinical Coordinator, Fenway Health Center*

*Presenter: **Julie Bunch** - North East/Boston Regional Coordinator, Massachusetts Organization for Addiction Recovery (MOAR)*

*Moderator: **Karen Gromis** - Deputy Director, NAMI Massachusetts*

Session One: Workshop Descriptions

The Importance of Lived Experience Narratives in Training for Law Enforcement

Gershwin

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.

*Presenter: **Annabel Lane**, LCSW - Social Worker, Brookline Police Department*

*Presenter: **Sergeant Chris Malinn** - Brookline Police Department*

*Presenter: **Lieutenant Jennifer Paster** - Brookline Police Department*

*Presenter: **Rae Simpson** - NAMI Cambridge-Middlesex*

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

Preguntas al Doctor (en Español)

Irving Berlin

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.

*Presenter: **Fernando Rodriguez-Villa**, MD - Hospital McLean*

*Moderator: **Bianey Ramirez** – Administrative Assistant, NAMI Massachusetts*



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email us at compass@namimass.org

learn more at www.namimass.org/nami-mass-compass-helpline/

Session Two: Workshop Descriptions

Advocacy: Speaking Truth to Power

Cole Porter

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.

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

*Presenter: **Lenny Somervell** - Head of Advocacy, Disability Policy Consortium*

*Presenter: **Robert Antonioni, Esq.** - Former State Senator*

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

Family Member Perspectives on Maintaining Wellness

Hammerstein

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.

*Presenter: **Dominique Zarella** - NAMI Family-to-Family Teacher, NAMI Boston*

*Presenter: **Kathleen Considine** - NAMI Family-to-Family Teacher, NAMI Plymouth*

*Presenter: **Mary Harris** - COMPASS Navigator and NAMI Family-to-Family Teacher, NAMI Boston*

*Presenter: **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

Gershwin

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?

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

*Presenter: **Tásha Pearce** - Lead Community Bridger, Western Mass Recovery Learning Community*

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

Session Two: Workshop Descriptions

Defining and Validating Trauma

Rodgers

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.

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

*Presenter: **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)

Irving Berlin

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.

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

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

*Moderator: **Bianey Ramirez** - Administrative Assistant, NAMI Massachusetts*

NAMI Basics OnDemand is Now Available!

NAMI Basics, our 6-week course for parents and family caregivers of children with emotional or behavioral issues, is now available online and on demand!

NAMI Basics OnDemand was created to give families an option that fits their life! It covers the same material as in-person NAMI Basics classes, and opportunities to interact with other families are available through the program's Connect and Share option.

Visit our website to learn more about NAMI Basics and NAMI Basics OnDemand:
<https://namimass.org/nami-basics/>.





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BRIDGING *the* DIVIDE

MENTAL HEALTH AND CANCER CARE 4th Annual Symposium

By including diverse voices, we aim to save lives and decrease suffering for people affected by mental illness and cancer. Join us!

For more information: Visit our website and Email us at www.engageinitiative.org | MGHEngage@partners.org

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Save the Date

FRIDAY, APRIL 17, 2020

Kendall Square Marriott, Cambridge, MA

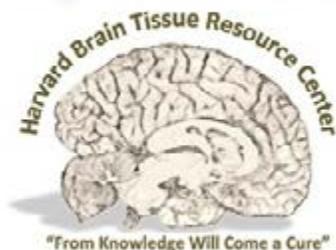
The event is free, all are welcome.

The Cancer and Mental Health Collaborative:



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Convention Awards

Advocate of the Year Award

This award recognizes a person who has advocated tirelessly on behalf of people with mental health diagnoses and their families.

*Awardee: **Rae Simpson** - NAMI Cambridge Middlesex*

*Presenter: **Deborah Shields, JD, MPH** - Executive Director, NAMI Massachusetts*

Champion for Student Mental Health

This award honors an individual who is a leader in raising awareness about mental health issues for students, reducing prejudice, and encouraging a culture of health, resiliency and well-being in schools.

*Awardee: **Sue Hanly** - NAMI Mass Allies for Student Mental Health Presenter*

*Presenter: **Eliza T. Williamson** - Director of Community Education & Training, NAMI Massachusetts*

Excellence in Criminal Justice Award

This award goes to a justice system champion who works to divert people with mental health conditions from unnecessary arrest and incarceration.

*Awardee: **Lieutenant John McGrath** - Needham Police Department*

*Awardee: **Lieutenant Christopher Baker** - Needham Police Department*

*Presenter: **Eliza T. Williamson** - Director of Community Education & Training, NAMI Massachusetts*

Karl Ackerman Award

This award goes to a dedicated person who has spent many years as an advocate, educator, supporter, and leader working in support of the peer community.

*Awardee: **Keith Scott** - Vice President of Peer Support & Self-Advocacy, Advocates*

*Presenter: **Eliza T. Williamson** - Director of Community Education & Training, NAMI Massachusetts*

Lifetime Achievement Award

This award is given to an individual who has demonstrated years of leadership at all levels of our organization. An advocate, educator, and program leader, a person whose passion sets an example for all to follow.

*Awardee: **Dee Febba** - NAMI Basics and Family-to-Family Leader*

*Presenter: **Ilya Cherkasov** - Director of Family Programs, NAMI Massachusetts*

Convention Awards

Program Leader of the Year Award

This award recognizes someone who has shown dedication and commitment in service to a NAMI Massachusetts program.

*Awardee: **Beth Sugerman** - NAMI In Our Own Voice Presenter*

*Presenter: **Eliza T. Williamson** - Director of Community Education & Training, NAMI Massachusetts*

Unsung Hero Award

This award goes to a person who works to improve the lives of those impacted by mental illness and asks nothing in return. We are taking this opportunity to acknowledge and appreciate this person's tremendous efforts and commitment to our cause.

*Awardee: **Joe Vallely** - Housing & Homeless Specialist, Department of Mental Health*

*Presenter: **Jill Gichuhi** - COMPASS Helpline Director, NAMI Massachusetts*

Volunteer of the Year Award

This award represents the best of NAMI volunteer characteristics, including dedication, hard work, and empathy for people and families dealing with mental health conditions.

*Awardee: **Karen Dunn** - COMPASS Helpline Volunteer Navigator*

*Presenter: **Jill Gichuhi** - COMPASS Helpline Director, NAMI Massachusetts*

NAMIWalks Champion Award

This award recognizes a Team Captain or Walker that has demonstrated a commitment to the mission of NAMI Massachusetts, and the understanding that raising funds to keep our programs free for participants and maintaining high quality standards costs money.

*Awardee: **John Sharp** - NAMI Cambridge Middlesex Walk Team Captain*

*Presenter: **Karen Gromis** - Deputy Director, NAMI Massachusetts*

A Special Thank You

We would like to express our deep gratitude to the many volunteers who make NAMI Massachusetts programs and events a continued success!

To our education and support program leaders, affiliate leaders, office volunteers, Board of Directors, and people who give their time at our Walk, Advocacy Day, and Convention - the most valuable contribution you can make is your time and we very much appreciate it.

Building Bridges of Hope
**NAMI Central Middlesex joins NAMI Mass
at the 2019 NAMI Mass Convention**

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*Congratulations to our own,
Keith Scott, on receiving the
Karl Ackerman Award!*

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- Community Justice Services
- Elder Services
- Open Dialogue Services
- Outpatient Counseling and Psychiatry
- Psychiatric Emergency Services
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- The Living Room: Peer-Staffed Crisis Program
- Youth and Family Services

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