

Gazing into the Future of Mental Health

2022 NAMI Kentucky Annual Education Conference

Saturday, October 22, 2022

THE CONFERENCE IS BOTH
VIRTUAL & FREE!



To register, email:
mcunningham@namiky.org
or
jessie.powell@namiky.org



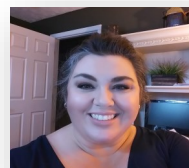
The 2022 first ever virtual NAMI Kentucky Annual Education Conference will be hosted by Melony Joy Cunningham, Executive Director; Jessie Layne Powell, Administrative Assistant; and Thomas J. Litafik, Advocacy Coordinator. We will start at 8:30am EST welcoming presenters and participants and recognizing our sponsors that have made this event possible. Check out our learning sessions today!

Session 1: 9:00 AM—10:00 AM

Please choose one presentation per session.



Rhonda Logsdon, B.B.A.
Executive Director
KY-SPIN



Kellie Smith
Assistant Director
KY-SPIN

“Understanding & Accessing Special Education Services in the Public School System” Our session will explain the procedures and processes of accessing services for children with identified disabilities. The learning objectives are: 1.To explain the Special Education Process to receive an IEP under Individuals with Disabilities Education Act (IDEA) Part B; 2. To explain the components that make up the IEP; 3. To explain the procedural safeguards and parental participation . **Register for this class: [This is session 1A.](#)**



Dr. Carmen Pinto, M.D. Certified Psychiatrist, Medical Director of Communicare ACT Team & Assistant Clinical & Professor at the University of Louisville.

“Take A Shot At Success; Long Acting Injectable (LAI) Antipsychotics. The Future Direction of Treatment for both Bi-Polar and Schizophrenia Disorders” Dr. Pinto’s learning session will present data on the issue of non-adherence of antipsychotics and how LAIs can address these. The learning objectives are: 1. To understand the limitations and advantages of oral psychiatric medications; 2. To understand the limitations and advantages of LAIs; 3. To be made aware of and become familiar with the barriers to LAIs; and 4. To familiarize caretakers and providers with the approaches to discussing acceptance of LAIs.

Register for this class: **[This is session 1B.](#)**

Session 2: 10:00 AM-11:00



Leslie Lundt, M.D. Psychiatrist & Executive Medical Director for Neurocrine Biosciences

“Let’s talk TD: Overview of Tardive Dyskinesia” Dr. Lundt’s session centers around a condition known as T.D. Tardive Dyskinesia (TD) is characterized by uncontrollable movements affecting the face, torso and/or other body regions. TD is linked to certain kinds of mental health medication. Join Dr. Lundt for a lively presentation about risk factors, symptoms, assessments, diagnosis, impact, and approaches to treatment associated with TD. After attending, participants will be able to: 1. Recite key symptoms of Tardive Dyskinesia (TD); 2. Identify the impact and risk factors associated with TD; 3. Explain steps that can be taken after a diagnosis of TD. **Register for this class: [This is session 2A.](#)**

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“Moving Towards the Future in Substance Use Disorder Treatment”

Drug overdose deaths in the U.S. are nearing 1 million since 2000 according to the NCDAS. Their research also revealed half of people 12 and older have used illicit drugs at least once and the federal budget for drug control in 2020 was \$35 billion. The ARC’s team presentation will center around substance use disorder and the best practiced treatments. The learning objective are participants: 1. Will have an awareness of current addiction and mental health trends in Kentucky; 2. Will understand the concept and importance of integrated, patient-centered care; 3. Will become aware of opportunities to support mental health consumers by advocating for optimal care.



Sarah Johnson, MD, MSc at ARC-Addiction Recovery Center

The learning objective are participants: 1. Will have an awareness of current addiction and mental health trends in Kentucky; 2. Will understand the concept and importance of integrated, patient-centered care; 3. Will become aware of opportunities to support mental health consumers by advocating for optimal care.

Register for this class: [This is session 2B.](#)

Matthew Pierzala, DO, Medical Director of Primary Care Services at Addiction Recovery Center



Leon Heaton, MA, RTC, LADC, Senior Director of Treatment Services at Addiction Recovery Center



Session 3: 11:00 AM-12:00 PM



Sylvia Lovely, J.D. , Kentucky Access To Justice Commission (11:00AM to 12:00PM)

“CONNECTING OUR VOICES: HEALING YOUR SOUL THROUGH STORIES” -Sylvia’s theme centers around the evolving use of paraprofessional techniques that are proven to lead to mental wellness, by using your stories to heal. While that doesn’t take the place of professional counseling where needed, it is a tool. The learning objectives are: 1. To inspire others to write/share their story; 2. To show how to focus on the story they wish to write/share; 3. To achieve peace with their story and begin a new one. You will come away inspired to look to stories as one tool to develop confidence that your voice is an important one .

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Register for this class: [This is session 3A.](#)



Steve Olshewsky, APSS. Certified NAMI Peer to Peer Teacher (11:00AM-11:30AM)

SHARING YOUR STORY WITH LAW ENFORCEMENT(SYSLE). Steve is a certified NAMI SYSLE Presenter. SYSLE prepares individuals & family members to share their stories of lived experience with mental illness to law enforcement audiences. Steve is going to share his presentation with us. The learning objectives are: 1. To recognize underlying causes of nonconforming behavior; 2. To build context for understanding the needs of offenders; 3. To gain tools (resources) for addressing problems related to mental illnesses. **Register for this class: [This is session 3B.](#)**

Steve is going to share his presentation with us. The learning objectives are: 1. To recognize underlying causes of nonconforming behavior; 2. To build context for understanding the needs of offenders; 3. To gain tools (resources) for addressing problems related to mental illnesses. **Register for this class: [This is session 3B.](#)**

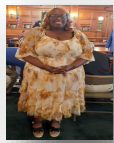


Kyle Mitchell, B.B.A., International Mental Health Speaker, TEDx speaker, Mental Health Podcast Presenter (11:30AM-12:00PM)

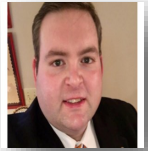
“Social Anxiety: The Silent Pandemic that Needs a Louder Voice” Kyle is a certified NAMI Ending the Silence Presenter & youth advocate. He will present his E.T.S. story. The learning objectives are: 1. How to build self-love; 2. How to use exposure therapy correctly; & 3. How to train your mind to focus on your efforts and not your results. **Register for this class: [This is session 3C.](#)**

Kyle is a certified NAMI Ending the Silence Presenter & youth advocate. He will present his E.T.S. story. The learning objectives are: 1. How to build self-love; 2. How to use exposure therapy correctly; & 3. How to train your mind to focus on your efforts and not your results. **Register for this class: [This is session 3C.](#)**

1:00 PM—1:30 PM



During this intersession, Melony & T.J. will welcome everyone back from lunch. Melony will dedicate time to show appreciation and recognition to NAMI Kentucky affiliates. T.J. will highlight the 2022 Priorities, introduce the 2023 Priorities & invite all to Advocacy Day 2023!



Session 4: 1:30 PM—2:30

Dr. Jay Gabbard, MSW, Ph.D. Social Work-W.K.U., NAMI BG Connection Facilitator



“Mental Health Concerns Facing College & University Students Today”- Around two-thirds (64%) of college students in the US quit their studies because of mental disorders according to research by NAMI. In his presentation, Dr. Gabbard will discuss the various mental health concerns facing university/college students according to the latest research. The learning objectives are: 1.To engage participants in a discussion of important factors negatively contributing to the mental health of college-aged students today; 2. To allow participants to actively share factors from their own experiences working and/or living with folks from this age bracket struggling with mental health issues; 3.To allow participants to critically evaluate the potential ramifications of failing to address the factors presented on college-aged adults.

Register for this class: [This is session 4A.](#)

Robin Harrington., MSSW, CSW, Assistant Professor, Program Chair, at Ivy Tech Community College, Board Member of Play Cousins Collective & NAMI Sharing Hope Ambassador



“INTERGRATIVE BEHAVIORIAL HEALTH APPROACH FOR PERSONS NEWLY DIAGNOSED WITH HEART DIEASE & AUTOIMMUNE DISORDER”- According to John Hopkins research, estimates suggest that all autoimmune diseases combined affect about 3% of the US population, thus approximately 10 million people, & the C.D.C. reports, one person dies every 34 seconds, in the United States, from cardiovascular disease. These are serious for us! The learning objectives are: 1. To examine how persons who are newly diagnosed with one of these chronic conditions are at risk of having increased depression & anxiety; 2. To develop an understanding of the importance of an integrated mental health approach when treating newly diagnosed clients; & 3. To teach strategies for developing coping skills and strengthening social support networks. **Register for this class: [This is session 4B.](#)**

Session 5: 2:30 PM—3:30 PM



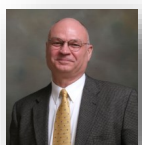
**Angela Short, M.A., CSW
Senior Community
Medical Liaison**



**Debbie Speicher, LISW, LCSW
Community Medical Liaison
Representing Janssen Neuroscience**

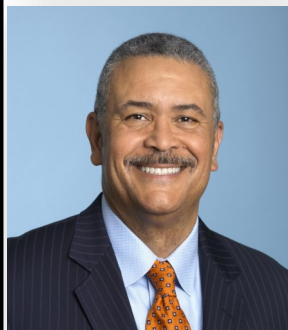
“PARTNERS IN CARE”-Mental health recovery is an ongoing process, not a single outcome. Each person's recovery experience is unique. Caretakers are an important part of an individuals recovery. Our presentation will emphasize the importance of the caregiver's relationships in regard to recovery. The learning objectives are: 1. To show participants how to make a personalized, inclusive plan for managing a mental health condition; 2. To discuss the role of caregiving relationships in mental health recovery; & 3 .To show strategies for good communication and strong, healthy partnerships. **Register for this class: [This is session 5A.](#)**

Dennis Buchholz., Ph.D. ABPP NP at Oasis



“TMS (TRANSCRANIAL MAGNETIC STIMULATION)” -Dr.Buchholz's presentation is an introduction for practitioners & others who are interested in learning the basics of TMS treatment & guidelines for referral. The learning objectives are: 1. To define T.M.S.; 2. To determine who is the right patient population; & 3. To share what you, (as the patient), can expect with this treatment. **Register for this class: [Session 5B.](#)**

3:30 PM—4:30 PM



Daniel H. Gillison, Jr., Keynote Speaker: Chief Executive Office of NAMI National (C.E.O.)

“AN OVERVIEW OF NAMI'S LATEST ACCOMPLISHMENTS, NEW INITIATIVES AND STORIES OF HOPE FROM THE NAMI COMMUNITY “

NAMI Kentucky is ecstatic to have Daniel H. Gillison, Jr. CEO of NAMI National, as our Keynote Speaker. Daniel brings expertise in non-profit leadership and a passion for advocating for people with mental illness to NAMI. Before coming to NAMI, Dan led the American Psychiatric Association Foundation (APAF), where he was responsible for strategic planning, personnel management, board communications, oversight of APAF's public education programs and outreach, and formulating strategic alliances and partnerships to further APAF's mission. Dan has over 30 years of experience and has previously held leadership positions at Xerox, Nextel, and Sprint. Dan holds a B.A. from Southern University and A&M College. Dan started with NAMI National on January 21, 2020, weeks prior to the national pandemic.

Join Dan for an overview of NAMI's latest accomplishments, new initiatives, and stories of hope from the NAMI community. Topics include the launch of the 988 Suicide and Crisis Lifeline, Youth and Young Adult initiatives, the release of "You Are Not Alone," NAMI's new book by NAMI Chief Medical Officer Dr. Ken Duckworth, and NAMI's new podcast, "Hope Starts With Us." **Register for the Keynote: [This is session 6A.](#)**

4:30 PM—5:00 PM

Teachers, Program Presenters, & Facilitators Recognition
Announcement of Contest Winners & Conference Sponsors
Closing Remarks: Melony Cunningham, T.J. Litafik & Jessie Powell

Register to Attend: Email Jessie at jessie.powell@namiky.org or Melony at mcunningham@namiky.org with the following information below:

Name: _____

Email: _____

Phone Number: _____

Presenter Selection (choose one per session): [1A or 1B; 2A or 2B; 3A, 3B or 3C; 4A or 4B; 5A or 5B; 6A](#)