

35th Annual NAMI Mass Convention

Saturday, October 28th

8 am - 3 pm

Holiday Inn, Taunton

*living with respect,
hope, resilience*



National Alliance on Mental Illness

Massachusetts

"I want to help educate people."

I would scratch myself until I bled.

Anxiety led Rachel to self-harm and later, to bingeing and purging food. She tried to hide her eating disorder, but severe dehydration triggered 911 calls.

I didn't want anyone to know. Now I think—why was I ashamed of something I didn't want? If I had diabetes, I wouldn't hide that.

Specialized therapy gave Rachel tools to manage her illness. She's now in school, studying to become a social worker.

Staying busy helps me. If I keep pushing for what I want, I'll get it.

Rachel

Age 25 | Massachusetts | Student

Rachel is sharing her story because she wants others who are feeling isolated and sad to know they are not alone.
Read more at DeconstructingStigma.org.

DeconstructingStigma

Presented by



McLean HOSPITAL
HARVARD MEDICAL SCHOOL AFFILIATE



Massachusetts

Welcome to the 35th Annual NAMI Massachusetts Convention

We would like to thank
Eliot Community Human Services
for sponsoring the Convention!



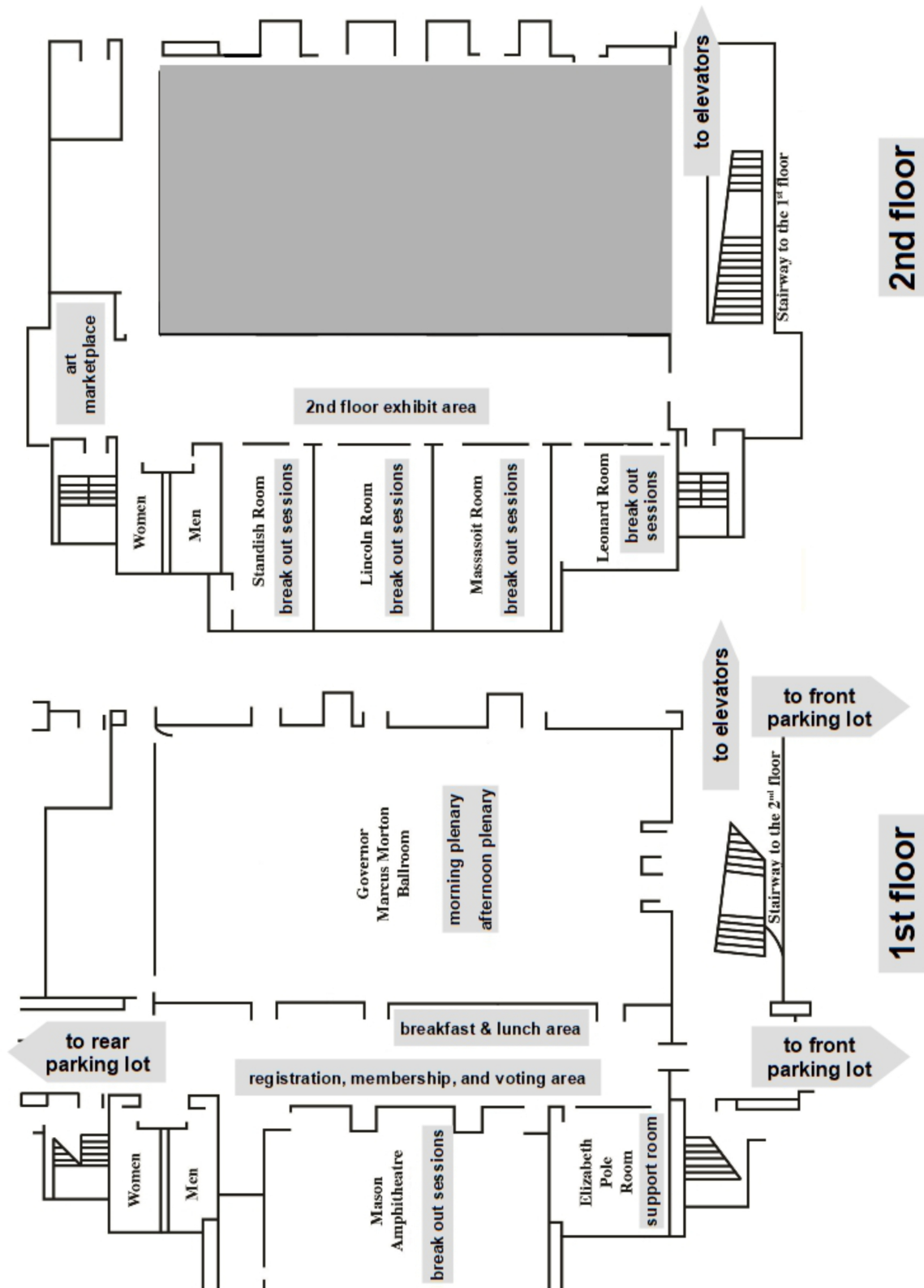
Program Index

Venue Map	3
Convention Agenda	6
Convention Exhibitors	10
Art Marketplace	12
Board Candidate Biographies	16
Keynote Biography	19
Morning Workshops	20
Afternoon Workshops	24
Convention Awards	27

Agenda At A Glance

8:00 am - 10:00 am	Registration & Breakfast (<i>voting opens for Board Candidates</i>)
9:00 am - 10:30 am	Morning Plenary - in the Ballroom
9:00 am	<i>Exhibitor Area & Art Marketplace open</i>
9:00 am	Welcome & Convention Orientation
9:10 am	Executive Director Introduction
9:20 am	NAMI Massachusetts Board Candidate Speeches
9:50 am	Keynote Introduction and Address
10:30 am - 10:50 am	<i>Transition</i>
10:50 am - 12:10 pm	Morning Workshops
12:10 pm - 12:20 pm	<i>Transition (voting closes for Board Candidates)</i>
12:20 pm - 1:20 pm	Lunchtime Plenary
12:20 pm	Lunch Service
12:40 pm	Awards & Recognitions
1:10 pm	Annual Report & Board Election Results
1:20 pm - 1:40 pm	<i>Transition</i>
1:40 pm - 3:00 pm	Afternoon Workshops
	<i>Exhibitor Area & Art Marketplace close</i>

Venue Map



Would like to congratulate

Kathleen Considine
"NAMI Mass Leader of the Year"
&
Barbara DeCunzo
"Volunteer of the Year"

On their well deserved awards!

"The best way to find yourself,
is to
lose yourself in service to others"
Mahatma Gandhi

Plymouth, Pembroke, Marshfield, Marion

Whitman, Wareham, Scituate, Rockland, Plympton,

Abington, Carver, Duxbury, Halifax, Hanover, Hanson, Kingston,

South Shore

NAMI South Shore

617-657-9055

namisouthshore@gmail.com

www.namisouthshore.org

NAMI South Shore provides support, education, and advocacy throughout the South Shore area on behalf of individuals and families affected by mental illness.

Our **Get Going Fund** will be accepting applications again in January. Please call or email for more information.



Eliot

INSPIRED TO MAKE A DIFFERENCE.
EQUIPPED TO GET IT DONE.



11 Beacon Street, Suite 925 | Boston, MA | www.dlc-ma.org



The Disability Law Center proudly supports NAMI Mass in its mission to enhance the rights of people with disabilities throughout Massachusetts.

DLC is the Protection and Advocacy (P&A) Agency for Massachusetts. We provide legal advocacy on disability issues that promote the fundamental rights of all people with disabilities to participate fully and equally in the social and economic life of Massachusetts.

1-800-872-9992 | mail@dlc-ma.org



National Alliance on Mental Illness

Greater Lowell

P.O. Box 692
Tyngsborough, MA 01879

978-677-0618

namigreaterlowell@yahoo.com

*serving the communities of
Billerica, Chelmsford, Dracut,
Dunstable, Lowell, Tewksbury,
Tyngsborough, Westford*

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.



Convention Agenda

8:00 am - 10:00 am Registration & Breakfast

Breakfast is available outside the Ballroom

Voting is open for NAMI Massachusetts Board Candidates until 12:20 pm.

Please get your ballots when you check in.

9:00 am - 10:30 am Morning Plenary - In The Ballroom

Exhibit Area & Art Marketplace Open.

Located on the 1st and 2nd floors of the Convention venue.

9:00 am Welcome & Convention Orientation

Tom Scurfield, NAMI Massachusetts Board President

Karen Gromis, NAMI Massachusetts Interim Executive Director

9:10 am Executive Director Introduction

Cheri Andes, incoming NAMI Massachusetts Executive Director

9:20 am NAMI Massachusetts Board Candidate Speeches

9:50 am Keynote Introduction

*Dr Kathy Sanders, Deputy Commissioner for Clinical & Professional Services
Massachusetts Department of Mental Health*

9:50 am Keynote Address - Health Care: Locally and Nationally

Marylou Sudders, MSW, ACSW

Secretary, Executive Office of Health & Human Services

10:30 am - 10:50 am Transition

10:50 am - 12:10 pm Morning Workshops

See page 20 for a list of workshop presenters and descriptions.

Finding and Creating Housing

Mason Amphitheater, 1st floor

Financial Planning with a Mental Health Condition

Lincoln Room, 2nd floor

Introduction to the Plymouth Mental Health Court

Leonard Room, 2nd floor

Open Dialogue for Early Psychosis

Massasoit Room, 2nd floor

The Stories We Tell

Standish Room, 2nd floor

Convention Agenda

12:10 pm - 12:20 pm **Transition**

12:20 pm - 1:20 pm **Lunchtime Plenary**

*Voting closes for Board Candidates.
See page 16 for a list of Board candidates and biographies.*

12:20 pm Lunch Service

12:40 pm Awards & Recognitions
See page 27 for a list of award descriptions.

Karl Ackerman Peer Award

awardee: Janet Ransom

presenter: Howard Trachtman

Volunteer of the Year Award

awardee: Barbara DeCunzo

presenter: Sheila Flaherty

Excellence in Criminal Justice Award

awardee: the Taunton Community Crisis Intervention Team Program (CCIT)

presenter: June Binney

Police Officer of the Year Award

awardee: Patrol Officer Timothy Stephenson, Brookline Police Department

presenter: June Binney

Unsung Hero Award

awardee: Mary Harris

presenter: Megan Wiechnik

Champion for Student Mental Health Award

awardee: Paula Gauthier

presenter: Eliza Williamson

NAMI Mass Leader of the Year Award

awardee: Kathleen Considine

presenter: Karen Gromis

NAMIWalks Massachusetts 2017 - Top Performing Individual Award

awardee: Bunny Shapero

presenter: Karen Gromis

NAMIWalks Massachusetts 2017 - Top Performing Team Award

awardee: Cambridge-Middlesex

presenter: Karen Gromis

1:10 pm Annual Report & Board Election Results

Tom Scurfield, NAMI Massachusetts Board President

Karen Gromis, NAMI Massachusetts Interim Executive Director

Convention Agenda

1:20 pm - 1:40 pm

Transition

1:40 pm - 3:00 pm

Afternoon Workshops

Exhibit Area & Art Marketplace close.

See page 24 for a list of workshop presenters and descriptions.

Ask the Doctor

Mason Amphitheater, 1st floor

Barriers to Mental Health Treatment, Care, and Recovery and the Search for Solutions in Massachusetts

Lincoln Room, 2nd floor

Families as Partners in the Search for Employment

Massasoit Room, 2nd floor

Mental Health and Substance Disorder Recovery

Leonard Room, 2nd floor

Introduction to the Advocates Jail Diversion Program

Standish Room, 2nd floor

Convention Support Room

Our support room will be open from **9 am to 3 pm**. Stop by for a quiet place to rest or a light snack.

located in the Elizabeth Pole Room on the 1 st floor

Convention WiFi Access

Complimentary WiFi internet access is available throughout the Convention in all meeting spaces and sessions.

choose the
Holiday Inn Taunton network
use password: welcome10

**Elevators are available for all Convention attendees.
Please inquire at the Registration Desk if you need any assistance.**



Advocates

Caring Partners. Creative Solutions. Better Lives.

Advocates proudly supports NAMI Massachusetts

We offer a range of behavioral health services to help people and families recover and thrive.

- Addiction and Dual Diagnosis Counseling
- Community Justice Services
- Elder Services
- Open Dialogue Services
- Outpatient Counseling and Psychiatry
- Psychiatric Emergency Services
- Recovery and Peer Support
- Residential Services
- Respite and Crisis Stabilization
- Youth and Family Services

Convention Exhibitors

We would like to thank all Convention exhibitors for their participation. Convention attendees are encouraged to visit the Exhibit Areas, located on the 1st and 2nd floors.

Achieve TMS East

www.achievetmseast.com

Advocates, Inc.

www.advocates.org

Bristol Community College

www.bristolcc.edu

Disability Law Center

www.dlc-ma.org

Disability Policy Consortium

www.dpcma.org

Eliot Community Human Services

www.eliotchs.org

Harvard Brain Tissue Resource Center

hbtrc.mclean.harvard.edu

Janssen

www.janssen.com

**Maureen Dimock Clark - doctoral student
Forced Psychiatric Hospitalization Research**

Metro Boston Recovery Learning Community

www.metrobostonrlc.org

NAMI GBCAN

www.namigbcn.org

NAMI Plymouth

Nizhoni Health

www.nizhonihealth.com

Plan of Massachusetts and Rhode Island

www.planofma-ri.org

**Recruitment, Training and Support Center (RTSC)
at the Federation for Children with Special Needs**

www.fcsn.org/rtsc/

South Coast Behavioral Health

www.southcoastbehavioral.com



FELLOWSHIP
HEALTH
RESOURCES

Behavioral Healthcare Services



Fostering Hope and Recovery

DE - MA - ME - NC - PA - RI - VA

www.fhr.net



**ALL PEOPLE WITH DISABILITIES –
LIFELONG AND AGE-RELATED –
SHOULD HAVE THE MEANS TO LIVE
HEALTHY AND WELL**



PLAN, a nonprofit organization, operates special needs pooled trusts. Professional financial managers and social worker staff help individuals:



- Preserve financial assets
- Protect public benefits
- Access personalized guidance with the use of their funds



PLAN offers individuals with disabilities, including the elderly, a lower-cost approach to special needs trusts.

PLAN

OF MASSACHUSETTS and RHODE ISLAND, INC.
Preserve assets, protect benefits, live well.

50 Cabot Street Suite 206 Needham, MA 02494

617-244-5552

28 Spring St. Pawtucket, RI 02860

401-330-7456

www.planofma-ri.org

Bridging the Gap with Learning, Sharing, and Fighting Stigma

**NAMI Central Middlesex joins NAMI Mass
at the 2017 NAMI Mass Convention**

FOLLOW US AT:



Namicentral
middlesex.org



@NAMICMSX



facebook.com/
NAMICentralMiddlesexMA



SERVING THE TOWNS OF:

**Acton, Bedford, Boxborough, Burlington, Carlisle, Concord, Lexington, Lincoln, Littleton,
Maynard, Melrose, North Reading, Reading, Stoneham, Stow, Sudbury, Wakefield,
Waltham, Wilmington, Winchester, Woburn**

Art Marketplace

Be sure to check out the NAMI Art Marketplace on the 2nd floor! We are grateful to these awesome artists for sharing their work with us.

Craig Lewis

selling workbooks, pins & patches

David Grey

selling water color paintings & cards

Frances Giampietro

selling jewelry featuring natural colored stones

Michele Urgo

selling pottery

Sali Glidden

selling paintings

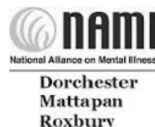
Shawnelle Smith

selling Avon products

Jeffrey Zurlinden

selling paintings

Under One Umbrella



In 2013, our three Boston NAMI affiliates found themselves stretched thin in terms of resources, governance and financial management. To better support our efforts, we explored ways to create an extended community of members in the greater Boston area by sharing common operations, administrative systems, and leadership support. NAMI Boston, a unique “umbrella” affiliate was born through this process. Together, we are working to meet the NAMI standards of excellence.

NAMI BOSTON SALUTES ALL NAMI MASS AFFILIATES THAT FACE SIMILAR ISSUES

You can find out about our collaborative efforts at <https://namiboston.org/> or info@namiboston.org

High Point Hospital

**A 72-bed psychiatric hospital serving
adults and adolescents**

Offering acute mental health services to stabilize patients experiencing an acute
psychiatric episode or exacerbation of chronic conditions

Services include

medication management, individual, group, and expressive therapies;

family support, a physician-led multi-disciplinary treatment team,

and aftercare planning.

52 Oak Street

800-233-4478



Middleboro, MA

www.hptc.org

Board Candidate Biographies

Samuel Botsford is in recovery from bipolar illness. He has been an In Our Own Voice presenter for the past three years, and he is mentoring his second Peer-to-Peer class this fall. Botsford will bring a history of working in and with nonprofit organizations. He wants to join the NAMI Mass board to be a representative for younger people with mental health issues and to be an ambassador for our programs. Botsford feels passionately about our mission and desires the opportunity to put his passion to work by seeking election to his first term on the NAMI Mass board. He believes he will be an empathetic Board member.



Kathleen Considine, M.S.W., is a family member and tireless, passionate advocate for individuals and families affected by mental health conditions. She is devoted to NAMI Mass and her local affiliate, NAMI Plymouth. She is seeking her third term on the NAMI Mass Board, where she serves on the Executive Committee, chairs the Education and Support Committee and serves on the Personnel Committee. Considine also served on the Search Committee for our new Executive Director. She has introduced school mental health programming to NAMI Mass, which has resulted in our successful professional development presentation for teachers, Allies for Student Mental Health. She is a state trainer of our Family Support

Group facilitators, a long-time teacher of Family-to-Family, and a NAMI Basics teacher. Considine is a facilitator of the NAMI Plymouth twice-monthly family support group and is an active volunteer on the Plymouth DMH Site Board, Plymouth Mental Health Court, Plymouth Sheriff's Mental Health Advisory Group, and Behavioral and Emotional Health sub-committee for the Plymouth School District, among others. Considine believes she still has work to do and is seeking a third term on the NAMI Mass Board.

Lynda Cutrell has worked in financial services management for 25 years. She served on the NAMI National Board from 2009 to 2012, and on the NAMI Mass Board of Directors from 2008 to 2013, serving as NAMI Mass Board President for one year. Cutrell is the creator and artist of the 99 Faces Project currently at the Boston Museum of Science. The project promotes a new narrative of recovery for the public, increasing information and awareness of the science of mental health. She is eager to serve NAMI Mass again.



Board Candidate Biographies



Michael Fetcho has an extensive background in community relations and fundraising, and is assisting NAMI Mass in its development efforts. As a person with bipolar and panic disorders as well as PTSD, he brings great empathy and understanding of mental illness to the Board. Fetcho has consistently been a top fundraiser for our annual walkathon. He is a past In Our Own Voice presenter, past NAMI Greater Boston Consumer Advocacy Network (GBCAN) board member, and was chair of the 2016 NAMI Mass Nominating Committee. Currently, Fetcho is co-chair of the Peer Advisory Council for the Metro Boston Recovery Learning Community, and a board member of Give Kids Music in Wakefield, MA. He is eager to

win his third term on NAMI Mass' Board of Directors.

Andrew Gerber is Medical Director and CEO of Austen Riggs Center, a private psychiatric hospital in the Berkshires. He serves on the NAMI Berkshire County board. He respects NAMI's mission, vision, and values. Gerber is devoted to the support of individuals with mental health challenges and their families and loved ones. He teaches at UMass Amherst, Columbia and Yale Universities. His degrees include an M. Sc. with distinction, Psychoanalytic Developmental Psychology, and a Ph.D. in Psychology from University College London, and an MD from Harvard Medical School. He has earned numerous honors and awards, and published numerous research papers. In addition, Gerber is a member of the American Psychiatric Association and American Academy of Child and Adolescent Psychiatry among other professional affiliations. This will be Dr. Gerber's first term on the board.



Joanne Grady Savard was founder and CEO of Abbott Personnel Consulting, a staffing solutions firm serving Boston businesses for three decades. Currently, Grady Savard is founder and principal of Redwood Advisors, a pro bono advisory services organization providing women-led enterprises with strategic planning, business development, and marketing. As a fundraising officer, she implements donor and corporate engagement initiatives at the U.N.-affiliated International Institute of New England, a humanitarian organization providing area immigrants and refugees with education, housing, and employment opportunities. She is a member of the Human Rights Committee of Gould Farm, and on the Patient Family

Advisory Council at McLean Hospital. This will be her first term on the NAMI Mass Board.

Board Candidate Biographies

Margaret Hannah is Executive Director of the Freedman Center for Child and Family Development at William James College, and teaches in the School Psychology Department as Adjunct Faculty. She serves on several committees and task forces within the Commonwealth advocating for mental health and wellness services, including the Mass Academy of Pediatrics Mental Health Task Force, Stakeholder Group for the Children's Behavioral Health Initiative, and the NAMI Mass Compass (our information and resource helpline) Advisory Board. She believes her professional experience in program development and systems building will be an asset to our organization. If elected, this will be her first term.



Monica Luke is the founder of The Living Assistance Fund (LAF) that focuses on providing access to mental health care for individuals who cannot afford it. She understands the journey to get care firsthand; her son was diagnosed with schizophrenia in 2001. After almost 25 years in the high-tech industry, Luke left IBM to become a mental health advocate full-time. In 2017, LAF is helping to establish a Program of Assertive Community Treatment (PACT) at McLean Hospital that is incorporating patient-centered care and Open Dialogue principles. She is active in the NAMI Boston affiliate – applying her high-tech skills to building a new website for the affiliate, running design workshops, coordinating with the website

vendor and dealing with technical problems. Luke is currently doing the same for NAMI Mass. She is running for her first term.

Suzanne Newman worked as a CPA with clients in the non-profit sector and securities industry. She served on the Wellesley School Committee for nine years and remains a Town Meeting member. Since the diagnosis of a close family member with schizophrenia seven years ago, Newman has gradually become active with NAMI Newton-Wellesley, where she is currently treasurer and a Family-to-Family teacher. She would like to investigate how NAMI Mass might more seamlessly support the local affiliates – allowing the affiliates to focus on their strength of providing education classes and support groups. If elected, this will be her first term.



Board Candidate Biographies



Dr. Tonisha Pinckney is an advocate for living beyond severe depression. She is a parent of a son diagnosed at nine years old with schizophrenia, and another older son diagnosed with muscular dystrophy. She also advocates for social justice, mental health reform, and issues affecting victims of physical and financial abuse, and violence. As a black American, she works to bring awareness to minority and low-income communities. Pinckney is a survivor of domestic violence and multiple sexual assaults. She is the author of two books where she discusses her life experiences. Currently, she is the Director of Undergraduate and Graduate Criminal Justice programs, and Program Director of Law, Politics, and Society at

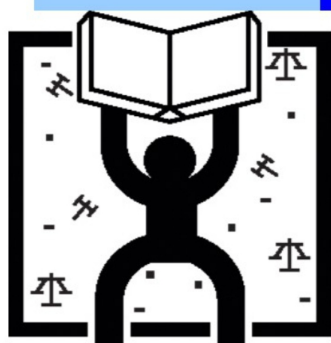
Anna Maria College. Addressing issues of racial, socioeconomic, and gender disparities is a major part of her life and career. Currently serving on the board of NAMI Central Mass, she is seeking her first term on the NAMI Mass Board.

Francisco Ramos grew up in one of the most impoverished areas in Mexico City, in a home with many untreated mental health issues that translated into domestic violence, and physical and emotional abuse. He has been in the U.S. since 1983, and has worked many years in the public health arena. Ramos grew up with a commitment not to allow the situations that affected him become normal in his life. His struggle to liberate himself from an unhealthy home life led to his commitment to help others. He is honored to be nominated to the NAMI Mass Board for his first term.



EDUCATION CONSULTING, ADVOCACY & LEGAL SERVICES, LLC

A Private Law Practice



Pamela S. Milman, Esq.
Daniel Mikolajewski, Esq.
Ashley R. Waxman, Esq.
999 Broadway, Suite 301
Saugus, MA 01906
Phone: 781.231.IDEA (4332)
Fax: 781.231.FAPE (3273)
Email: ecals@comcast.net

www.educationandjuvenilelaw.com



Westborough

Behavioral Healthcare Hospital

Where You Come First!

We are very pleased to introduce the newest, and one of the largest psychiatric healthcare providers in the Commonwealth and beyond. With planned capacity for up to 152-beds and a vast array of outpatient services, we are soon positioned to be a significant resource to the community with a full continuum of care for children, adolescents and adults; all in a modern and picturesque setting in beautiful Westborough!

NOW OPEN

www.westboroughbehavioral.com

877-201-1583



Private tours are available: sharleen.edmiston@westboroughbehavioral.com

300 Friberg Parkway, Westborough, MA 01581

Keynote Biography

Appointed by Governor Charlie Baker, Executive Office of Health & Human Services (EOHHS) **Secretary Marylou Sudders** leads the largest executive agency in state government, overseeing a \$22 billion state budget, twelve agencies and 22,000 public servants. EOHHS services directly touch the lives of slightly more than 1 in 4 residents of the Commonwealth.

Sudders' responsibilities include the state's MassHealth (Medicaid) program that provides health coverage to 1.9 million low income or disabled residents, chairing the board of the state's health care marketplace (The Connector), the Autism Commission and, the Center for Health Information and Analysis (CHIA) Oversight Council. She also co-chairs the Governor's Interagency Council on Homelessness and the state's first Governor's Council to Address Aging in Massachusetts. Sudders is leading the Commonwealth's efforts to address the opioid epidemic and efforts to reform and strengthen the Department of Children and Families.



Professionally trained as a social worker, Sudders has been a public official, private non-profit executive, advocate and college professor. She served as the Massachusetts Commissioner of Mental Health from 1996 to 2003. Prior to her appointment as Secretary, Sudders was an associate professor and chaired the health/mental health program at Boston College's Graduate School of Social Work. She also served with the Department of Justice as a behavioral health expert.

She has been recognized by top business, social work and civic organizations, including the Boston Chamber of Commerce, Massachusetts Taxpayers Foundation, Eastern Bank's Social Justice Award and from the National Association of Social Work.

Sudders is an alumna of Boston University with a Bachelor's degree with honors, and a Master's degree in social work. She also received an honorary doctorate from the Massachusetts School of Professional Psychology. Believing in community service, she has served on many charitable boards including the Pine Street Inn, DentaQuest Foundation, Massachusetts Association for Mental Health, and the National Alliance on Mental Illness, Massachusetts.

Remember to cast your ballot for the NAMI Massachusetts Board of Directors! Candidate speeches will begin at **9:20 am**, during the Morning Plenary, and voting will close at **12:20 pm**, at the start of Lunch Service.

Morning Workshops

Finding and Creating Housing

Mason Amphitheater, 1st floor

This two-part workshop will explore different aspects of housing for people diagnosed with mental health issues. Part one will focus on how to conduct a successful housing search, communicate with local housing authorities, agencies and landlords, and overcome barriers. Part two will describe best practices in supportive housing and tenancy preservation programs. It will provide participants with the tools to effectively advocate for more affordable and supportive housing in their community.

presenter: Andrew Forman, Boston Center for Independent Living

presenter: Danna Mauch, Massachusetts Association for Mental Health

moderator: Kathy Castagna, NAMI South Shore

Financial Planning with a Mental Health Condition

Lincoln Room, 2nd floor

This workshop will provide an overview of planning tools and options to ensure financial security and preserve access to public benefits for people diagnosed with mental illness. Participants will learn about the similarities and differences between Special Needs Pooled Trusts and ABLE accounts, and when each is appropriate.

presenter: Pamela Tames, PLAN of Massachusetts and Rhode Island

presenter: Brendan Sheehan, Waymark Wealth Management

presenter: Tania Boardman, Waymark Wealth Management

moderator: Sheila Flaherty, NAMI Plymouth

Introduction to the Plymouth Mental Health Court

Leonard Room, 2nd floor

This workshop will provide an introduction to the Mental Health Court, an innovative option for individuals with mental health conditions that are involved with the criminal justice system.

presenter: Chris Pike, Forensic Health Services/Trial Court of Massachusetts

presenter: Phil Bombardier, NAMI Plymouth

moderator: Kathleen Considine, NAMI Plymouth

Morning Workshops

Open Dialogue for Early Psychosis

Massasoit Room, 2nd floor

This workshop will introduce the Open Dialogue model of working with young people experiencing early episode psychosis and their loved ones. Developed at Keropudas Hospital in Tornio, Finland, Open Dialogue is a family-based approach that has garnered international attention for its favorable outcomes.

presenter: Dr. Chris Gordon, Advocates, Inc.

presenter: Keegan Arcure, Advocates, Inc.

presenter: Nicolas Avellaneda, Advocates, Inc.

panelists: Nima Sharifi and Shamim Sharifi, Collaborative Pathways participants

moderator: Judi Maguire, NAMI Massachusetts

The Stories We Tell

Standish Room, 2nd floor

“Stories We Tell” was an event designed by students from Westford Academy to spread awareness about mental health through the voices of those with lived experience. This workshop will teach participants the process of creating a “Stories We Tell” event in their own community, and highlight how utilizing arts, poetry, and music promotes understanding and compassion, and decreases stigma.

presenter: Maryam Mullenix, Westford Academy

presenter: Justin Michael, Westford Academy

presenter: Adele Rouanet, Westford Academy

moderator: Eliza Williamson, NAMI Massachusetts

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

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

A special thank you to the local committee members and other volunteers who have worked hard to make our 35th Annual Convention happen!



NEW HOPE FOR DEPRESSION

Deep TMS is a non-invasive outpatient treatment for individuals with major depressive disorder. If you or a loved one is suffering from depression, Deep TMS may be the right choice for you.

Achieve TMS is the largest provider of Deep TMS in the U.S.

Call us today for more information on this FDA cleared, convenient, and effective treatment.

NOW ACCEPTING NEW PATIENTS



Featuring Brainsway dTMS

CALL 877.385.8969

<http://bit.ly/AchievePatientinfo>

Convenient Locations: Northampton • Holyoke • Springfield • Pittsfield • Amherst • Worcester • Westborough



**Western
Massachusetts**

- *Support*
- *Education*
- *Advocacy*
- *Research*

NAMI-Western Massachusetts

324A Springfield Street

Agawam, MA 01001

email: information@namiwm.org

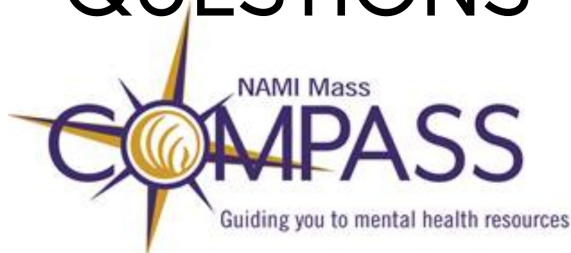
website: namiwm.org

(413)-786-9139

(800)-295-2121

Fax: (413)-789-1137

Mental Health QUESTIONS



We'll help you **NAVIGATE**
the mental health system
in Massachusetts

**call COMPASS at 617-704-6264
or toll-free at 1-800-370-9085
email us at compass@namimass.org**

Research Study Participants Needed!

You may be eligible if you meet *one* of the following:

- Aged 18-55 and a diagnosis of bipolar, schizophrenia, or schizoaffective disorder
- Aged 12-35 and have a sibling or parent with schizophrenia or schizoaffective disorder
- Aged 18-35 and recently diagnosed with psychosis

Financial compensation if eligible to participate!

For more information, please contact us at:

cpilo@bidmc.harvard.edu
Or 617-754-1224



nami North Central MA
National Alliance on Mental Illness

NAMI North Central MA

PO Box 442
Fitchburg, MA 01420

www.naminorthcentralma.org

Support • Education • Advocacy

for people with mental health conditions, their family, and friends

Connection Peer Support Groups

Thursdays in Fitchburg
contact Maryann at 978-874-5602
Tuesdays in Gardner
contact Courtney at 508-331-2921

Family Support Groups

Fridays in Clinton
contact Edie at 978-345-2214
Thursdays in Fitchburg
contact Maryann 978-342-0988

Come Soar With Us



We Are

**NAMI GB
CAN**

**We Are
All About
Peer Support**

Visit us at

www.namigbcan.org

Phone: (617) 626-8691

**The National Alliance on Mental Illness
Greater Boston Consumer Advocacy Network**

Afternoon Workshops

Ask the Doctor

Mason Amphitheater, 1st floor

Dr. Öngür is Chief of the Psychotic Disorders Division at McLean Hospital, where he manages two inpatient units, a residential facility, and a specialty outpatient clinic. He also conducts research using brain imaging techniques to study chemical abnormalities in patients with schizophrenia and bipolar disorder. He will speak briefly on his research and work at McLean Hospital, then will open the floor to answer audience questions.

presenter: Dost Öngür, Mclean Hospital

moderator: Karen Gromis, NAMI Massachusetts

Barriers to Mental Health Treatment, Care, and Recovery and the Search for Solutions in Massachusetts

Lincoln Room, 2nd floor

Drawing on HCFA's recent report, this workshop will discuss barriers to mental health treatment, care, and recovery and the search for solutions in Massachusetts. The conversation will draw on the perspectives of audience members to brainstorm how we can work together to create a system that works.

presenter: Natalie Litton, Health Care for All

presenter: Steve Rosenfeld, NAMI Boston

moderator: Megan Wiechnik, NAMI Massachusetts

Families as Partners in the Search for Employment

Massasoit Room, 2nd floor

Explore how family members and peers can be supportive partners as they consider, choose, get and keep employment. This workshop will identify the value of work, explore barriers and facilitators to employment, and addresses attitudes, knowledge, and skills regarding employment. Personal stories and demonstrations will be shared.

presenter: Joan Rapp, Boston University Center for Psychiatric Rehabilitation

moderator: Kathleen Considine, NAMI Plymouth

**Remember to stop by our Exhibit Areas and Art Marketplace,
located on the 1st and 2nd floor of the Convention venue!**

Afternoon Workshops

Mental Health and Substance Disorder Recovery

Leonard Room, 2nd floor

This workshop will highlight strategies and skills associated with mental health and substance disorder recovery. It will engage participants in several activities including daily wellness plans, goal setting, meditation techniques, and crisis management tools that enables people to build a recovery tool chest.

presenter: Stella Stewart STEPBox Recovery Support Center

presenter: Louray Barton, STEPBox Recovery Support Center

moderator: Eliza Williamson, NAMI Massachusetts

Introduction to the Advocates Jail Diversion Program

Standish Room, 2nd floor

This workshop will spotlight the Framingham Jail Diversion Program, a unique partnership between Advocates and the Framingham Police Department. Now in its 15th year, the co-responder program model's outcomes and replication activities will be presented, alongside the many lessons learned from this law enforcement and behavioral health collaboration.

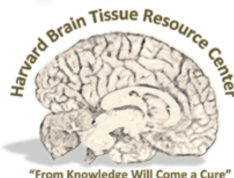
presenter: Sarah Abbott, Advocates Inc.

presenter: Chief Kenneth Ferguson, Framingham Police Department

moderator: Kati Mapa, NAMI Massachusetts

Harvard Brain Tissue Resource Center

*The Gift of a Brain is a
Gift of Knowledge*



*Consider registering as a
Brain Donor*

Contact us for more information at 1-800-BrainBank
or visit our website: <http://mcleanhospital.org/hbtrc/>

 Southcoast Behavioral Health



Supporting people with behavioral health
conditions with dignity and respect.

581 Faunce Corner Rd, Dartmouth, MA

Call us....508-207-9800



National Alliance on Mental Illness

MetroWest

www.namimetrowest.org

*certified as meeting
the NAMI Standards
of Excellence*

ANDY WEIGL

Photography

SOCIAL & BUSINESS EVENTS

BUSINESS PORTRAITS

REAL ESTATE

PERFORMING ARTS

WWW.WEIGLPHOTOGRAPHY.COM

ANDY@WEIGLPHOTOGRAPHY.COM

508 320 4617

SOUTHBOROUGH, MA

Convention Awards

Karl Ackerman Peer Award

The **Karl Ackerman Peer Award** goes to a dedicated person who has spent many years as an advocate, educator, and leader working in support of the peer community. The individual is a mental health entrepreneur, who builds support communities and provides valuable services to people in recovery and their loved ones.

awardee: Janet Ransom, Southeast Recovery Learning Community

presenter: Howard Trachtman



Volunteer of the Year Award

Volunteers are the lifeblood of NAMI Massachusetts. All of our signature programs and affiliates are executed by volunteers. The **Volunteer of the Year** awardee represents the best of NAMI volunteer characteristics: dedication, hard work, and empathy for individuals and families dealing with mental health conditions.

awardee: Barbara DeCunzo, NAMI Plymouth

presenter: Sheila Flaherty



Excellence in Criminal Justice Award

Crisis Intervention exists to promote communication and enhance the response of public and private agencies when summoned to intervene with people experiencing mental health symptoms, people diagnosed with developmental disabilities, or those who have experienced trauma. **Excellence in Criminal Justice Award** goes to a team whose work has saved lives, diverted people from incarceration to treatment, and provided trauma sensitive criminal justice education.

awardee: Taunton Community Crisis Intervention Team (CCIT)

presenter: June Binney



Police Officer of the Year Award

Police officers are often the first responders to a mental health crisis. Their training and empathy can deescalate the situation and help the person in crisis receive the services they need. The **Police Officer of the Year** is a champion of police mental health training, a fighter against stigma, and a protector of individual rights under any circumstance.

awardee: Officer Timothy Stephenson, Brookline Police Department

presenter: June Binney



Convention Awards

Unsung Hero Award

Mental health advocacy is often thankless work with little reward or recognition. Our volunteers already give so much of themselves to their peers, families and communities; it is a wonder that so many of them can give more to NAMI Mass. The **Unsung Hero Award** goes to a person who dramatically improves the lives of those affected by mental health conditions 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: Mary Harris, NAMI Boston and NAMI Mass COMPASS

presenter: Megan Wiechnik



Champion for Student Mental Health

Stigma and the resulting discrimination against students with mental health issues are a major concern in our school systems. Our **Champion for Student Mental Health** has demonstrated leadership and given time, energy, and resources to support programs to educate educators and staff about mental health and fight stigma in our school systems.

awardee: Paula Gauthier, NAMI Mass Allies for Student Mental Health

presenter: Eliza Williamson



NAMI Mass Leader of the Year Award

The **NAMI Massachusetts Leader of the Year** award is given to that individual who has demonstrated years of NAMI leadership at all levels of our organization. An advocate, educator, and program creator. A person whose passion and energy sets an example for all to follow.

awardee: Kathleen Considine, NAMI Plymouth

presenter: Karen Gromis



NAMIWalks Massachusetts 2017 Top Performing Individual Award

*awardee:
Bunny Shapero*

*presenter:
Karen Gromis*



NAMIWalks Massachusetts 2017 Top Performing Team Award

*awardee:
Cambridge-Middlesex*

*presenter:
Karen Gromis*





Beacon Health Options is
proud to support the NAMI
Mass 35th Annual Convention.

Together, we help people live their
lives to the *fullest potential.*

Learn more at: beaconhealthoptions.com



Vinfen proudly supports NAMI Mass 35th Annual Convention

living with respect, hope, resilience.

Vinfen transforms lives by building the capacity of individuals, families, organizations, and communities to learn, thrive, and achieve their goals. Our services and advocacy promote the recovery, resiliency, habilitation, and self-determination of the people we serve. As a human services leader, we strive to be the provider, employer, and partner of choice.

Vinfen is Hiring! Apply Today.

www.vinfen.org/work-at-vinfen

www.vinfen.org

