



Pathways to Wellness Annual Conference

May 17, 2016 - 8:45-4:30 pm
Lake Morey Resort, 1 Clubhouse Rd, Fairlee, VT

AGENDA

- 8:00-8:45 Registration
- 8:45-9:00 Welcome and Opening Remarks (Location: Terrace Ballroom)
- 9:00-10:15 Keynote Presentation: (Terrace Ballroom)
- Rethinking Psychiatric Care: History, Science, and the Long-term Effects of Psychiatric Medications**
- Keynote Presenter: Mr. Robert Whitaker, Journalist, and Author of Anatomy of an Epidemic
Over the past 30 years, during which time our society has embraced the use of psychiatric drugs, the burden of mental illness in our society, as measured by disability rates, has grown exponentially. A thorough review of the literature reveals one reason why: While psychiatric medications may be effective over the short term, over the long term they may “impair recovery” for many people. To promote better long-term outcomes, we need to develop protocols that utilize psychiatric medications in a more selective manner, and emphasize intensive psychosocial care.
- 10:20-10:50 **Legislative Update by Andrew Sperling, Director of Legislative Advocacy, NAMI (national)**
- 10:50-11:00 Break
- 11:00-12:15 Morning Workshops (Choose one)
- A. **NAMI’s Federal Legislative Agenda to Improve the Lives of People Living with Mental Illness** (Lakeside Theatre)
Presenter: Andrew Sperling, NAMI National
Description: NAMI’s Director of Legislative Advocacy will provide a perspective on an array of federal policy issues including funding for mental illness research, services, supportive housing and veterans programs, as well as prospects for comprehensive mental health reform legislation in the US Congress.
- B. **Policing Services and the Mental Health System** (Edgewater Room)
Presenter: Sheriff Keith Clark
Description: In the past decade there have been significant changes to improve police response to calls with an underlying mental health issue. The changes include training, policies, and partnerships. This presentation will provide an overview of the new approaches and will also identify what is needed for the future.
- C. **ACE’s in Action** (Morey Room)
Presenters: Jim Walsh, Psychiatric Mental Health Nurse practitioner and Bill Brown, HCRS Area Manager
Description: Research has overwhelmingly demonstrated the connection between early life experiences and behavioral, health, and socio-economic outcomes in adulthood. Chronic toxic stress caused by Adverse Childhood Experiences, or ACEs, increases the likelihood that an individual will develop any number of a myriad of physical, mental, economic or social maladies later in life. This presentation explores the body of research launched by the initial groundbreaking ACEs study. We’ll examine the process linking experiences to physiological changes in the body and discuss how these physiological changes influence health and wellness. Lastly, we’ll discuss practical strategies for addressing some symptoms related to chronic toxic stress.

12:15-1:30 Lunch & Special Announcements (Dining Hall)

1:30-2:45 Afternoon Workshops (Choose one)

A. Health Risks of Cannabis Use (Morey Room)

Keynote Presenter: Dr. David Rettew, Associate Professor of Psychiatry and Pediatrics, UVM College of Medicine

Description: There is a lot of contradictory information out there about the possible risks of cannabis use. This presentation will review what is known about the associations between cannabis and psychosis, PTSD, and anxiety and will also review new information about addiction and problem use. Effects on brain growth will also be discussed.

B. Special Needs Planning for Individuals with Mental Illness (Edgewater Room)

Presenter: Claudia Pringles, Esq.

Description: Special needs planning is essential to protect and plan for your disabled child of any age. Even though not having the right plans in place can be a detriment for loved ones with a mental illness, many families just don't know where to begin.

This workshop will include an overview of what parents and grandparents need to know about special needs planning, including the protection of important government benefits (SSI & Medicaid), special needs trusts, how to avoid a "payback" to the state for Medicaid, and more. We will also discuss what to do in situations where a person is already over the asset limit and the options available in those situations.

C. Stories of Recovery (Lakeside Theatre)

Presenter: Mitzi Bockmann, Thelma Stoudt, Carole Furr

Description: Peer panel discussion of personal journeys to recovery with mental illness. The workshop will introduce NAMI In Our Own Voice, a program which raises the awareness of mental illness and recovery through personal testimony and short videos; the NAMI Connection Recovery Support Group meetings, which have helped people living with mental illness to learn from one another's experiences, share coping strategies and offer mutual encouragement and understanding to maintain wellness; and the Me2/Orchestra ("me, too"), the world's only classical music organization created for individuals with mental illnesses and the people who support them.

2:40-3:00 Break

3:00-4:15 Keynote Presentation: (Terrace Ballroom)

Creative Approaches to Life with a Complicated Mind

Keynote Presenter: Barbara Mainguy, Creative Director, Coyote Institute

A range of alternative therapies are emerging as different understandings of the human mind inform common practice. This keynote presentation will explore several case studies of alternative therapies with remarkable results. Clients can thrive with a combination of traditional medical interventions and explorations with the goal of adapting to life with atypical neurology. Creative approaches eschew labels and encourage engagement and adaption over stigma and pathologizing.

4:15-4:30 Evaluations, Pictures and Final Announcements

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