

Pathways to Wellness Conference

Wednesday - May 16, 2018

8:30 am - 4:15 pm

Champlain College, Burlington

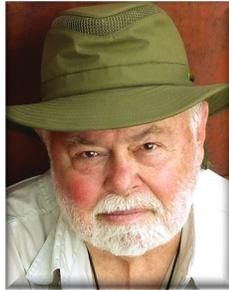
Join us for this fantastic opportunity to network with peers, advocates, family members and mental health providers.



Keynote Speakers

Ron Powers

In his 2017 published book, *No One Cares About Crazy People: The Chaos and Heartbreak of Mental Health in America*, Pulitzer-Prize winning journalist and best-selling author Ron Powers offers a searching, rich narrative of the social history of mental illness in America paired with the deeply personal story of his two sons' battles with schizophrenia. In addition to receiving accolades for his written works, Powers has also taught at the Salzburg Seminar in Austria and in Vermont at the Bread Loaf Writers' Conference and Middlebury College. (Arrangements for the appearance of Ron Powers made through Hachette Speakers Bureau, New York, NY.)



Ronald Braunstein

Ronald Braunstein is the Co-Founder and Music Director of the Me2/Orchestras, the world's only classical music organization for people with mental illnesses and those who support them. Diagnosed with bipolar disorder in 1985, Braunstein launched these ensembles in an effort to erase the stigma surrounding mental illness. He won the Gold Medal in the Herbert von Karajan International Conducting Competition and has conducted some of the world's great orchestras.



Morning & Afternoon Workshops

Chittenden County Community Outreach Initiative

- **Kevin Dorn** | South Burlington City Manager
- **Trevor Whipple** | South Burlington Chief of Police
- **Ann Janda** | Town of Shelburne Director of Administration
- **Brandi Littlefield** | First Call for Chittenden County Assistant Director and Community Outreach Lead at Howard Center

Intentional Peer Support: Working to Build Relationships That Include Rather Than Coerce

- **Chris Hansen** | Intentional Peer Support Director
- ### Lessons From the Field: An Eldercare Clinician's Perspective Working With Some of the State's Most Vulnerable Adults

- **Cinda Donton** | Rutland Mental Health Services Eldercare Clinician

Housing Retention: Helping Those at Risk for Homelessness

- **Jessica Radbord** | Vermont Legal Aid
- **David O'Leary** | Burlington Housing Authority
- **Mike Ohler** | Burlington Housing Authority
- **Lindsay Casale** | Pathways VT Dir. of Housing First Programs

Creating a Healing Environment: Moving Towards the Elimination of Restraint & Seclusion at CVMC by Redefining its Meaning & Transforming our Culture and Ourselves

- **Paul Capcara**, MPH, BSN/RN | UVM Health Network Central Vermont Medical Center Director of Nursing Resources, Emergency Department, and Inpatient Psychiatry

Finding Hope Through Support (Panel)

- **Mary Cliver** | Family-to-Family, MIR, and Provider Teacher
- **Andrea Kolbe** | Connection Support Group Facilitator and Peer Leadership Council Chair
- **Jim Johnson** | Family Support Group Facilitator

Register today at www.namivt.org/conference

Fee Includes Lunch: Members \$45 • Non-Members \$80 • Groups of 10+ \$60/each

Full and partial scholarships are available for low-income peers and family members.

This conference will be approved for CEUs for LCMHCs & Social Workers with an additional \$10 fee.

Made possible in part by our sponsors:
 UVM Medical Center
 Rutland Regional Medical Center
 NorthCountry Federal Credit Union
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CONFERENCE WORKSHOP DESCRIPTIONS

Chittenden County Community Outreach Initiative (Panel Discussion)

Recognizing the impact mental health and substance abuse-related concerns were having in their community, So. Burlington City Manager Kevin Dorn and Police Chief Trevor Whipple convened a group of Chittenden County Managers and First Responder Chiefs from six communities (So. Burlington, Shelburne, Colchester, Williston, Essex, Winooski) to discuss these concerns and identify potential resources. A common thread existed - an increasing number of calls to law enforcement which could be better addressed by someone with skills and expertise in mental health and substance abuse, and knowledge of area social services. These communities partnered with their local Designated Agency, the Howard Center, to develop the Community Outreach Initiative. This model is similar to the Howard Center's long-standing Burlington Street Outreach team, but uniquely suited to the communities' needs, where an outreach team member works closely with law enforcement and municipal ambulance teams to respond to calls related to mental health, substance abuse, and/or social service needs. These responses may occur in tandem, in advance of, or following a law enforcement encounter. This workshop examines the specific issues communities were facing, how they came together to develop the initiative, the challenges and barriers along the way, and the successes to date.

Intentional Peer Support - Working to Build Relationships That Include Rather Than Coerce

The most powerful, memorable and life-changing relationships are ones that connect, and where both or all parties are able to be seen and heard. Incidents of force and coercion are almost always traumatic (often for all parties involved). This workshop covers the basic principles and tasks of intentional peer support, and offers some examples of connecting with an intent to finding possibilities that work for everyone. These skills are of value to anyone in any role. The workshop will include an overview, videos and some interactive exercises.

Lessons From the Field: An Eldercare Clinician's Perspective Working With Some of the State's Most Vulnerable Adults

The Eldercare program was started in Vermont over 17 years ago with the mandate to focus on the mental health needs of some of our most vulnerable citizens—homebound individuals over the age of 60. In this workshop, we will talk about how the Eldercare program has been implemented in Rutland county to address the challenges, concerns and needs of a segment of the senior population. We will discuss strategies and interventions which have been helpful in the recovery of clients and their achievement of their mental health and personal goals. In addition, we will talk about what is going well and what is not, identify gaps in services, and talk about actual cases to illustrate the resilience and strengths of the remarkable folks served in the Eldercare program.

Housing Retention Panel: Helping Those at Risk for Homelessness

One of NAMI Vermont's 2018 advocacy priorities is providing access to appropriate and affordable housing for people with mental health conditions. Even when appropriate and affordable housing is found, some individuals need additional supports to achieve stability. This panel discussion will look at the proactive work that is being done in and around the Burlington community to help individuals with disabilities maintain their housing and reduce cycles of homelessness. Panelists will share information, stories, and strategies garnered from their experiences in the field. Questions from the audience will be welcomed.

Creating a Healing Environment: Moving Towards the Elimination of Restraint and Seclusion at CVMC by Redefining its Meaning and Transforming our Culture and Ourselves

Fallibility definition: 1) liable to err, especially in being deceived or mistaken. 2) liable to be erroneous or false; not accurate: fallible information. "Wisdom is keeping a sense of fallibility" - Gerald Brenan. Emotional and physical dysregulation can be viewed as an expression of anger and hostility. Viewing it this way encourages the belief that the person is seeking to harm someone, and the feelings that accompany that meaning are fear and anxiety. We are attempting to understand it in a different way, and to attach different meaning to it. We have come to believe emotional and physical dysregulation are often about unmet needs. Both people seeking care and those providing it need to feel safe. Fear and anxiety feed emotional and physical dysregulation. The proper response is to seek to alleviate it in ourselves and others. Feelings that accompany that understanding of emotional & physical dysregulation are caring, compassion, and emotional connection. Using this alternative paradigm we have achieved striking results.

Finding Hope Through Support (Panel)

Add tools to your toolkit! Whether you are a family member, a professional, or a peer affected by mental illness, this workshop provides practical tools to help you find the strength, encouragement, and support you need to cope with challenges and maintain wellness. Trained NAMI Vermont leaders with lived experience share advice, lead interactive exercises, and discuss services offered by NAMI Vermont to help you find hope through support.