

WORKSHOPS

11:00am & 2:15pm



NAMI (National Alliance on Mental Illness)

Room **7100** – Building 7000 (Monschke Hall)

(FIRST HOUR ONLY – 11:00am)

Presented by:

Carol Williamson – Volunteer President of the Santa Cruz County affiliate of the National Alliance on Mental Illness. Her dedication to helping families affected by mental illness is inspired by the loss of her 24 year old son, Nate Evans, who was coping with bipolar disorder, and who died by suicide. Carol began volunteering for NAMI in 2007, after retiring from a career in public procurement at SJSU and PVUSD.

The “grassroots nature” of the NAMI organization is its foundation. It is run mostly by volunteers. A number of our volunteers will be speaking at this workshop.

The workshop will cover the three areas of NAMI's popular programs: Education, Support, and Advocacy. You will hear from various NAMI leaders about the different classes, support groups, and presentations, which are available at no cost to the community. Educational programs discussed include Family to Family, Peer to Peer, and Provider Education. Presentations discussed will be Ending the Silence for schools, and In Our Own Voice. The various support groups will also be described. Advocacy initiatives will be described, including legislative efforts and law enforcement relations. NAMI's motto is “You Are Not Alone”.

Nine Fictions and Facts About Depression

Room **7100** – Building 7000 (Monschke Hall)

(SECOND HOUR ONLY – 2:15pm)

Presented by:

Peter Schipper - M.A., Pastoral Therapist, received his degree in counseling from Denver Seminary and was ordained as a pastor at Twin Lakes Church in 1990. He has served in both clinical and private practice. He is a former member of the American Psychological Association, the American Association of Christian Counselors, and holds teaching credentials in both California and Colorado.

This workshop will discuss 9 commonly-held misbeliefs about depression and what is actually true. Topics will include medication, counseling, causes, family relationships, diagnoses, care and treatment, and the role of faith. Seven informational documents helpful for understanding depression and mental health will be available for attendees to order as free email attachments.

How a Family Deals with Mental Illness

Room **7102** – Building 700 (Monschke Hall)

Presented by:

Marilyn Harrower, LMFT – Marilyn has been a Licensed Marriage and Family Therapist since 1991. She is a conference and workshop presenter herself, and along with her husband, Ken, has presented many seminars on marriage, parenting, relationships, conflict resolution, communication, etc. Mari has a heart for the family and is committed to equipping family members with practical tools in helping them care for their loved ones who have a mental illness.

Mental illness impacts the family in many ways. This workshop will help family members navigate the terrain of mental illness and give participants helpful tools in supporting their loved one and not becoming overwhelmed themselves. This workshop is also applicable to someone who has a close friend with a mental illness.

Personality Disorders

Room **7103** – Building 700 (Monschke Hall)

Presented by:

Donelyn Culver Miller, LMFT - Donelyn is married and has four grown children. Earlier in her career, Donelyn counseled juveniles and their parents, supervised group homes, licensed and placed children in foster homes and has directed a low-cost counseling clinic. In 1987 Donelyn was licensed as Marriage, Family and Child Counselor in California. At the present Donelyn is co-owner and a therapist at Relational Resources, a Christian counseling center, with offices in Aptos and Felton. She also has been an adjunct faculty member with Western Seminary teaching classes on Clinical Foundations, and Child and Adolescent Therapy.

In this workshop Donelyn will deal with some of the common personality disorders, such as, Antisocial Personality Disorder, Paranoid, Borderline, Histrionic, Narcissistic, Avoidant, Dependent, and Obsessive Compulsive. This is a great opportunity to be educated on these disorders that affect so many in our families and community.

QPR Suicide Prevention Training

Room **7104** – Building 7000 (Monschke Hall)

Presented by:

Dianne M. Avelar, LMFT – Certified QPR Trainer.



Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year thousands of Americans, like you, are saying "Yes" to saving the life of a friend, colleague, sibling, or neighbor. This one-hour training is being offered at no additional cost at this conference. Participants will receive all the handouts relevant to this training.

The Bridge Between County Mental Health and You

Room **7105** – Building 7000 (Monschke Hall)

Presented by:

Santa Cruz County Mental Health Advisory Board – The Mental Health Board is an advisory board of 11 members appointed by the Board of Supervisors. According to the by-laws, three members are direct consumers (people who have a mental illness), three are family members who have a relative with mental illness, and the others are community members with experience and knowledge of the mental health system, plus a member of the Board of Supervisors.

The workshop will focus on educating the community about:

- Who we are – Monthly Meeting Details - How we handle concerns, incidents and complaints
- How to Navigate through the County Mental Health System – and, time for meaningful Q & A

Healing Trauma Through Physical Activity

Room **7106** – Building 700 (Monschke Hall)

Presented by:

Darci Morris ACSW – Darci is the founder of Life Hikes providing opportunities for connection, growth, and healing through fitness in the outdoors. In addition to her experience as a medical social worker, she has training in somatic eco therapy and group fitness. Life Hikes offers specific experience for survivors of sexual abuse and assault, grief, and trauma in addition to “lighter” hikes for adventure and bonding.

PTSD affects approximately 20 percent of adults in the U.S. Many survivors of trauma experience dissociation, a disconnect from mind and body, which can disrupt their lives and may make them less responsive to traditional therapy. Darci will discuss the life-impacting symptoms of dissociation, current research on the subject, her own experience as a survivor of sexual abuse, and the tremendous impact fitness can have on integrating mind and body and spirit.

Anxiety

Room **7107** – Building 7000 (Monschke Hall)

Presented by:

Joe Bishop, Mdiv. - Joe is the founder and director of Respero Ministries, a nonprofit organization committed to providing faith-based counseling and group experiences, and training and equipping people for relational care ministries. Joe has been a pastor for 35 years, and has a deep-seated conviction that local churches are meant to be genuine healing communities and tangible expressions of the love and grace of Jesus.

Anxiety is epidemic in our culture and even within our churches. In this workshop, we will look at the sources of anxiety and why this issue is so prevalent. We will look at key passages in the New Testament and how their core truths are still vital today, and then examine some intervention strategies to help people change their thinking patterns, lower stress, and experience genuine peace.

5150: A 72-hour Involuntary Detention

Room **8112** – Modular Buildings (8000)

Presented by:

George Carvalho – Patients' Rights Advocate for 24 years having worked as an entitlements counselor and before this as a group home counselor. George loves the beauty of the Santa Cruz area, as well as the “vibe” of the people. He considers it a privilege to assist others when it comes to knowing their rights in the County Mental Health system.

Some of the topics covered will be:

1. Your rights as an involuntary detained person in the psychiatric facility
2. Right of informed consent
3. The role of the advocate both in the community and facility settings

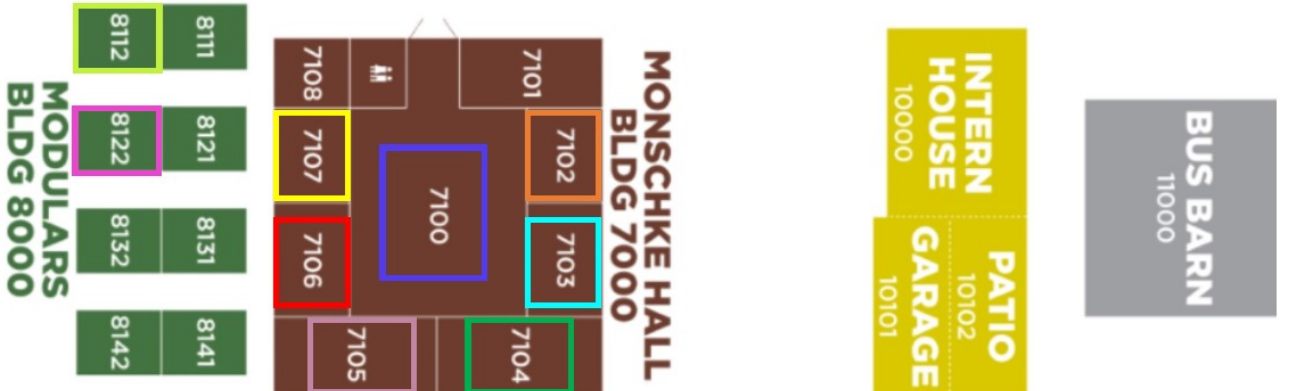
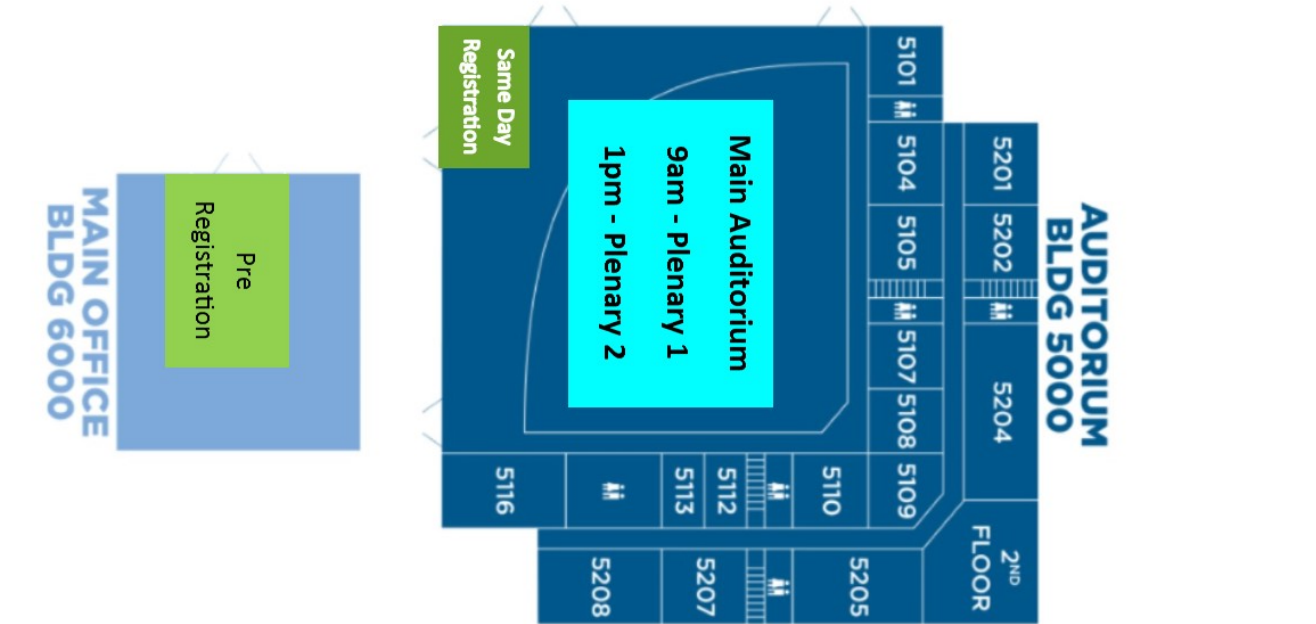
Addiction: From Use to Abuse to Treatment

Room **8122** – Modular Buildings (8000)

Presented by:

Andrew Rovegno, MA, CADC – Certified Alcohol and Drug Counselor (CADC II) since 1987.
30 years experience in both 6 month and 30 day drug and alcohol treatment programs.

We will examine the scope of addiction in its various forms and discuss a multifaceted approach in defining it. We will ask the big question, “Is it a physical or mental disease,” and we will walk through the common stages of addiction. We will talk about the church's role in aiding those with serious addictions and we will do an overview of various treatment plans available.



- 7100 -**
Carol Williamson-NAMI-
AM session
- Pete Schipper-Depression -**
PM session
- 7102- Mari Harrower-**
How a Family Deals with
Mental Illness
- 7103 - Donelyn Miller-**
Personality Disorders
- 7104 - Dianne Avelar-**
QPR Training-Suicide Prevention
- 7105 - The Bridge Between County**
Mental Health and You
- 7106 - Darci Morris-Healing from**
Trauma through Physical Activity
- 7107- Joe Bishop**
Anxiety
- 8112-George Carvalho**
5150- Involuntary Detention
- 8122- Andrew Rovengno**
Addiction