34th Annual State Convention

Together Toward Tomorrow.

September 24 & 25, 2020
Virtual Convention

National Alliance on Mental Illness Tennessee
### Event Schedule

#### Thursday, Sept. 24, 2020

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 AM</td>
<td>Welcome</td>
</tr>
<tr>
<td></td>
<td>Sylvia Phillips, NAMI Tennessee President, Jeff Fladen,</td>
</tr>
<tr>
<td></td>
<td>Executive Director, Don Smith, Convention Chair</td>
</tr>
<tr>
<td>9:20 AM</td>
<td>TDMHSAS Address</td>
</tr>
<tr>
<td></td>
<td>Speaker Commissioner Williams</td>
</tr>
<tr>
<td>9:50 AM</td>
<td>What is NAMI?</td>
</tr>
<tr>
<td></td>
<td>Jeff Fladen and Gabe Howard</td>
</tr>
<tr>
<td>10:05 AM</td>
<td>BREAK</td>
</tr>
<tr>
<td>10:10 AM</td>
<td>Ernie and Joe, Crisis Cops</td>
</tr>
<tr>
<td></td>
<td>Ernie Stevens and Joe Smarro share clips of the film Crisis Cops</td>
</tr>
<tr>
<td></td>
<td>followed by panel with Major Sam Cochran (ret.), with moderator Jeff</td>
</tr>
<tr>
<td></td>
<td>Fladen</td>
</tr>
<tr>
<td>11:25 AM</td>
<td>BREAK</td>
</tr>
<tr>
<td>11:30 AM</td>
<td>NAMI Cargiver Education and Support</td>
</tr>
<tr>
<td></td>
<td>Roger and Denise Stewart</td>
</tr>
<tr>
<td>12:00 PM</td>
<td>ENJOY LUNCH</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>Welcome and Awards Announcement</td>
</tr>
<tr>
<td></td>
<td>Roger Stewart</td>
</tr>
<tr>
<td>1:10 PM</td>
<td>Focus on Suicide Prevention / #TNWon'tBeSilent</td>
</tr>
<tr>
<td></td>
<td>Clark Flatt, President, Jason Foundation</td>
</tr>
<tr>
<td>1:25 PM</td>
<td>Ending the Silence for Tennessee Youth</td>
</tr>
<tr>
<td></td>
<td>Rachel Wilson</td>
</tr>
<tr>
<td>1:40 PM</td>
<td>NAMI Affiliates, the Heart of our Grassroots Organization</td>
</tr>
<tr>
<td></td>
<td>Kathy Milam</td>
</tr>
<tr>
<td>1:55 PM</td>
<td>BREAK</td>
</tr>
<tr>
<td>2:00 PM</td>
<td>Plenary</td>
</tr>
<tr>
<td></td>
<td>Dr. Charles Freed, Holistic and Integrative Psychiatry: Using</td>
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<tr>
<td></td>
<td>Evidence Based Neuroscience</td>
</tr>
<tr>
<td>2:55 PM</td>
<td>BREAK</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>Focus on Advocacy</td>
</tr>
<tr>
<td></td>
<td>Alisa Lapolt, NAMI TN Policy and Advocacy Director</td>
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<tr>
<td>3:15 PM</td>
<td>Advances on Treatment for Depression</td>
</tr>
<tr>
<td></td>
<td>Dr. Scott West</td>
</tr>
<tr>
<td>4:00 PM</td>
<td>Sneak Peak of Friday</td>
</tr>
<tr>
<td></td>
<td>Gabe Howard</td>
</tr>
<tr>
<td>4:00 PM</td>
<td>Network with Sponsors</td>
</tr>
</tbody>
</table>

#### Friday, Sept. 25, 2020

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>9:00 AM</td>
<td>Three Pillars of NAMI</td>
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<tr>
<td></td>
<td>Gabe Howard, Jeff Fladen and Allen Bartles</td>
</tr>
<tr>
<td>9:30 AM</td>
<td>Plenary Address</td>
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<tr>
<td></td>
<td>Dr. Altha Stewart, Mental Health During the Time of Pandemic</td>
</tr>
<tr>
<td>10:25 AM</td>
<td>BREAK</td>
</tr>
<tr>
<td>10:30 AM</td>
<td>The Black Experience in Mental Health</td>
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<td></td>
<td>Dr. Rena Isen</td>
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<tr>
<td>11:25 AM</td>
<td>BREAK</td>
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<tr>
<td>11:30 AM</td>
<td>NAMI Walks 2020/2021</td>
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<tr>
<td></td>
<td>Anna Collins</td>
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<tr>
<td>11:45 AM</td>
<td>CIT, Mental Health and Law Enforcement</td>
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<tr>
<td></td>
<td>Kim Rush</td>
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<tr>
<td>12:00 PM</td>
<td>Sponsor Networking</td>
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<tr>
<td>1:00 PM</td>
<td>Caring for Your Child's Social and Emotional Well-being</td>
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<td></td>
<td>Desireé Kelly, DrPH</td>
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<tr>
<td>1:55 PM</td>
<td>BREAK</td>
</tr>
<tr>
<td>2:00 PM</td>
<td>The Jeff and Gabe Show: Exploring the Most pressing</td>
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<tr>
<td></td>
<td>Mental Health Issues of the Day</td>
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<tr>
<td></td>
<td>Jeff Fladen and Gabe Howard</td>
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<tr>
<td>2:55 PM</td>
<td>BREAK</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>Plenary, Movie/Panel</td>
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<tr>
<td></td>
<td>Bedlam, A Journey through our Nation’s Mental Health System, Dr.</td>
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<tr>
<td></td>
<td>Ken Rosenberg, Panel: Adrianne Kennedy, Gabe Howard</td>
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<tr>
<td>4:20 PM</td>
<td>CLOSE</td>
</tr>
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Parity is YOUR RIGHT. Fair insurance coverage is the law. As suicide and overdose rates continue to climb in Tennessee, health insurance should not discriminate.

Parity Education
Tennessee consumers, family members, employers, purchasers, clinicians, policy makers and the general public all require greater education regarding federal and state parity laws.

Is your insurer breaking the law?
Insurer violations of mental health parity laws can take many forms, including placing limits on how long and how often patients can receive care...

TAKE ACTION
Join us in creating a grassroots-driven movement to demand parity rights in Tennessee. Receive email notifications sent directly to your email box. Subscribe at www.namitn.org (opt-out at anytime).

For more information contact Alisa LaPolt at alapolt@namitn.org
Greetings,

On behalf of our National Alliance on Mental Illness (NAMI) Tennessee State Board, I welcome you to the 34th NAMI TN State Convention. The Convention’s Theme: “Together Toward Tomorrow” will assist in your education, networking and innovation at the convention.

The planning committee is excited and pleased that you are here at our first virtual convention. They have planned an educational, informative and motivational convention with several engaging workshop sessions. The workshops are designed to provide crucial information that will assist in your journey and experience with mental health challenges. The information will be useful to you and your Affiliates, caregivers, loved ones and friends to continue to support, advocate and educate our community that the brain is a part of our bodies. Also, to STAMP OUT STIGMA.

Thank you for your attendance at the 2020 NAMI TN State Convention.

Take care,
Sylvia W. Phillips,
President, NAMI Tennessee Board of Directors
Behavioral health is just as important as physical health.

BlueCare Tennessee supports behavioral health services for people of all ages.

See how we’re making a difference at bluecare.bcbst.com.

**THANK YOU**
for join us at our first **VIRTUAL** Annual State Convention
If you enjoyed this no cost event and would like to see more, please consider giving to NAMI Tennessee.

**DONATE TODAY!**
Peace of mind does not have to cost a fortune.

Special Needs Trusts safeguard personal assets and provide for services and items public benefits do not cover – all without jeopardizing eligibility for government benefits.

Vista Points serves as trustee for pooled, first party, and third party Special Needs Trusts.

The organization focuses on helping:

- people living with a disability
- their parents and caregivers
- the professionals who serve and guide them.

Darlene Kemp
MPH, MBA-HCM
Executive Director

Call 888.422.4076
www.vistapoints.org
Teacher Volunteers

WANTED

Are you a PARENT or PRIMARY CAREGIVER of a child or adolescent with a mental health condition? Becoming a NAMI Basics teacher may be for you.

What new teachers say how they feel after training:
- Enlightened
- Excited
- Empowered
- Determined
- Ready to Share
- Caring
- Prepared
- Confident

CLASS: NAMI Basics
WHEN: November 12-15, 2020
WHERE: Virtual Class by Zoom
Questions & Info: Denise Stewart, 800-467-3589, ext 313, dstewart@namitn.org

NAMI Tennessee is very grateful for the generous support it has received from the 2020 Sponsors!

Thank You!

Amerigroup
An Anthem Company
With the unique understanding of people with lived experience, these programs and support groups provide outstanding free education, skills training and support.

NAMI Tennessee is very grateful for the generous support it has received from the 2020 Sponsors!
Connecting with you, where you are
We can help with your mental health, addiction and counseling needs.
Call 1-877-HOPE123 (1-877-467-3123).

centerstone.org | facebook | twitter | linkedin | instagram

visit us online
www.namiwalks.org/tennessee
Congratulations TO ALL OUR
2020 NAMI Tennessee Award Recipients

Kathy Martin
NAMI Oak Ridge Volunteer
Award: Service

Jeffrey Neely
NAMI Memphis Volunteer
Award: Service

Julie Potter
Dickson Middle School
Award: Professional

Caroline Castellaw
Tennessee Rehabilitation Center
Dyersburg
Award: Professional

Maria Smith
TAADAS
Award: Friend of NAMI

Charlotte Gordon
Tipton County
Award: Personal Courage

Gabe Howard
Author, Activist, Pod Cast Host
Award: Media

Sheriff John Mehr
Madison County
Award: Justice

Murfreesboro Police Department
Murfreesboro, TN
Award: Justice

Mary Sims
Gibson County
Award: Affiliate Leadership

Elliot Pinsly
NAMI Davidson
Award: Advocacy

Governor Bill Lee
State of Tennessee
Award: Public Policy

2020 NAMI Tennessee Awards
LEARN MORE
1 in 4.5 American Adults experience mental illness in any given year.

Experts debate the current number of American adults experiencing mental illness. Whether it is 1 in 4 or 1 in 5, NAMI Tennessee is here to help ALL American Adults experiencing mental illness.

References can be found at www.nami.org/policystats

Thank You! NAMI Tennessee is very grateful for the generous support it has received from the 2020 Sponsors!
Do you know someone who would be an awesome **Family Support Specialist**?

Now is a great time to start the certification process...

...the Certified Family Support Specialist program provides State certification for caregivers who render direct support services to families of children and youth with mental, emotional, behavioral, or co-occurring disorders. Family Support Specialists use their unique experiences as caregivers to inspire hope and to provide support to others facing similar challenges. Specialists help caregivers navigate the varying child-serving systems. They teach caregivers to become advocates for their children by participating in committees and councils which determine policy and affect change. They make a huge difference in the lives of children and of caregivers.

**To learn more, contact:**
Brenda Donaldson, Family & Youth Engagement Coordinator
Phone: 615.770.1788 or email: fcfs.tdmhsas@tn.gov

**Family Support Specialist Professional Competencies Course**
is provided through a collaborative effort between
**Tennessee Voices for Children** and **NAMI Tennessee**
and is required for certification with the State of Tennessee as a
**Family Support Specialist**.

For more information or to register for this class, contact:
**Tennessee Voices for Children**
(615) 269-7751
Introducing the NAMI Tennessee Agency Endowment

NAMI's use of grassroots teachers and presenters means that those with experience as a caregiver or living with a mental health diagnosis share what they have learned with others. The new agency endowment allows those who value the work of NAMI to share in a different way, by leaving a legacy gift of caring and support.

The NAMI Tennessee Agency Fund is an endowment fund which has been established at the Community Foundation of Middle Tennessee. Endowment funds are set up by non-profits to insure that the mission, programs, and services of the organization continue over time. This decreases dependence upon grants and government funding by providing an additional source of income. Because the fund will grow wealth over time and its principal is never spent, The NAMI Tennessee Agency Fund helps us to work to improve life for those impacted by mental illness in perpetuity.

The Founders Circle
When establishing the NAMI Tennessee Agency Fund it also established the Founder’s Circle. While gifts of any amount can be added to the NAMI Tennessee Agency Fund at the Community Foundation of Middle Tennessee, endowment commitments of $5000 or more received will be a permanent member of the Founder’s Circle, with our gratitude for leaving a legacy of caring and support.

The NAMI Tennessee Agency Fund Founders Circle
Gilal and Leslie El-Sayad
Jane and Dick Baxter
Frank and Ann Zigheim
Jack and Kitty Stewart

For additional information
Jeff Fladen: (603) 785-7110, jfladen@namitn.org
Community Foundation of Middle Tennessee
Nashville, TN 37215
SUPPORT NAMI

Support NAMI to help millions of Americans who face mental illness every day.

Keep up with NAMI news and events, or take the next step and become a member.

Inspire others with your message of hope. Show others they are not alone.

DONATE

JOIN

SHARE

Join today www.namitn.org

TUNE IN! @NAMI|Tennessee

Hosted by Gabe Howard

Join us on Monday afternoons

3 PM Eastern | 2 PM Central

@NAMI.Tennessee

Engaging
informative
INTERACTIVE
diverse
supportive
LIVE

ask your questions during LIVE broadcast

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Rolling Hills Hospital
High-quality behavioral healthcare since 2009

The mission of Rolling Hills Hospital is to offer compassionate, effective behavioral healthcare treatment. We use solution-focused strategies and diligently strive for a positive environment for patients, families, and employees. Our dedicated staff works as a team to help patients overcome their behavioral health issues.

**Specialty programs include:**
Inpatient services for:
- Adolescents
- Adult Medical Detoxification
- Adult Psychiatric
- Older Adults
- Adult Co-occurring Disorders
- Electroconvulsive Therapy* (outpatient also)

Outpatient Services
- Adult Partial Hospitalization: Monday through Friday from 9:00 am to 3:00 pm
- Adult Intensive Outpatient: Monday through Friday from 9:00 am to 12:00 pm
- Adult Chemical Dependency Intensive Outpatient: Monday through Friday from 12:00 pm to 3:00 pm
- Adolescent Intensive Outpatient (ages 13 to 17): Monday, Tuesday and Thursday from 4:00 to 7:00 pm

**Treatment can include:**
- Individual, Group and Family Therapy
- Dialectical Behavior Therapy
- Family Education and Support
- Alcoholics Anonymous® Meetings
- Cognitive Behavioral Therapy
- Recreational and Art Therapy
- Medication Education Groups
- Comprehensive Discharge Planning

**Insurance information:**
We work with Medicare, TRICARE®, TennCare and most commercial insurance plans. We accept Aetna®, Amerigroup Community Care, Amerivantage Medicare, BlueCare Tennessee, BlueCare Plus Tennessee, TennCareSelect, CoverKids, Blue Cross® Blue Shield® of Tennessee, BlueCross® BlueShield® of Tennessee Medicare Advantage, Cigna®, Cigna HealthSpring®, Humana LifeSynchSM, Humana® Gold Plus HMO, Magellan Behavioral Health, Managed Health Network, MHNet, United Behavioral Health, UnitedHealthcare Plan of the River Valley Medicare, Inc., United Healthcare Community Plan, Secure Horizons Medicare and Beacon Health Options, Inc.

*Please call if you have questions about your coverage.*

To schedule a no-cost assessment, contact admissions at 615-807-4059, 24 hours a day, seven days a week.
When life seems hopeless or out of control, Peninsula can help.

Peninsula Hospital serves East Tennesseans ages 5 to adult with 24-hour physician and nursing care. Hospital services are for those who are a threat to themselves or others, and/or who have significantly impaired ability to carry out day-to-day activities.

Peninsula Outpatient Centers provide a complete range of mental health treatment programs. As East Tennessee’s behavioral health leader, Peninsula Outpatient offers caring, confidential and convenient services for adults, adolescents and children experiencing psychiatric illness.

(865) 970-9800
PeninsulaBehavioralHealth.org

About 2 MILLION PEOPLE with mental illness are BOOKED INTO JAILS every year — many because they didn’t get the treatment they needed

*References can be found at www.nami.org/policystats
Crisis Intervention Team (CIT) program and de-escalation training for first responders

CIT in TN Initiative and Task Force

The Crisis Intervention Team (CIT) program is a collaborative, community partnership widely recognized as the “gold standard” behavioral health/crisis response model for law enforcement and other first responders.

Tennessee has seen growing interest in CIT alongside the state’s increased investment in the behavioral health crisis care continuum.

Through the initial support of the DOJ’s Justice and Mental Health Collaboration Program (JMHCP), the Tennessee Department of Mental Health and Substance Abuse Services, Tennessee Department of Correction, and NAMI TN established the CIT in TN Initiative and Task Force to guide and engage community stakeholders, develop program infrastructure, and train, operate, and evaluate local CIT programs throughout the state.

Contact krushking@namitn.org for more information.

Advancing Crisis Intervention Team Programs in Tennessee: Tools, Guidelines & Recommendations

Published in March 2019, Advancing CIT in Tennessee provides the latest tools and resources to support local partnerships in developing and sustaining CIT programs, describes the current status of CIT programs and training in Tennessee.

Find Download at www.NAMITN.org/HelpfulLinks
Mental health matters!

Proud to support NAMI TN and those that work to improve behavioral health care for our members.

Thank you for all you do.

Connect with us at www.myamerigroup.com/TN.

TNMKT-0161-19
986,000 ADULTS in Tennessee HAVE A MENTAL HEALTH CONDITION*
That’s more than 5 TIMES THE POPULATION of Knoxville

*NReferences can be found at www.nami.org/policystats

Thank You! NAMI Tennessee is very grateful for the generous support it has received from the 2020 Sponsors!

UnitedHealthcare® Community Plan
One of NAMI Tennessee’s key missions is advocating for policies and laws that **make it easier** for people with mental illness and their families to **get help**.

- We **review laws at the state legislature and policies** proposed by State departments.
- We **alert our members and affiliates across the state about these changes** and let them know how they can tell their stories about mental illness in order to influence policymakers.

**Advocacy areas**
- Access to medication
- Access to health insurance coverage for mental health
- Criminal justice policies and laws that protect individuals with mental illness
- Laws that hold insurance plans responsible for covering mental health the same way they do physical health
- Mental health funding such as school services
- Funding for crisis intervention team training for law enforcement officers

For more information on NAMI Tennessee’s Advocacy initiative contact Alisa LaPolt at alapolt@namitn.org
Thank You!

NAMI Tennessee is very grateful for the generous support it has received from the 2020 Sponsors!

NAMI Tennessee is very grateful for the generous support it has received from the 2020 Sponsors!
ON-LINE

Classes and Support Groups

NAMI Tennessee and its Affiliates offer FREE classes and host support groups on-line. Visit www.NAMITN.org for schedule of upcoming classes and support groups.

Thank You!

NAMI Tennessee is very grateful for the generous support it has received from the 2020 Sponsors!
50% of mental illness begins by age 14
75% by age 24*

Thank You! NAMI Tennessee is very grateful for the generous support it has received from the 2020 Sponsors!

*NReferences can be found at www.nami.org/policystats

50% 75%

34th Annual State Convention | Together Toward Tomorrow

34th Annual NAMI Tennessee State Convention | Together Toward Tomorrow
NAMI Tennessee is very grateful for the generous support it has received from the 2020 Sponsors!

Subscribe today www.namitn.org

Read from the comfort of your home, office or mobile device.

Receive the latest NAMI Tennessee news directly to your inbox.

Our free e-news provides you with mental health support, advocacy, educational opportunities, and local and virtual events.

Share important information with others, or you can opt-out at anytime.
NAMI Tennessee is very grateful for the generous support it has received from the 2020 Sponsors!

Thank you!
Need residential behavioral healthcare for your child or teen?
Choose Compass.

If your child or teen is struggling with anxiety, trauma symptoms, substance use or another mental health issue, we offer services that can help get them back on track.

Treatment for ages 10-17. We are available by phone 24 hours a day, seven days a week.

The right direction for your child or teen. Call us today at 888-266-7279 or visit compassinterventioncenter.net.

SCHIZOPHRENIA usually develops early in life and costs the U.S. economy an estimated $155.7 BILLION a year*

*SCHIZOPHRENIA usually develops early in life and costs the U.S. economy an estimated $155.7 BILLION a year* References can be found at www.nami.org/policystats

With limited exceptions, physicians are not employees or agents of this hospital. For language assistance, disability accommodations and the non-discrimination notice, visit our website. 203951-5814 9/20
Calling young adults to share their mental health journey.

What is NAMI Ending the Silence?
A 50-minute mental health presentation for middle and high school aged youth.

Available free to students.
Presented by a trained group consisting of:

- A young adult living with a mental health challenge.
- An adult living in recovery with mental illness or family member of an individual living with mental illness.
- Offered in health, science or psychology classes, youth groups, clubs and after-school programs.
- Helps youth learn early warning signs of mental illness and are provided with resources and tools to help themselves, friends or family members who may be in need of support.
- Contact with an individual living with mental illness dispels myths, instills a message of hope and recovery and encourages students to reduce the stigma associated with mental illness.
- NAMI Ending the Silence program does not recommend or endorse any medications or other medical therapies.

Contact Rachel Wilson at rwilson@namitn.org for additional volunteer info or to request an presentation for your school.
Thank you to the staff and many volunteers that have worked to make the 34th Annual NAMI Tennessee State Convention a success.

Your contributions help NAMI Tennessee and its affiliates educate, support, and advocate for persons with mental illness and their families.

See you again next year!

September 23 & 24, 2021

Never miss a NAMI Tennessee event, visit namitn.org