



NATIONAL COUNCIL
FOR COMMUNITY BEHAVIORAL HEALTHCARE

40TH

National Mental
Health and Addictions
Conference and Expo



Show Daily

WEDNESDAY • Mar. 17, 2010

The Conference in Pictures



Coming Soon

Conference Pictures at:
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Complete Your Evaluations for CE and CME Credits

The Conference offers Continuing Education credits through multiple professional associations. To receive credits, sign in when you attend an approved session and complete an online evaluation form for the session. You may complete this evaluation at the Conference HelpDesk before you leave and up to 60 days after the conference at www.TheNationalCouncil.org/Conference. Applications for CE credit will not be processed if your evaluations are not complete by May 17, 2010. Refer to the yellow insert you received with your registration packet for additional details.



On My Mind

"How are we going to accomplish such an ambitious agenda in the midst of what feels like perilous times? How can we not, when 'the fierce urgency of now' calls to us every day? We must prevail because we are not just fighting for our future—we are fighting for the future of the individuals we are privileged to serve. And they are literally dying for a solution. We must not shrink from the challenges that lie ahead."

"Linda Rosenberg, MSW
National Council President and CEO

Today's Schedule at a Glance

- 6:00 am – 7:00 am
Fun Run
- 7:00 am – 11:15 am
Bookstore Open
- 7:30 am – 8:30 am
Continental Breakfast
- 8:30 am – 9:30 am
General Session, Lee Cockerell
- 9:00 am – 4:00 pm
National Council Learning Community
- 9:30 am – 9:45 am
Break
- 9:45 am – 10:45 am
Thought Leader Sessions:
Victoria Maxwell, Hendrie Weisinger,
Westley Clark
- 10:00 am – 4:00 pm
Mental Health First Aid Instructor Summit
- 10:45 am – 11:00 am
Break
- 11:00 am – 12:30 pm
Workshops (E), p. 62 – 64 of your Final Program
- 11:00 am – 11:30 am
Book Signing, Hendrie Weisinger
- 1:00 pm – 2:30 pm
General Session, Kathryn Power
- 1:00 pm – 5:00 pm
CMHS National GAINS Center Conference

Share Your Feedback

We'd really appreciate it if you could take a few minutes to share your feedback and help us make the conference better next year.

We'd love to know:

1. What was the best and worst part of your conference experience?
2. If there was one thing you could change about the conference, what would it be?
3. What can the National Council do to make the rest of this conference – and future conferences – better for you?

Please email your feedback to
JeannieC@thenationalcouncil.org

Famous Words – Every Day!



"There is a big difference between Very Good and Excellent, and the reason the computer can't figure it out is that it takes the Human Factor to make an experience Excellent. As Walt said, it requires people to make the dream a reality."

Lee Cockerell

8:30 – 9:30 am, Coronado H/J



As the Nation increasingly turns its attention to health care reform, mental health must be at the table. We must be there to acknowledge that there is no health without mental health. We must be there to share the good news that we can promote mental health and prevent mental illnesses. Perhaps most important, we must be there to work in partnership with one another, not just for healthcare reform, but for health reform. We can strengthen the nation by making prevention and healthy lifestyles as important as treatment. The time to begin is now!"

Kathryn Power

1:00 – 2:30 pm, Coronado H/J



"I, like 57 million Americans... live with a mental illness. We are people with mental health 'issues' or 'consumers'. That's our official title: mental health consumers. Right, like I went comparison shopping for my best fitting pair of psychiatric illnesses. You know: 'Oooh, I just can't decide between this really acute panic attack and this moody deep blue depression thing. Oh and then of course, there's this adorable eating disorder – it's sooo slimming. God, I just can't decide. What's your return policy?"

Victoria Maxwell

9:45 – 10:45 am, Coronado K



"If worry does not make us feel good and often creates stressful patterns of living, why do we do it? The answer, according to evolutionary sciences, is that you are hard wired or born to worry! Understanding the evolutionary function of worry gives great insight into how to use worry to actually help you thrive in all aspects of your life, health, family, marriage, and work. Since you're hardwired to worry, you might as well use it as intended: a tool that helps you spend time to figure out how best to respond to problems that are threatening.

Hendrie Weisinger

9:45 – 10:45 am, Fiesta 5



"A person's early days in recovery [from addiction disorders] might be compared to a climber's first steps up a great mountain. There's a lot of work ahead. As time passes, healing occurs not only for the person in recovery but also for relatives, coworkers, business associates, and the community at large. At its core, the philosophy of recovery embraces and encourages an individual's capacity for change and personal transformation. But that change does not happen overnight. Challenges can and often do crop up every step of the way."

Westley Clark

9:45 – 10:45 am, Fiesta 6



Bookstore Open Today

7:30 am – 12:30 pm

Stop by before you leave to pick up the latest bestsellers and popular National Council books and t-shirts at bargain prices.

Hendrie Weisinger signs the *Genius of Instinct* at the bookstore, 11:00 – 11:30 am.



Become a Mental Health First Aid USA Instructor

Mental Health First Aid USA is taking communities across the country by storm, 6,000+ people trained and more added every day! Do you want to be a pioneer in your community? To raise awareness of mental health and treatment resources? Apply today to become an instructor.

Mental Health First Aid USA is a highly interactive, 12-hour program, delivered to small groups by certified instructors who complete a 5-day training and meet other certification requirements. Instructors offer the 12-hour program to diverse audiences such as schools, workplaces, law enforcement, primary care, and faith communities.

Mental Health First Aid =

The initial help given to a person showing symptoms of mental illness or in a mental health crisis until appropriate professional or other help, including peer and family support, can be engaged.

Apply today at www.MentalHealthFirstAid.org for a 5-day Instructor Training in 2010

Blue Bell, PA (outside of Philadelphia)	May 3-7
Denver, CO	May 10 - 14
Washington, DC	Jun 28 - Jul 2
Houston, TX	Jul 12 - 16
Chicago, IL	Aug 2 - 6
San Francisco, CA	Sept 13 - 17
Atlanta, GA	Sept 27 - Oct 1

Contact Susan Partain at the National Council, SusanP@thenationalcouncil.org or 202.684.3732 to ask how we can bring training to a location near you.

Mental Health First Aid USA is coordinated by the National Council for Community Behavioral Healthcare, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.

www.MentalHealthFirstAid.org
Save Lives and Build Stronger Communities

FROM THE FLOOR

Best and Worst of Conference 2010

Attendees share opinions on the best and worst of the 2010 National Council Conference

“The best part was the fantastic sessions and presenters. This was a world class training opportunity. The worst part was the distance we had to walk to find lunch and then carry it equally far back to the session room with loads of goodies from vendors in our hands. Can we have food closer to the meeting rooms?”

Teri Ingram, Associate Director
Rehabilitative Services, Family Services of Western Pennsylvania, Tarentum, PA

“Best parts are the presentations and camaraderie. Worst part is the place. Disney has lost lots of its magic for me. Overpriced, mediocre quality. If I could change one thing about the conference, I’d try to make it more affordable so I can bring more staff.”

Kim Miller, Executive Director
Options for Southern Oregon, Inc., Grants Pass, OR

“The best part was the speech that Howard Dean gave. Very inspirational. The worst part was when I missed the 2:45 pm session because I was so exhausted. There’s a 3 hour time difference between here and Phoenix! And we lost an hour Saturday night. The conference program was very well designed. Too many choices here! I wish all sessions were being taped so that we could have a complete record of the conference.”

Mitchell Klein, CEO
CHEEERS INC, Phoenix, AZ

“Best part of Monday was Linda and Howard Dean. Worst part was all carb breakfast. Great conference. Would have preferred it not be in Orlando at Disney World.”

Dona Rivera-Gulko
Vice-President for Adult Network Services
CODAC Behavioral Health Services, Tucson, AZ

“The content is the best yet. Every year gets better. Only negative feedback is lack of seats for general session especially in afternoon. Many people sitting on floor. Others left session as no room. Appreciate the effort that goes into this conference.”

Richard Scott
Senior Corporate Director of Communications
NHS Human Services, Lafayette Hill, PA

Travel Safe

You may print boarding passes at the Business Center located near the Pepper Market entrance to the Convention Center. Need to store your bags until you leave? Just bring them to the Convention Center Porto Cochere near the HelpDesk (donations of \$2 a bag appreciated).

Conference shuttle buses run from the Coronado Springs Convention Center to the Animal Kingdom, Port Orleans, and All Star Sports Resort from 10:30 am to 3:00 pm today.

Taking the free Disney’s Magical Express to the airport? Remember to book your trip, you’ll need to leave 3 hours before your flight time from the hotel where you stayed.

Have a safe flight home.

NATIONAL COUNCIL
FOR COMMUNITY BEHAVIORAL HEALTHCARE

41st National Mental Health and Addictions Conference & Expo

May 2-4, 2011, San Diego, CA



Register before you leave Disney World, for the best prices.

www.TheNationalCouncil.org/Conference 202.684.7457

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Take Home the Virtual Conference Experience

Get the best of the conference in a virtual package you can enjoy back home. Audio recordings (synchronized to Powerpoint) of the best sessions from every track are available on CD-ROM or for online download after the conference. Synchronized audio recordings recreate the experience of being at the live session – capturing the speaker presentation as well as discussions and Q&A.

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PDFs of Powerpoints and other handouts provided by conference speakers are available for free download by all conference attendees at www.TheNationalCouncil.org/Conference. You must enter your conference registration password to access the handouts.

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