

**Please note:** This year the presentations are color coded according to the audience they are intended for. Everyone is welcome to each session, but details are provided for those interested.

## **Sunday, August 19th**

**Registration** ..... 11:00am

**Pre-Conference Activities (optional)**.....11:00am

**Games**....Salon B.....**Movie**....Salon C.....**Orientation**...Room 62 & 63

**Welcome** ..... 2:00pm (Salon B & C)

*Real Voices Real Choices Crew*

**10 Years of Memories** .....2:30-3:30pm (Salon B & C)

This session will provide the attendees a chance to walk down memory lane. We will prompt the audience with questions about conferences in the past and take a look at where we were to where we are now. The audience will have fun interacting with the committee and sharing their favorite memories.

**Break**..... 3:30-3:50pm

*Justin O'Dell*

**How to Be A Hero**.....3:50-4:50pm (Salon A)

DD Presentation

We are here to talk about using our disabilities experiences to show that everyone can be a superhero. We have a group activity based on designing their own super hero logo and cape to talk about their strength and what they can do with it.

*Christine White*

**OCD and Anxiety**..... 3:50-4:50pm (Salon B)

MI Presentation

This presentation describes how to live with and successfully adapt to society with Obsessive Compulsive Disorder and anxiety. I have multiple mental diagnosis; however, these two if well controlled, seem to balance the remained. During this presentation I will give coping techniques and skills to help maintain balance.

*Crystal Bell*

**Charting the LifeCourse**..... 3:50-4:50pm (Salon C)

General Presentation

Come to this session to learn how to chart your course to your good life! We will explore the LifeCourse framework, see what the good life means to self-advocates and family members across the state, and then learn about the Trajectory with the Cliffhanger game.

*Lisa McDowell*

**It's All about the Attitude**..... 3:50-4:50pm (Rooms 62, & 63)

SUD Presentation

This interactive workshop will focus on how having a positive attitude can improve your mental and physical health! You will learn ways to change your negative attitude into a more positive attitude and why you should!

*Shari Allgood*

**Power Notebook..... 3:50-4:50pm (Parasol II)**

Family/Youth Presentation

The power notebook is an organizational tool to help with meetings, appointments, and keeping track of youths and individual's important information. This presentation will discuss the purpose behind the power notebook, what it is used for and how to use it.

**Dinner ..... 5:00pm (Windgate Hall)**

Boxed dinners will be available in Windgate Hall for pickup. Feel free to dine in Windgate Hall or enjoy the view of the lake while you visit with other attendees.

**Meet Peer Ambassadors (Optional)..... 5:30pm (Salon C)**

**12 Step Meeting (Optional) ..... 5:30pm (Rooms 62, & 63)**

**LGBTQ Meeting (Optional)..... 5:30pm (Parasol II)**

**Movie Night..... 7:00pm (Salon A)**

**Bingo Night..... 7:00pm (Salon B & C)**

### **Monday, August 20th**

**Breakfast Buffet..... 7:30am (Windgate Hall)**

*Mark Stringer*

**Through the Years .....8:30-9:30am (Salon A & B)**

Keynote Presentation

This presentation will take a look at the history of the Department of Mental Health and will follow the Department through the years with pictures of history. As we take a look at the changes and consumer movement, we will also discuss the future of the Department of Mental Health and where we are headed.

*Katie Andrews*

**Past, Present and Future of the Real Voices Real Choices Conference .....9:30-10:00am (Salon A&B)**

Paying tribute to the 10<sup>th</sup> anniversary of the RVRC conference, we will discuss the history of the conference and how it came to be. During this presentation, we will look at the progression of the conference and what direction we are going. We will also take a moment to remember those we have lost along the way.

**Break..... 10:00-10:15am**

*DMH Staff*

**Department Update..... 10:15-11:15am (Salon A)**

This presentation will be an update on initiatives that the Department is working on. During this presentation, individuals will be able to ask questions and learn new information.

*Kate Branham*

**Donald Duck Having a Tantrum: Having Fun with your Thoughts ..... 10:15-11:15am (Salon B)**  
MI Presentation

This presentation will introduce techniques to practice sub-modality changes. Sub-modality changes will teach attendees coping techniques to include decreasing the impact of flashbacks, minimizing the impact of negative self-talk, slowing racing thoughts, and minimizing intrusive thoughts. Attendees will be led through multiple fun and creative exercises as these techniques are taught.

*Waukeshia Jackson*

**Look Beyond Limits ..... 10:15-11:15am (Salon C)**  
DD Presentation

This workshop will provide strategic steps to overcome self-limiting beliefs and to overcome fear in order to achieve goals. The speaker's real life experiences will provide an empowering message to help others to move from idea to action, and from fear of failure to successful entrepreneurship by being accountable and responsible for doing what is necessary to become the person one desires to be.

*Mickie McDowell*

**Let's Talk about Stress Baby .....10:15-11:15am (Rooms 62, & 63)**  
General Presentation

Let's face it, stress happens! While we often have little or no control over the source of our stress, we can repair and/or eliminate the negative effects through good self-care techniques. By learning more effective self-care techniques, we can better focus on building health relationships, reaching our goals and doing things in life that we enjoy. This will be an interactive presentation with audience participation.

*Charles McIntyre*

**Job Interview: Showcase the Skills to Pay the Bills .....10:15-11:15am (Parasol II)**  
General Presentation

During this presentation we will review interviewing techniques. We will discuss what good skills to showcase are, and what to avoid. We will look at ways to prepare and build confidence. Through this presentation we will teach about researching and knowing about the job you are interviewing for. This session will help attendees to showcase their talents.

**Break..... 11:15-11:30am**

*Tim Conroy & Jeremy Romo*

**Peer Specialists and CIT: A Powerful Combination..... 11:30am-12:30pm (Salon A & B)**  
Plenary Presentation

This will be a relaxed, informal presentation designed to educate and inform audience members of how Certified Peer Specialists (CPS) can be of great benefit to the Crisis Intervention Team (CIT) program. Presenters will briefly discuss how Certified Peer Specialists are trained in Missouri and a bit about the history of the program around the country. Then two individuals with lived experience will share parts of their stories, including interactions with police, and how they came to be involved with the CIT program. This will lead into a discussion of where CPS's are being utilized, and could be utilized, to not only benefit those in need of services, but also those that provide them, focusing specifically on CIT. Finally, a generous portion of time will be left for questions and audience participation.

**Lunch.....12:30-1:30pm (Windgate Hall)**

*Tonda Lain*

**Creating Independence ..... 1:30-2:30pm (Salon A)**

DD Presentation

Our panel will provide presentation that will show attendees how they can live a life full of choice through self-determination and the right supports.

*Robin Fry*

**The Winning Team ..... 1:30-2:30pm (Salon B)**

MI Presentation

What is a support network, and why do we need one? In sports, it's called a team. In this interactive presentation, you'll discover—1) how an effective and successful support network works and why you need one; 2) how to maintain your network by thinking like a team recruiter and a manager (after all, you ARE your own recruiter and manager!); and 3) how your role in your own network and in other people's networks fits into a bigger picture—community!

*Matt Waggoner*

**Life is Stressful ..... 1:30-2:30pm (Salon C)**

General Presentation

Families touched by mental health issues have more stress than others. We have to learn to master what we can to prepare for what we can't.

*Chris Fitzgerald*

**Moving Beyond My Diagnosis ..... 1:30-2:30pm (Rooms 62, & 63)**

Substance Use Disorder

This will be a presentation to educate and inform my peers about finding purpose and value in a community where stigma can overwhelm us and those around us.

*Brook Fuller*

**Special Education ..... 1:30-2:30pm (Parasol II)**

Family/Youth Presentation

This presentation will provide help in understanding the many aspects of obtaining special education services for your child with a disability.

**Break ..... 2:30-2:45pm**

*Mark Sunde*

**The Shame Game ..... 2:45-3:45pm (Salon A)**

DD Presentation

During this presentation, we will be exploring ways to overcome shame and guilt.

*Jennifer McIntyre*

**Channeling Your Inner Happy Artist ..... 2:45-3:45pm (Salon B)**

MI Presentation

Utilizing quotes from my idol Bob Ross and other phenomenal artist, anyone can create art. Color and creative expression can help individuals cope with stress, anxiety, and depression. We have got to free ourselves from art rules! Art has no rules! Focusing the mind and utilizing color can soothe the mind.

*Pat Johnson*

**Wellness Coaching ..... 2:45-3:45pm (Salon C)**

General Presentation

During this presentation the audience will be introduced to the importance and use of wellness coaching.

*Joseph Rivera*

**Recovery ..... 2:45-3:45pm (Rooms 62, & 63)**

SUD Presentation

This presentation will teach attendees how to transition from early recovery to life, and how to transform your life to a life beyond your wildest dreams.

*Jean Harris-Sokora*

**Does Anybody Have a Map? Navigating Mental Health with Your Child ..... 2:45-3:45pm (Parasol II)**

Family/Youth Presentation

This workshop will explore the unique challenges of being a person in recovery from a substance use disorder and navigating the mental health world to access services for your child.

**Break..... 3:45-4:00pm**

*Vonda Powell*

**Laughing Through the Diagnosis: Building Community through Comedy ..... 4:00-5:00pm (Salon A)**

DD Presentation

I have been doing stand-up comedy for 4 years now, and in that time, nearly every "gig" I have done revolves around the fact that I am a mom of 2 boys with Autism. The joke is me... it's US, as a community. The "funny" is the neurotypical people and those who don't understand that people are people. My comedy workshop will help people with DD/ID highlight situations in their lives and turn them into jokes. They will feel free to tell stories that may have been troubling, difficult or hurtful, but be able to heal through the jokes within the stories. It has been incredibly cathartic for me, and I hope to share that message and hope through the workshop.

*AJ French*

**Building the Recovery Movement..... 4:00-5:00pm (Salon B)**

MI Presentation

This session is an advocacy support training which integrates recovery principles with community organizing practices. The purpose is to empower individuals to take personal responsibility for influencing positive change.

*Shelby & Summer Golian*

**Gratitude and Goals ..... 4:00-5:00pm (Salon C)**

General Presentation

This presentation will allow us to expand on how much gratitude can affect one's life and it's okay to want things in life.

*Kari Haywood*

**Drumming Out Addiction ..... 4:00-5:00pm (Rooms 62, & 63)**

SUD Presentation

During this presentation, I will be discussing the use of therapeutic drum circles and hand drumming as a viable tool in overcoming addiction.

*Jennifer Perkins*

**If I Only Knew ..... 4:00-5:00pm (Parasol II)**

Family/Youth Presentation

This presentation will reveal the research I conducted. I interviewed 10 individuals with various mental illnesses and asked them questions about when they were diagnosed and if anyone discussed them at a young age. I also asked them if they thought their lives would look different today, had they been diagnosed sooner, or had family support. Surprisingly, it wasn't until after much struggle and an eventual diagnosis that some people realized it was not just themselves in their family who suffer.

**Dinner on Your Own ..... 5:00pm**

This evening dinner will not be provided; however, you may purchase three slices of pizza and a drink for \$9.00 at the pizza sales table outside of Salon A until noon on Monday. You may also visit the local restaurants or dine within the hotel.

**12 Step Meeting (Optional) ..... 5:30pm (Rooms 62, & 63)**

**Karaoke (Optional).....6:00-9:00pm (Salon A)**

Come enjoy some fun and entertainment while attendees sing and dance to their favorite songs! All participants are welcome.

## **Tuesday, August 21st**

**Breakfast Buffet..... 7:30am (Windgate Hall)**

**Welcome .....8:30-8:40am (Salon A & B)**

**Break..... 8:40-8:55am**

*Casie Stephens*

**What's in it for me? Empowering Your Finances ..... 8:55-9:55am (Salon A)**

DD Presentation

We will provide an interactive presentation discussing financial options and maintaining public benefits for persons with disabilities.

*Laura Dreuth Zeman*

**The R-E-C-O-V-E-R-Y Model of Self-Care..... 8:55-9:55am (Salon B)**

MI Presentation

This talk will present an original conceptual model developed to teach self-care to adults and adolescents who live with symptoms related to mental illness. The model organizes self-care techniques using the acrostic R-E-C-O-V-E-R-Y. The themes are REALIZE, EDUCATE, CONNECT, OWN, VERIFY, EVALUATE, RENEW, and YOU. Together, the themes provide insight and skills to help consumers understand symptoms and practice self-care recovery supports. The model integrates techniques that researchers

proved to be successful. The intent of the model is to provide consumers with access to the latest research on self-care, to empower them to manage their own symptoms, and to help them build skills in self-care.

*Mickie McDowell*

**Come Wrap with Me! ..... 8:55-9:55am (Salon C)**

General Presentation

What if you could create a plan for when things don't go as planned in life? If my phone breaks, I will do A), B), or C). It could possibly eliminate some stress and divert a potential crisis. Wellness Recover Action Plan (WRAP) gives us the ability to do just that, plan for when things might happen beyond our control. You will learn the key concepts of WRAP and how they work to give an individual more control over any area of their life. This will be an interactive presentation with audience participation. This is an overview of WRAP and information regarding how to attend a training will be provided.

*David Stoecker*

**The Locker Room: Moving from Relapse Prevention ..... 8:55-9:55am (Rooms 62, & 63)**

SUD Presentation

This presentation will provide a simple, easy to use outline of supports and tools to help those in attendance sustain their personal recovery while giving them a framework they can use with their peers enabling them to build a solid foundation for their

*David Pearce & Drew Dzedzic*

**Financial Security & Freedom through the MO ABLE Program ..... 8:55-9:55am (Parasol II)**

Family/Youth Presentation

MO ABLE accounts are tax-advantaged savings accounts for individuals with disabilities. In 2014, Congress passed the Stephen Beck, Jr., Achieving a Better Life Experience (ABLE) Act to allow eligible individuals with disabilities to save money while still allowing those individuals to be eligible for federal needs-based benefits. In June 2015, then-Senator Eric Schmitt passed the state legislation, making the state a leader in the ABLE movement. Since then, the State Treasurer's Office has worked to implement ABLE in Missouri and to make MO ABLE the nation's lowest cost and highest service ABLE plan.

**Break.....9:55-10:10am**

**Conference Review Discussion and Final Prize Drawing..... 10:10-11:10am (Salon A & B)**

During this session, there will be a brief summary of the conference, door prizes, and concluding remarks. You must be present to win door prizes.

