



The RVRC Conference Planning Committee is now accepting presentation applications for the **15th Annual Real Voices – Real Choices Conference on August 27-29, 2023 at Margaritaville Lake of the Ozarks.**

Self-advocates, persons in recovery, family members, and mental health professionals (who have lived experience) are encouraged to apply. The planning committee would like to have exciting, inspiring, and interactive presentations that will empower attendees to take action that will improve their lives.

Presentations will be categorized by the following tracks:

- ▶ Mental Illness
- ▶ Substance Use Disorder
- ▶ Developmental Disabilities
- ▶ Family/Youth
- ▶ General (this presentation type will appeal to any conference participant, and is not specific to DD, MI, SUD, or Family/Youth. For example, budgeting, healthy relationships, self-care, etc.)

#NoLimits

The Conference Planning Committee has created an extensive list of potential presentation topics based on this year's theme **#NoLimits**.

While other topics will be considered, the topics below align with this year's conference vision and are preferred.

Mental Illness

- Learning to tell your story
- Ways to Cope with... (Anxiety, Obsessive-Compulsive Disorder, Depression (Mood Disorders), Psychosis, or Schizophrenia)
- Co-Occurring Disorders
- Eating Disorders/Body Image
- Suicide/988
- Physical Health and Mental Health
- Becoming a Certified Peer Specialist
- Advocating for Recovery
- Journaling for Therapeutic Expression
- Masking Symptoms

Substance Use Disorder

- Sharing Your Journey
- Harm Reduction
- Adverse childhood experiences (ACES) and/or integrating trauma-informed care
- Application of substance use prevention across the lifespan in various populations
- Drug trends and substance use issues
- Integrating health equity and cultural relevance in substance use prevention efforts
- Intersection of substance use and mental health disorders
- Pharmacology of substances and whole-person effects of substance use
- Being of Service

Developmental Disabilities

- Charting the Lifecourse
- Guardianship
- Specific diagnoses: Autism, Asperger's, etc.
- Workplace discrimination

- Public Administrators
- Interdependence Model of Care
- Integrated Employment
- Advocacy
- ConneXion Person Portal
- Navigating the System and Resources
- Self-Direction
- Medicaid, Medicare and SSI Benefits 101
- Knowing your Rights and Responsibilities
- Supported Decision Making
- Assistive Technology for Independence

Family/Youth

- Addressing the Youth Suicide Dilemma
- Youth Substance Use Prevention
- Families in Crisis
- Parent Substance Use Prevention
- School Interaction – Advocating as a Parent/Caregiver
- Bullying and Physical Violence in Schools

General

- Online Safety – Identity theft, predators, etc.
- Grief, Loss, and Trauma
- Importance of Relationships
- Job skills
- Self-care
- LGBTQ+
- Music or Art Therapy
- Stigma and Discrimination
- CPS as Part of the Care Team

How to Apply

Complete the enclosed application by the end of day **Monday, March 6, 2023.**

We ask that all applications be typed.

Mail:
Department of Mental Health
ATTN: Missouri Mental Health Foundation
1706 E. Elm St.
Jefferson City, MO 65101

Fax:
573-526-7926
ATTN: Consumer Conference

Email:
consumerconference@dmh.mo.gov

Presentation Tips

- ▶ Please make sure the title of your presentation matches the content.
- ▶ When developing your presentation, consider submitting NEW content, or if it is a previously discussed topic, try presenting it in a new, interactive way.
- ▶ Will your presentation offer valuable takeaway information attendees will share with others?
- ▶ Is your content easy to understand?
- ▶ Professionals with no lived experience should collaborate with self-advocates.

Logistics

- ▶ Sessions will be a total of **60 minutes** (45 minutes presenting/15 minutes for Q&A)
- ▶ Presenters will not be paid for their presentation
- ▶ All selected presenters will need to submit a power point presentation
- ▶ The Planning Committee reserves the right to make suggestions for final approval

Timeline for Presentation Submissions

The Planning Committee will review all applications in the spring. If your presentation is chosen, you will be notified by **April 10th** and asked to submit a **PowerPoint** by **May 22nd**. The committee will then review your Powerpoint and make a final determination on whether you will be asked to present during the conference in August.

March 6th

Applications are due.

April 10th

You will receive notification if you have been chosen to submit a Powerpoint

May 22nd

PowerPoint's are due.
Will review and make final determination on whether you will be asked to present at the conference.

August 27-29th

In person event at **Margaritaville in Osage Beach.**

Application to Present

Presentation Title:

Name (of individual submitting application):

Address:

Contact Phone Number (s):

Fax Number:

E-mail address:

Please provide a brief biography:

(3-5 sentences maximum; biographies longer than the maximum will be subject to editing before inclusion in the digital program booklet)

Agency:

Name of Presenter:

(If you will have co-presenters, please attach additional pages with name/s, 3-5 sentence biographies, and the following information about each co-presenter)

Please tell a little about yourself:

I am a (check all that apply)

- Self Advocate
- Person in Recovery
- Family Member
- Professional (Must have lived experience or a co-presenter with lived experience?)

Please list three references (name, email and phone number) who can tell the Committee about the presenter's style and ability to conduct a workshop. Email is required.

1.

2.

3.

Please describe the content of your presentation:

(if selected, this will be used in the program booklet and promotional materials)

Please identify which track your presentation would fall under (please choose only one, if you are unsure, choose "other" and explain):

- Developmental Disabilities
- Mental Illness
- Substance Use Disorder
- Family/Youth
- Other (please explain):

What are the seven points your presentation will highlight?

1.

2.

3.

4.

5.

6.

7.

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You may send your application via:

Mail:

Department of Mental Health
ATTN: Missouri Mental Health Foundation
1706 E. Elm St.
Jefferson City, MO 65101

Fax:

573-526-7926
ATTN: Consumer Conference

Email:

consumerconference@dmh.mo.gov

Online:

<https://browsel.ink/7BxjZ>

Questions?

For questions about the presentation application process, you can reach out via email mmhf@missourimhf.org, or contact us at the Missouri Mental Health Foundation at 573-635-9201.