



2023 Real Voices – Real Choices Conference Presentation Guidelines and Frequently Asked Questions August 27 – 29, 2023

The Real Voices – Real Choices Conference (RVRC) Planning Committee is currently accepting presentations for the 2023 conference. 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. See below for additional information and guidance on submitting a presentation proposal.

What is the Real Voices – Real Choices Conference?

The Real Voices – Real Choices Conference will inform, educate, and empower individuals who receive services through the vast array of providers supported by the Missouri Department of Mental Health. The conference is planned by a committee of volunteers who receive treatment services for substance abuse and addiction, developmental disabilities, and mental illness.

When will the Real Voices – Real Choices Conference be held?

The conference will be held August 27 – August 29, 2023. The conference will begin at 2:00 p.m. on Sunday, August 27, and end at 11:30 a.m. on Tuesday, August 29, 2023.

Where will the 2023 RVRC Conference be held?

The 2023 conference will be held at Margaritaville Lake Resort – Lake of the Ozarks, Missouri. For additional information about the event venue, please visit the resort's website directly at: <https://www.margaritavilleresortlakeoftheozarks.com/>.

Will I be paid or compensated for travel for my presentation?

No, this opportunity is for individuals to share their tools and experience with other individuals at a budget-friendly event and is not considered a paid opportunity. Unless otherwise discussed with the Conference Coordinator prior to the conference, there will be no compensation, lodging, travel costs, or stipends associated with submitting and being accepted to present at the RVRC Conference.

How long should my presentation be?

Presentations are allotted 60 minutes total. Your presentation should last 45 minutes, with 15 minutes at the end for questions and answers

What should my presentation be about?

Presentation topics vary. You can use the following list to get some ideas, but please note, this list is not exclusive – conference planning staff will consider any presentation topic that fits the goal of the conference.

- **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



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- **Developmental/Intellectual 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

What are the presentation tracks and what does that mean?

The RVRC Conference offers five different presentation types classified as:

- Developmental Disabilities
- Mental Illness
- Substance Use Disorders
- Family/Youth
- General (anything that is not covered, or could be attended by everyone such as budgeting, healthy relationships, voting, etc.)

Anyone might attend your presentation, so try to be clear when identifying the track and providing your presentation description to make attendees aware of the content.

Will my presentation have CEUs?

CEUs will likely be offered for every presentation at the 2023 RVRC Conference depending on the presentation's content.

Will I need to bring my own laptop and equipment?

You are not required to bring your own laptop or equipment. Chosen presenters will provide the Conference Staff with their audiovisual needs (laptops, wireless remote (clicker), and projectors are ALWAYS included) such as lapel or handheld microphones, a podium, panel seating, etc. To promote equipment compatibility, presenters are discouraged from bringing their own laptop. You must submit your finalized presentation PRIOR to the conference, so it can be queued on the supplied laptops.

Will I need a PowerPoint?

PowerPoints are due by May 22nd, will be reviewed by the committee, and if approved, will be uploaded to the conference laptops. Presenters may use Prezi, Canva, PowerPoint or any other compatible presentation software, as long as the conference planning staff can access it. If your presentation does not include the use of a PowerPoint, this must be communicated to the Conference Coordinator upon submission.

I don't have lived experience, can I still present?

If you are a professional and wish to present at the RVRC conference, you must co-present with an individual living with mental illness, developmental or intellectual disability, or a substance use disorder, or their family member to be considered.



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How many attendees will be in my session?

We cannot guarantee the number of attendees per session because there will be other presentations occurring at the same time.

Can I bring handouts?

Handouts are encouraged. When determining the amount to provide, we suggest somewhere between 50 – 150, although that is not a guaranteed number of attendees. Extras can be placed in the exhibit hall or around registration for distribution.

When will I know if my presentation was selected?

Conference planning staff will notify you April 10th if you are selected to provide a PowerPoint, and once you submit your PowerPoint by May 22nd, final determination will be provided on whether you will be asked to present at the conference.

Once submitted, can I make changes to my presentation?

You can make changes to your presentation after you submit your initial proposal. **CHANGES MUST BE SUBMITTED BY JULY 15TH** – SORRY, NO EXCEPTIONS.

Will there be attendance prizes at each session?

Yes, the committee will have attendance prizes to be given away throughout the conference and at each individual session. A grand prize will be given away at the final session. You must be present when your name is called to win.

Question not answered here? Email: consumerconference@dmh.mo.gov