

# Call for Presentations

## 2021 VIRTUAL Real Voices, Real Choices Consumer Conference

### *Freedom Through Support, Advocacy, Empowerment, Awareness, Connection, and Recovery*

**Conference Dates: August 30 – August 31, 2021**

**DUE TO THE CONTINUED UNCERTAINTY SURROUNDING COVID-19, THIS WILL BE A VIRTUAL EVENT.**

The Conference Planning Committee is accepting presentation applications for the 13<sup>th</sup> annual Real Voices, Real Choices Consumer Conference. Self-advocates, persons in recovery, family members, and mental health professionals (who have lived experience) are encouraged to submit an application. The planning committee would like to have exciting, inspiring, and interactive presentations that will empower attendees to take action that will improve their lives.

**Please note:** The conference has specific tracks that include Substance Use Disorder, Mental Illness, Developmental Disability, Family and Youth, or other. Please indicate which track your presentation belongs in on the application below. If you are unable to pick one, please explain your choice and the committee will assist.

#### **Suggested topics include:**

- COVID-19 Impact on Overall Health
- Cooking/Nutrition
- Budgeting
- Ageism
- Staying Organized
- Suicide Prevention
- Young Adult and Guardianship/consent
- Family and youth engagement
- How to Get a Job
- Social Skills
- Housing
- Specific Disorders
- Service Dog Etiquette
- WRAP
- Deaf Culture
- How LGBTQ affects mental health
- Schizophrenia
- Social opportunities for those with mental illness
- How to make and Keep friends
- Facing Fear
- Human trafficking
- How to get Motivated
- Abuse (elder and child)
- Coping with Stress
- Childhood Trauma
- Meditation
- Peer Specialist Classes
- Healing from Trauma & Abuse
- How to get along with People
- Aging and mental illness
- Attitude
- Forgiveness
- Communication skills
- Anger Management
- Adult ADHD
- Expressing yourself through Art
- Journaling
- Dealing with hotline calls as a Parent
- Juvenile Justice System
- Public Speaking Class
- Pet Therapy
- Bipolar
- Family Interactions
- Health and/or Exercise
- Voting Process
- How to get involved
- Crisis Intervention Training (CIT)
- Music Therapy
- Physical Disability with Mental Illness
- Organizing a Committee
- Substance use and mental health co-occurring treatment and support for families
- Communication between school, hospitals, CMHCS, etc.

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- Anger and Aggressiveness
- School and Mental Health
- Hiring and Firing Staff
- Transition age youth

**Helpful Hints:**

- When thinking about a title, consider a “catchy” title that will draw people to your workshop; however, please make sure the title of the presentation matches the content.
- When developing a workshop application, consider what conference attendees will want to learn. Is it a new idea or a different way of presenting information on a previous topic?
- What will make your presentation stand out from others going on at the same time?
- Will your presentation be helpful to others and will they be able to take valuable information home to share with others?
- Will your information be easy to understand?
- If you are a professional, the Committee values the collaboration and involvement of self-advocates, persons in recovery and family members in each workshop presentation.

**Logistics:**

- \* Sessions will be a total of 60 minutes. (45 minutes for presentation and 15 minutes for questions and answers)
- \* Applications are due by end of day **Friday, April 30, 2021** (late submissions **will not** be considered)
- \* Presenters **will not** be paid for their presentation
- \* All presenters will be asked to prepare and submit a Powerpoint presentation
- \* The Planning Committee reserves the right to make suggestions for final approval.

**Individuals wanting to submit an application must complete the enclosed form by the end of day on Friday, April 30, 2021. We ask that all applications be typed. You may send your application to:**

By Mail: Missouri Department of Mental Health  
Attn: Consumer Conference  
1706 E. Elm  
Jefferson City, MO 65101

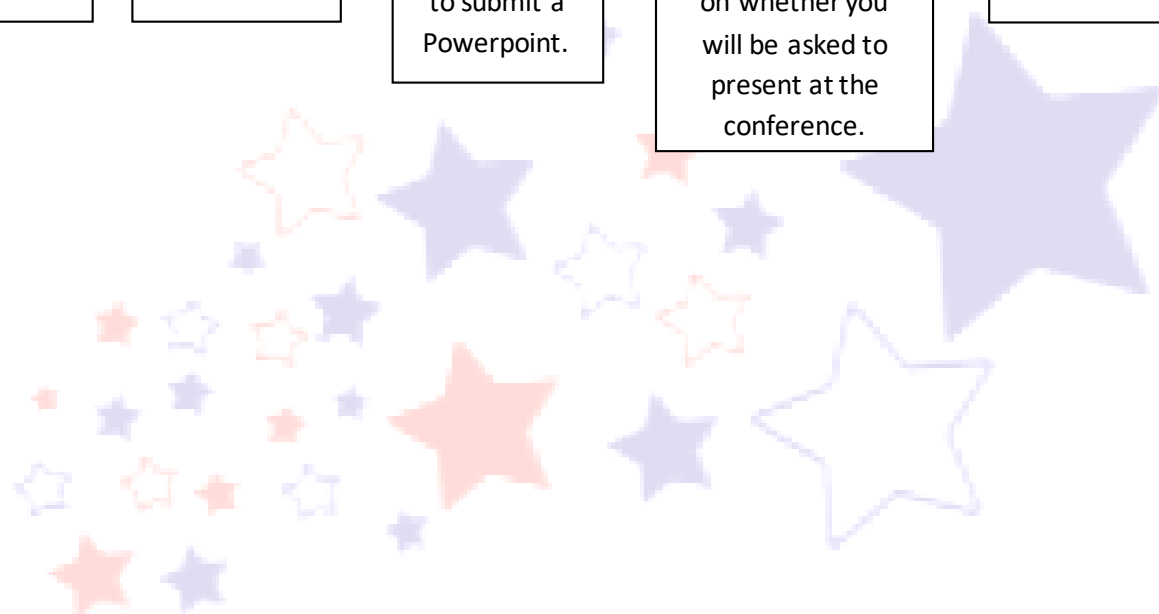
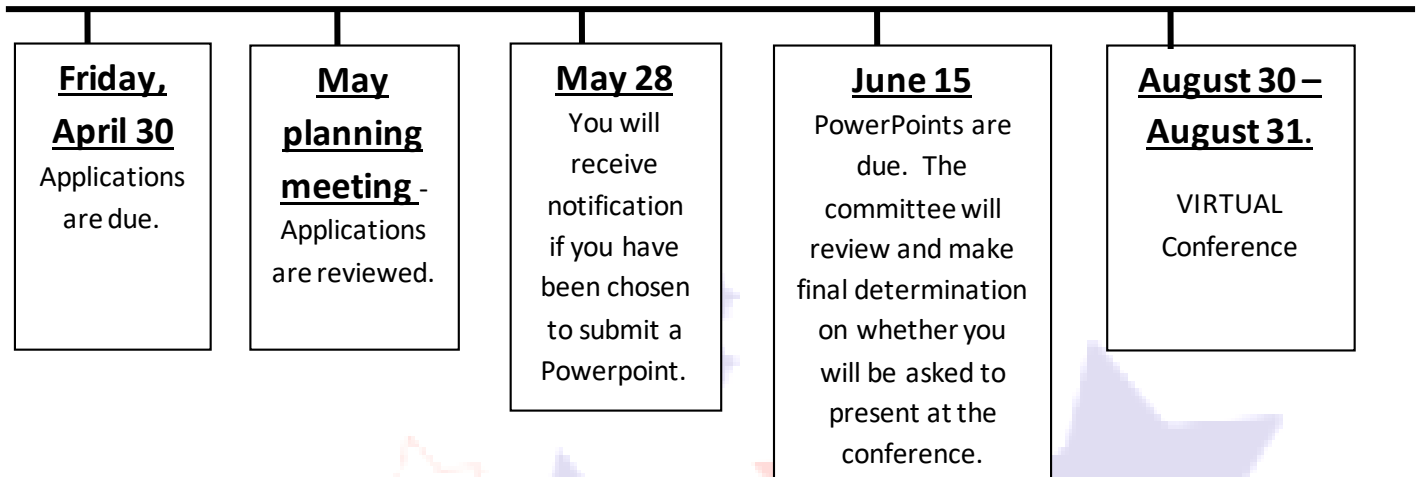
By Fax: (573) 526-7926  
Attn: Consumer Conference

Via e-mail [consumerconference@dmh.mo.gov](mailto:consumerconference@dmh.mo.gov)

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The Conference Committee will review all applications at the May planning meeting. If your presentation is chosen, you will be notified by May 28<sup>th</sup> and asked to submit a PowerPoint by June 15<sup>th</sup>. The committee will then review your Powerpoint at the June meeting and make a final determination on whether you will be asked to present virtually during the conference.



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Application to Present at the  
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August 30 – August 31, 2021

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**Applications due: End of day Friday, April 30, 2021**  
**Application available on line at: <https://www.missourimhf.org/real-voices-real-choices-conference/>**

**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 and phone number) who can tell the Committee about the presenter's style and ability to conduct a workshop.**

- 1.
- 2.
- 3.

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Please tell us about your lecture or workshop:

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.



**Application Due end of day Friday, April 30, 2021**

By Mail: [Missouri Department of Mental Health](#)  
[Attn: Consumer Conference](#)  
[1706 E. Elm](#)  
[Jefferson City, MO 65101](#)

By Fax: (573) 526-7926  
Attn: Consumer Conference

Via e-mail [consumerconference@dmh.mo.gov](mailto:consumerconference@dmh.mo.gov)

If you have any questions, you may contact the Real Voices, Real Choices Consumer Conference Coordinator at (573) 751-3143.