

In Recognition of National Mental Illness Awareness Week

Mental Health Awareness Day 2015

Thursday, October 8, 2015

FAMILY and WORK: RECOVERY in ACTION

8:30 AM	Sign In for morning session Auditorium, Building 102: The Family and Recovery
9:00-11:30PM	Announcements & Introductions by Phyllis March, MS, Master of Ceremonies Pilgrim Psychiatric Center, Staff Development Welcome and presentation to Barbara Roth, President Pilgrim Psychiatric Center Board of Visitors Kathy O'Keefe, MA, CRC Executive Director, Pilgrim Psychiatric Center Introduction of morning speaker: Amy Klein, MD, Clinical Director Morning address: Lisa Dixon, MD, MPH: The Family and Recovery Professor of Psychiatry, Columbia University Medical Center Director, Center for Practice Innovations, New York State Psychiatric Institute Panel presentation: The Family and Recovery- What Works & What Doesn't Lisa Dixon, MD; John Kurek, MD; Janet Susin; Ann Laitman, MD; Kathleen Guzman; Lance Tabakman.
11:30-12:45	Lunch in the gymnasium for conference participants
11:45-12:45	For physicians only: Breakout lunch session with Dr. Dixon in room C-4
12:45-1:00	Sign in for afternoon session
1:15 PM	Auditorium, Building 102: Work and Recovery Announcements & Introductions: Phyllis March, MS, Master of Ceremonies Daniel Laitman: Comedy Gold Ryan Canedo: The Role of Family and Work in Recovery USMC Combat Veteran, Peer Specialist, Pilgrim Psychiatric Center Introduction of Keynote Speaker: Matthew Costanzo, MS, CPRP, PPC Coordinator of Recovery Services
1:30-3:00 PM	Harvey Rosenthal: The Gifts of Recovery: Health, Home, Purpose and Community Executive Director, New York Association of Psychiatric Rehabilitation Services (NYAPRS) Questions from the audience

About our Speakers

Morning Presentations

Lisa Dixon, M.D., MPH, *The Role of Family in Recovery*

Description: Presentation on the family and its role in recovery

Dr. Dixon is a Professor of Psychiatry at Columbia University Medical Center and the Director of the Division of Mental Health Services and Policy Research within the Department of Psychiatry. She also directs the Center for Practice Innovations (CPI) at the New York State Psychiatric Institute. Dr. Dixon is an internationally recognized health services researcher with over 25 years of continuous funding from the National Institute of Mental Health and the VA. As CPI director, she oversees activities for the New York State Office of Mental Health in implementing evidenced based practices for persons diagnosed with serious mental illness. She is leading the innovative program, OnTrackNY, a statewide initiative designed to improve outcomes and reduce disability for the population of individuals experiencing their first episode of psychosis. Dr. Dixon's grants have focused on improving the quality of care for individuals with serious mental disorders with a particular emphasis on services that include families, reducing the negative impact of co-occurring addictions and medical problems, and improving treatment engagement and adherence. Dr. Dixon's work has joined individuals engaged in self-help, outpatient psychiatric care, as well as clinicians and policy makers in collaborative research endeavors. In addition, Dr. Dixon is the current editor of a column in Psychiatric Services dedicated to Public-Academic partnerships. She has published more than 200 articles in peer-reviewed journals and received the 2009 American Psychiatric Association Health Services Senior Scholar Award, as well as the Wayne Fenton Award for Exceptional Clinical Care. In 2014, she received the National Alliance on Mental Illness annual Scientific Research Award.

Family and Recovery: *What Works and What Doesn't*

Description: Panel discussion representing different points of view: Provider, Consumer, Family

Dr. Lisa Dixon: see bio above

Dr. John Kurek: Board-Certified Psychiatrist; Pilgrim Psychiatric Center Psychiatric Clinical Supervisor; mental health professional for 22 years in the private and public sectors.

Kathleen Guzman: Keys to Success Recipient; Peer Specialist at Pilgrim Psychiatric Center

Lance Tabakman: First Recipient of Keys to Success; AA Early Childhood Education; 2015 graduate of The Association for Mental Health and Wellness Careers in Recovery and Wellness Training Program.

Janet Susin: family member; President NAMI Queens/Nassau

Ann Laitman, MD, family member; physician in private practice.

Afternoon Presentations

Daniel Laitman, *Comedy Gold*

Description: Stand-up comedy with jokes and one-liners

Presenters Bio:

Daniel Laitman is a young, up-and-coming comic who started stand-up comedy at his creative and performing arts camp, Bucks Rock. He has performed in many places ranging from lunch tables at his high school to Broadway Comedy Club and New York Comedy Club. Daniel Laitman, now 24, has survived schizophrenia, and recently graduated from SUNY Purchase. He majored in screenwriting and playwriting and is currently pursuing his passion for stand-up comedy. His comedy single "Comedy Gold- Single" is available on iTunes where you can catch him getting regular spots at New York Comedy Club. You can see where he performs next on his website: Daniellaitman.com.

Raising awareness to help fight the stigma of mental health issues is an important undertaking for Daniel and his family. Over the years, they have raised over \$150,000 for various mental health organizations. In 2014, the nonprofit organization, Team Daniel Running for Recovery from Mental Illness, was formed and since then they have held four 5Ks. Integrating the right medicine with regular exercise, healthy diet, etc. are important components in maintaining his robust recovery and full life. He is back again this year at PPC's MHA Day, by popular demand, to entertain you with his humor and insights.

Ryan Canedo, Peer Specialist, Pilgrim Psychiatric Center, *The Role of Work in Recovery*

Description: Presentation on the role of work and family in Ryan's own recovery

Presenters Bio: Ryan Canedo has a vast array of lived experience, including a rough childhood, surviving many traumatic situations, and overcoming some serious barriers. When he was eighteen years old, he enlisted in the USMC and subsequently served in combat in Iraq. He is currently employed as a Peer Specialist for NYS OMH. In this role, he provides a sense of hope and an example of success for his clients. On a regular basis Ryan shares his story with students and interns in order to add to their learning experience. Ryan is currently a family man pursuing a degree in the medical field.

Harvey Rosenthal, *The Gifts of Recovery: Health, Home, Purpose and Community*

Description: Plenary session on work and its benefits

Presenter's Bio: Harvey Rosenthal is the Executive Director of the New York Association of Psychiatric Rehabilitation Services (NYAPRS).

Mr. Rosenthal has 40 years of experience working to promote public mental health policies and services that advance the recovery, rehabilitation rights and full community inclusion of individuals with psychiatric disabilities and/or diagnoses. His advocacy has helped to transform state and national mental health systems, increase access to community based housing, employment and supports and to advance numerous recovery and criminal justice related mental health reforms. He has helped create several nationally acclaimed and replicated self-help, employment and transformational training innovations. He has also worked to fight stigma, discrimination and human rights violations and to expand informed choice protections and cultural competence. Mr. Rosenthal's interest in promoting mental health recovery is personal, dating back to his own Long Island hospitalization at age 19.

**DIRECTIONS TO PILGRIM PSYCHIATRIC CENTER REHABILITATION CENTER(B. 102)
W.BRENTWOOD, NEW YORK**

LONG ISLAND EXPRESSWAY

Take the Long Island Expressway to exit # 53 South (Sagtikos – Sunken Meadow Parkway). Get off the Sagtikos Pkwy at the first exit #S2, Pilgrim Psychiatric Center. Make a left at the entrance, in front of the large old map of the Center's grounds. Follow the road and continue straight ahead on H Road. Look for B. 102 signs. After the third (3) stop sign, CK Post will be on your left. Make your first right into the parking lot for the Rehabilitation Center (Building 102)*.

NORTHERN STATE PARKWAY

Take the Northern State Parkway to Sagtikos Parkway South. Get off the Sagtikos at exit #S2, Pilgrim Psychiatric Center. Make a left at the entrance, in front of the large, old map of the Center's grounds. Follow the road and continue straight ahead on H Road. Look for B. 102 signs. After the third (3) stop sign, CK Post will be on your left. Make your first right into the parking lot for the Rehabilitation Center (Building 102)*.

SOUTHERN STATE PARKWAY

Take the Southern State Parkway to Sunken Meadow Parkway North. Get off the Sagtikos Pkwy at exit #S2, Pilgrim Psychiatric Center. Follow the sign for Pilgrim Psychiatric Center. Make a right turn at the next stop sign, F Road, onto the hospital grounds. Take this road to the end, making a left at the stop sign, H Road. Follow the signs to B. 102. After the second (2) stop sign, CK Post will be on your left. Make your first right into the parking lot for the Rehabilitation Center (Building 102)*.



Mental Health Awareness Day Registration Form

Now is the time: Transformation, Hope, Recovery

“We are the ones we’ve been waiting for”

Thursday, October 8th 2015 - Rehabilitation Center, Building 102

REGISTRATION OPENS 8/3 and CLOSSES 9/25/15. PLEASE FOLLOW THE DIRECTIONS BELOW:

For registration by mail:

Fill out form and mail to: Ms. Barbara Pizzitola, Pilgrim Psychiatric Center, 998 Crooked Hill Rd., Building 102, West Brentwood, New York 11717

For registration by fax: Fax registration form to: (631-761-3103)

For registration by E-mail: Complete form, save copy and e-mail to Barbara.Pizzitola@omh.ny.gov

Contact Information (Please complete form below and return by September 25, 2015.)

Last Name: _____

First Name: _____

Group/Organization: _____

Other Affiliation: _____

Phone#: _____

Cell#: _____

E-Mail: _____

Please refer to POSTER or AGENDA and circle all that apply:

Will attend AM presentation? (circle one) Yes or No
Complimentary light lunch will be provided.

Will you attend? (circle one) Yes or No

Will attend PM presentation? (circle one) Yes or No

Comments:
