

STAND UP 2 STIGMA

TUESDAY, OCTOBER 9TH 2018
Clinton Community College
136 Clinton Point Drive; Plattsburgh, NY 12901



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There's a virus spreading across America that shames people with mental health conditions into silence. In some cases, it even takes lives. But there's good news. We can Stand Up 2 Stigma with compassion, empathy and understanding.

Mental Health Facts (*adapted from NAMI National*)

- 1 in 5 adults in the United States live with a mental health condition.
- 1 in 25 (10 million) adults in the United States live with a serious mental illness.
- 60 million people in the United States face the day-to-day reality of living with a mental illness.
- Half of all lifetime mental health conditions begin by age 14 and 75% by age 24, but early intervention programs can help.
- African Americans and Hispanic Americans used mental health services at about half the rate of whites in the past year and Asian Americans at about one-third the rate.
- 90% of those who die by suicide have an underlying mental illness. Suicide is the 10th leading cause of death in the United States, but suicide is preventable.
- The best treatments for serious mental illnesses today are highly effective. Between 70% and 90% of individuals have significant reduction of symptoms and improved quality of life with the right treatments and supports.

Cure Stigma (*adapted from NAMI National*)

- Stigma is a virus that prevents people from seeking help. Be a part of the cure, get tested for stigma
- Stigma may not directly affect you, but it prevents 1 in 5 Americans with mental health conditions from seeking help.
- Be an ally to people with mental health conditions.
- Examine your own behavior before judging others.
- There's no easy cure for mental health conditions, but stigma can be cured.
- Mental health stigma may not directly affect you, but you could risk coming across as a jerk.

NAMI Champlain Valley presents to you an opportunity to end stigma and create hope for those affected by mental illness. Through powerful words and actions, we can shift the social and systemic barriers for those living with mental health conditions.

8:00 am - 8:25 am – Registration

Those that are pre-registered must confirm attendance in order to receive certificates of attendance.

8:30 am - 8:45 am – Welcome and Opening Remarks

8:45 am - 9:45 am – Key Note Address

Getting the Laughs You Need

David Granirer - Peer, Comedian & Clinician

In today's world of mental health, change, stress and tension are major challenges. In this keynote you'll learn: How to use humor to overcome burnout. How to use humor to reduce stress. How to use humor at work. How humor builds self-esteem. How to use humor as a form of self-care. How to use humor to cope with change and adversity.

9:45 am - 10:00 am – Break

10:00 am - 11:00 am – Workshops I

A. Mental Hygiene Legal Services: Confronting the Stigma of Mental Illness

Sheila Shea- Attorney & Director NYS Mental Hygiene Legal Services, 3rd Judicial Department.

B. Ask the Doctor

Dr. Joanne Astil, Psychiatrist

C. Beacon of Hope (a peer panel)

Moderated by Nicholas Dubay

D. Ridding Stigma in Faith-based Communities

Pastor Phillip Richards, Plattsburgh United Methodist Church
Bonnie Black, Interfaith Council

11:00 am - 11:15 am – Break

11:15 am - 12:15 pm Workshops II

A. Ask the Doctor

Dr. Joanne Astil, Psychiatrist

B. Professionalism & Stigma: 3 Directors' And Their Stories

Amanda Bulris-Allen – Director NAMI Champlain Valley
Connie Wille – Director Champlain Valley Family Center
Shauna Miller – Director Evergreen Townhouse Community

C. NARCAN Training
Alliance for Positive Health

D. Employment & Stigma
Christine Sampson-Downs – ACCESS VR
Carina Parrow – Supported Employment, Behavioral Health Services North

12:15 pm - 1:00 pm -- Lunch

1:00 pm - 2:00 pm -- Key Note Address

NYS Office of Mental Health Initiatives

Office of Mental Health Representative

2:10 pm - 3:10 pm -- Keynote Comedy Address

Stand up for Mental Health: Creating Recovery – One Laugh At A Time

David Granirer- Peer, Comedian & Clinician

3:10 pm - 3:25 pm -- Break

3:25 pm - 4:30pm Workshops III

A. Mental Hygiene Legal Services: Confronting the Stigma of Mental Illness
Sheila Shea- Attorney & Director NYS Mental Hygiene Legal Services, 3rd Judicial Department.

B. Engaging Dysfunction and Prejudices
Aaron Schwartz

C. NARCAN Training
Alliance for Positive Health

D. Coming Together for Mental Health (family panel)
Moderated by friends/members of NAMI Champlain Valley

ABOUT

David Granirer, RPC, MPCC, M.S.M. is a counselor, stand-up comedian, author and founder of *Stand Up For Mental Health (SMH)*, a program teaching stand-up comedy to people with mental health issues. David who himself has depression, is featured in the VOICE Award winning documentary *Cracking Up*. He also received a *Life Unlimited Award* from Depression Bipolar Support Alliance, an *Award of Excellence* from the National Council of Behavioral Health, a *Champion of Mental Health Award*, and a *Meritorious Service Medal* from the Governor General of Canada, and was recognized as one of the 150 Canadian Difference Makers in mental health. He works with mental health organizations in Canada, the U.S., and Australia to train and perform with SMH groups in dozens of cities. www.standupformentalhealth.com