



Achieving the Promise
Transforming Mental Health Care in Alaska

2005 Mental Health
Consumer & Family Leadership
Conference

Hilton Anchorage

500 West Third Avenue

April 13 & 14

State of Alaska, DHHS, Division of Behavioral Health
Alaska Mental Health Trust Authority

Keggulluk "Earl Polk III"

To Dream, Believe, and Then Achieve is to Reach for the Stars - Little Dipper Motto

Keggulluk is the organizer and founder of the Little Dippers, a youth club that includes families in Bethel, Alaska.

In Alaska Native cultures, stories are critical for cultural preservation. Stories promote imagination, creativity and preserve language. Stories tell the rules of conduct, they are guiding principles, they tell history and the future. Parents and elders use stories to provide lessons for young people, empowering them with strengths from their culture. Oral tradition and storytelling are part of Native spirituality and being.

Keggulluk has fifteen years experience as a counselor working with youth and ten years experience as a professional trainer and moderator. He is the leader of Alaska's Native Sobriety Movement. He speaks fluent English and Yupik. Keggulluk graduated from Harriton High School in Rosemont, Pennsylvania and studied Aviation Science and Business Administration at the University of Alaska, Anchorage where he received his aviation ratings to become a commercial pilot.

Keggulluk has conducted a range of workshops incorporating traditional cultural values into substance abuse prevention, as well as designed and implemented training curriculum for HIV/AIDS when working for Yukon-Kuskokwim Corporation in Bethel, Alaska. He has spent many years working with adults in alcoholism treatment and youth in alcohol and drug free activities.

Keggulluk has presented at numerous conferences and workshops including: Prevention Symposium, Unity Conference, Rural Providers Conference, Healthy Village, Celebration of Life, AFN Convention, Statewide Bilingual Education, Governor's Student Health, Native Youth Olympics and Yupik Cycle of Life.

William A. Anthony

William A. Anthony is currently the Director of Boston University's Center for Psychiatric Rehabilitation, and a Professor at Sargent College of Health and Rehabilitation Sciences at Boston University.

For the past 35 years, Anthony has worked in various roles in the field of psychiatric rehabilitation, and has been honored for his performance as a researcher, an educator, and a clinician. He is currently co-editor of the *Psychiatric Rehabilitation Journal*. In 1988 Anthony received the Distinguished Services Award from the National Alliance for the Mentally Ill in recognition of his efforts that challenge outdated ideas which limit the potential of mentally ill people. The innovative programs created through Anthony's leadership offer hope and opportunity.

Anthony has appeared on ABC's Nightline, which featured a rehabilitation program developed and implemented by Boston University's Center for Psychiatric Rehabilitation. Ted Koppel characterized it as a model program: "A small beacon of sanity in dealing with the problems of those whose sanity has crumbled."

In 1992 Anthony received the Distinguished Service Award from the President of the United States for his efforts in promoting the dignity, equality, independence and employment of people with disabilities.

Anthony has authored over 100 articles in professional journals, 14 textbooks, and several dozen book chapters—the majority of these publications on the topic area of psychiatric rehabilitation. Anthony's writings have been featured in USA Today, New York Times, The Wall Street Journal and numerous local and national magazines. He has appeared on TV and radio shows, including the Today Show, Good Morning America, CNN, Fox, The Osgood File and the BBC.

Welcome

Welcome friends and guests to "Achieving the Promise, Transforming Mental Health Care in Alaska," the 2005 Mental Health Consumer and Family Leadership Conference. NAMI Anchorage, NAMI Alaska, Alaska Psychiatric Institute, Anchorage Community Mental Health Services (Southcentral Counseling Center), Alaska Mental Health Consumer Web, Recovery Education Centers of Alaska, and Disability Law Center, along with independent consumers and families are pleased to offer this educational and networking opportunity to all consumers and family members, providers and interested others who want to work together to improve the lives of all affected by mental illness. Please find the information concerning the hotel and surrounding area in your conference packet. We are glad you are here!

Registration and Door Prizes

The Conference Registration Table is located on the second floor at the top of the stairs near the elevators, and will serve as a hub for conference activities and messages. There will be prize drawings at various times throughout the day. You will receive a ticket when you register. You must be present during the drawing to claim your prize. We graciously thank the many generous individuals and businesses who contributed prizes. **Remember!** Wear your conference name tag at all times. It verifies your admission to all conference presentations, workshops and meals.

Emergencies

If you need assistance in a medical emergency call 911. If you need assistance in a psychiatric emergency call 563-3200 or contact conference staff. You may also contact the hotel staff for information on local emergency medical facilities. For non-medical emergencies or support after hours contact Trish McDonald at 227-4179 or Carl Ipock at 227-8580. Conference volunteers will be available to answer general questions and provide direction.

Special Needs

Consumer resources and peer support will be available from 8 a.m. - 5 p.m. in the Portage Room located at the bottom of the stairs directly in front of the registration area.

Consumer Art Show & Sale

Enjoy Consumer Art for viewing and sale in the Promenade area adjacent to meeting rooms.

Display Tables

Please check out the information offered by organizations/companies who have interest in mental health care and promoting education and support.

Evaluations

Please do not forget to fill out evaluations of each session. Pick up a ticket each time you turn in an evaluation. A drawing will be held at the end of the conference for a grand prize. Must be present to win.

"Choose Again, A Journey to Wholeness," with Rachel Hollander - April 13th

Special performance with local singer/songwriter, Rachel Hollander. Free admission. Seating is limited. First come basis. Join us in the Aleutian Room. Show starts at 7 p.m.

Mental Health Advocates of Alaska Annual Membership Meeting - April 13th

You are invited to this meeting to be held at 5:00 p.m - 6 :30 p.m. in the Iliamna Room.

NAMI State Annual Membership Meeting - April 14th

Everyone welcome. Affiliates report. Annual awards. 5:30 pm - 7:00 pm. Dillingham Room.

NASW Approved Continuing Education Credits

List of approved workshops included in your packet or available at the Registration Table.

Inside Outside:

Building a Meaningful Life after the Hospital

A film presented by: George Badillo

Dr. Patricia Deegan, PhD, interviewed eight peers, five from Massachusetts and three from New York; all of whom were hospitalized in a psychiatric institution. Dr. Deegan concentrated on covering all aspects of hospitalization: from being hospitalized as a child, long term hospitalization, adult home care, and forensics. It was especially important for her to record their recovery stories from all different nationalities, such as African American, Caucasian, and Hispanics; and sexual preferences: heterosexual, bi-sexual, gay and lesbian. At the end of the movie Dr. Deegan captures the stories of peers living outside the confined walls of the institution, living independently, at adult homes, and being parents.

George Badillo, whose story is included in the film, is a Peer Educator at Pilgrim Psychiatric Center on Long Island, New York. Mr. Badillo's work is sponsored by the Resource Center, located in Albany, New York. He provides education and information about patient rights, policy issues, and mental health services to mental health consumer peers in outpatient and inpatient settings. Mr. Badillo's approach is to provide peers with the opportunity to make informed choices about mental health services and community supports.

Mr. Badillo was previously affiliated with the Oral History Project, and served as a bilingual interviewer from 2000-2003. He interviewed peers about their previous and unique experiences in state psychiatric hospitals.

Mr. Badillo is a dedicated advocate for all populations but understands the challenges of peers who are Spanish. He assisted in the creation of *Tenemos Voz*, a nationwide Hispanic organization designed for Spanish people diagnosed with mental illness. Mr. Badillo serves on the Advisory Board to the New York State P.A.I.M.I.

Alaska/Denali Room
Wednesday
3:15 pm - 4:45 pm

Promptness appreciated.

Tuesday, April 12

Second Floor

4:00 pm - 6:00 pm
Promenade

Early Registration/Check-In

Wednesday, April 13

7:00 am - 8:00 am
Promenade

Registration/Check-In Continues

7:00 am - 8:30 am
Alaska/Denali

Breakfast Buffet

8:30 am - 9:00 am
Alaska/Denali

Program Begins
Welcome, Chickaloon Drummer/Singers

9:00 am - 10:15 am

Opening Keynote Address: Keggulluk ìEarl Polk IIIî

ì Taulluu !! Miiyukllucci !!î

Are you ready? All too often we leave these dynamic and high energy conferences and let the wind out of our kayaks. As a result our dreams and drive become soggy and soupy. We've run headlong into the spirit of: ìOh well! I give up, things never change.î Well, Taulluu!! Miiyukllucii!! Experience the Power of the ìFour Magical Psî.

10:15 am - 10:30 am

Break

10:30 am - 12:00 pm

Breakout Session I

12:00 pm - 12:15 pm

Break

Please be prompt for lunch service.

12:15 pm - 1:15 pm
Alaska/Denali

Lunch Guest Speaker
Jeff Jessee, Executive Director
Alaska Mental Health Trust Authority

1:15 pm - 1:30 pm

Break

1:30 pm - 3:00 pm

Breakout Session II

3:15 pm - 4:45 pm
Alaska/Denali

Inside Outside: Building a Meaningful Life after the Hospital
Presenter: George Badillo

5:00 pm - 6:30 pm
Iliamna

MHAAK Annual Membership Meeting

7:00 pm - 8:30 pm
Aleutian

Alaska Singer/Songwriter: Rachel Hollander Concert
Choose Again - A Journey to Wholeness

Wed. April 13

Breakout Session I

10:30 am - 12:00 pm

Dillingham Room

Interactions with Law Enforcement Personnel

Sergeant Mike Couturier will discuss the CIT Program, the Jail Diversion Program and the Mental Health Court. He will explain the value of these programs to consumers and family members. He will include information about how best to work with the police department and other first response team members when individuals are in crisis. This involves addressing questions and concerns of consumers. *Sgt. Mike Couturier* is a Crisis Intervention Team Police Sergeant. Sgt. Couturier has received special training to identify police calls for service, which involve people experiencing a mental health crisis. On a CIT call, Sgt. Couturier works to de-escalate the situation, ensure the safety of everyone involved and take appropriate actions to resolve the issues which initiated the crisis for the individual.

Katmai Room

Putting Parents in Charge of Solving Their Own Child and Family Problems

The central problem for mental health professionals dealing with child problems is how to put parents in charge of solving them. This workshop demonstrates why this is important and how it can be accomplished. The parents of an elementary age boy with home and school behavior found assistance from a therapist who not only wanted them to be part of the therapy, but to be in charge of it. *George Stone*, is a licensed clinical social worker with 35 years experience in therapy and supervision. He specialized in brief therapy and strategic family therapy through personal studies with Milton H. Erickson, MD, Jay Haley, Cloe Madanes and Braulio Montalvo. He is dedicated to helping families solve their own problems, keeping children off psychiatric medications, preventing psychiatric hospitalization and keeping families together. Co-presenters are parents, *Von Terry* and *Christy Terry* from Seward.

King Salmon Room

Transforming Your Organization to Support Recovery

This session will focus on how to transform mental health agencies to truly support recovery both administratively and clinically. Transformation concepts and constructs developed by META Services can be utilized to become a recovery principled/grounded organization. Information on developing a Peer Workforce will also be presented. The workshop will focus on the nuts and bolts of recovery - system transformation and sustaining the effort.

Eugene Johnson, CISW, founder of META Services, Inc. has served as President/CEO since 1990. Through his leadership META has become a mental health recovery organization that integrates Peer Support Specialists in all its programs, working alongside mental health professionals. He has assisted others in facilitating the design and implementation of mental health recovery principles and practices at all levels; recovery for individuals, recovery for organizations, recovery for the service system, and recovery for communities.

Iliamna Room

Change Your Kitchen - Change Your Life

Nutrition continues to be a mostly ignored factor in the process of transforming mental health care in Alaska yet, food is central to our lives. People beginning to address their mental health sometimes have been taught to avoid stimulants such as caffeine, nicotine, sugar, alcohol, and over-chemicalized foods. But that leaves a big overwhelming question: How does one find satisfaction without these substances? This will be a practical presentation about how to change your diet, how to learn to cook simple, whole food ingredients, how to balance yin and yang of food, where delicious-ness lies, and how to transform kitchen and daily habits. There will be discussion and sharing of personal stories with people who have changed their diets radically in order to explore the transformation of their mental health.

Ionia, Inc. Residents have changed their diets to improve their mental health. They cook grains, beans and vegetables everyday. They believe changing our diet is a bigger shift than changing our religion or our doctor.

1:30 pm - 3:00 pm

Breakout Session II

Wed. April 13

Dillingham Room

**Alaska Mental Health Board Joint Planning Update
and Consumer Dialogue**

Update on Alaska Mental Health Board planning efforts to develop Joint Integrated Behavioral Health Plan, iPartners in Recovery. The plan utilizes input from consumer and family focus groups convened at the 2003 Conference, and has been developed in conjunction with the Advisory Board of Alcoholism and Drug Abuse, in collaboration with stakeholders and partner agencies across the state. This is an opportunity for consumers and family members to provide comments and make suggestions.

Erin Walker-Tolles, Health and Social Service Planner, AMHB, supports the Planning & Evaluation Committee and Children's Subcommittee in addition to planning duties on behalf of the AMHB. She has worked in providing advocacy and direct mental health services to children and families, and has a MS in Community Mental Health. *Donna Burgess*, PHD, Burgess Consulting, has 25 years experience in public and behavioral health and is the joint planning consultant to AMHB and ABADA.

Katmai Room

**Wellness Recovery Action Plan (WRAP)
Individual and System Wellness**

This workshop will describe how META Services has used the WRAP program for personal wellness and recovery. It will explore how this same model can be used for itransformational advocacy to create system wellness and recovery beginning with the question, iWhat is the system like when it is well? Developing a collective action plan for system wellness is a powerful step in creating hope, choice, freedom, and improved services and supports for everyone.

Eugene Johnson, LCSW, President/CEO META Services has assisted others in facilitating the design and implementation of mental health recovery principles and practices at all levels. *Jennifer L. Hinkel*, MA is currently serving as the Vice President of Crisis Recovery Services at META Services in Phoenix, Arizona. Her career has included multiple leadership roles for both clinical and non-clinical settings.

King Salmon Room

**The Courts' Potential Role in Transforming
Mental Health Care in Alaska**

The Alaska Mental Health Trust Lands litigation, which created the Alaska Mental Health Trust Authority, is an example of how litigation can substantially transform Alaska's Mental Health System for the better. Just as the State's action in dissolving the trust was illegal, there are a number of ways in which the current mental health system does not comply with the law (are illegal). This workshop will discuss ways in which Alaska's Mental Health System operates outside the law; ways in which these illegal operations hinder recovery; and suggest specific strategic use of the Courts to create meaningful, positive transformation of Alaska's Mental Health System that will provide a much better environment for recovery.

Jim Gottstein, J.D. grew up in Anchorage, Alaska. After graduating from West Anchorage High School in 1971, he attended the University of Oregon and graduated with honors (BS, Finance) in 1974. Subsequently enrolling in Harvard Law School, Jim completed his formal legal studies in 1978, graduating with a J.D. degree. In addition to 25 years of private practice, emphasizing business matters and public land law, Jim has been an attorney advocate for people diagnosed with serious mental illness for over 20 years. Currently, Mr. Gottstein volunteers the majority of his time on the Law Project for Psychiatric Rights.

Iliamna Room

Traditional Medicine and Laughter is the Way to Healing

Traditional Medicine and humour has always impacted our mental well-being. Today it is even more of a viable and vital aspect of wellness in our villages. This session will inspire us to look at and use the strengths around us on an everyday basis.

Keggulluk iEarl Polk III has combined experience of 25 years as a counselor, professional trainer and moderator. He is also a successful small business owner, commercial pilot and DJ. He is the leader of Alaska's iNative Sobriety Movement.

Thursday, April 14

7:00 am - 8:00 am <i>Promenade</i>	Registration/Check-In Continues
7:00 am - 8:30 am <i>Alaska/Denali</i>	Breakfast Buffet
8:30 am - 8:45am <i>Alaska/Denali</i>	Announcements
8:45 am - 10:15 am	Breakout Session III
10:15 am - 10:30 am	Break
10:30 am - 12:00 pm	Breakout Session IV
12:00 pm - 12:15 pm	Break
12:15 pm - 1:15 pm <i>Alaska/Denali</i>	Lunch Keynote: William A. Anthony, PhD

Recovery: It's a Whole New Story

The mental health system has in the past been based on what I would call a broken story. A broken story is a story of hopelessness, control and authoritarianism. Now however, the personal accounts of people with psychiatric disabilities and research demonstrate that people do in fact recover, has changed our story. The presentation will focus on the new story that needs to be told, and will give examples of the new recovery story that is characterized by hope and opportunity.

1:15 pm - 1:30 pm	Break
1:30 pm - 3:30 pm <i>Alaska/ Denali</i>	Plenary Session: William A. Anthony, PhD
3:30 pm - 3:45 pm	Break
3:45 pm - 4:45 pm <i>Alaska/Denali</i>	Panel: Alaska's Implementation of the President's New Freedom Commission Report
4:45 pm - 5:00 pm	Closing Ceremony Prize Drawing
5:30 pm - 7:00 pm <i>Dillingham</i>	NAMI State Annual Membership Meeting

8:45 am - 10:15 am Breakout Session III Thursday, April 14

Dillingham Room

The Decriminalization of Mental Illness: A Collaborative Effort by Criminal Justice and Mental Health Systems

The New Freedom Commission's report emphasizes that our nation's jails and prisons have become de-facto psychiatric treatment facilities. † Most individuals with mental illnesses who come into contact with law enforcement or criminal justice systems are not violent criminals. † The significant involvement of the criminal justice community along with mental health advocates to promote jail diversion, better treatment in facilities, and community reentry services for offenders with mental illnesses reflects something more than compassion for persons with mental illness. It acknowledges that reducing the involvement of individuals with mental illnesses in criminal justice systems benefits not only those individuals but criminal justice systems and society as a whole. † *Francinne Lawrence* currently serves as Regional Director for the National Alliance for the Mentally Ill (NAMI). She is a social worker by training, having received her MSW from the University of MD at Baltimore. Additionally Ms. Lawrence is an adjunct professor in the Graduate School of Social Work at Louisiana State University in Baton Rouge, Louisiana.

Katmai Room

Leading from the Maze: Identity with Cultural Strengths and Well Being

This workshop facilitates an opportunity to identify specific significant attributes of the individual and Indigenous cultural value systems and how they can be inter-connected with well being. Life can feel like a maze. For some, that maze summons them to a quest: Solving problems and achieving the impossible are exhilarating challenges. To others, life's labyrinth is a trap of frustrating complexity. Which interpretation we embrace is a matter of our own choice.

Mona Pollaca, M.S.W. is an enrolled member of the Colorado River Indian Tribes of Parker, AZ. She is currently enrolled at the Arizona State University School of Public Programs in the School of Social Inquiry and Justice Studies PhD program studying social justice issues related to public policy and legislation that affect American Indian tribes. She has given presentations on themes of aging, mental health, addiction prevention and recovery.

King Salmon Room

Prescribe Your own Future: The New Advance Directive

This workshop will address the differences between the former health care statute for individuals with mental illness and the new end of life statute that applies to all individuals. Participants will receive information on how to make their own, or help clients complete, an effective advance directive that informs medical personnel what type of care works and what doesn't, what treatment is acceptable and what is not acceptable. It will also explain some concepts in the new bill such as the surrogate, an individual appointed in the absence of an advance directive or other representative who might know what the individual would want in the event of an emergency. The new advance directive provides protection from liability to medical decision makers who follow your advance directive.

Eddie Zukauskas worked full time while she earned her BA in Sociology from DePaul University in 1979, and her JD from John Marshall Law School in 1989, both located in Chicago. She is licensed to practice in both Illinois and Alaska. Ms. Zukauskas is the mental health attorney at Disability Law Center.

Iliamna Room

NAMI Affiliate Development Leadership Panel

A panel of NAMI Affiliate Leaders and staff will present information and resources that are available for new affiliate leaders. Items presented may include the following; The NAMI Affiliate Toolkit, NAMI Signature Programs available in Alaska (Family to Family, In Our Own Voice, Living With Mental Illness, NAMI Care, Peer to Peer), information about becoming a 501 (c) (3) organization, and how to access retired professional help from groups such as SCORE and MASS. Time will be allowed for group discussion.

Alaska Room

Recovery and Social Return on Investment

This dynamic interactive workshop educates participants about powerful tools available, and presentation strategies to graphically demonstrate to Boards, funders, staff, and stakeholders the true financial social return on investment capable of being realized by your agency and community from recovery principled programming. *Keith Frankel*, MSW, National Director of Development for META Services in Phoenix, AZ has over twenty-five years of public sector behavioral health experience. He has designed macro managed behavioral health care systems of care for both chronic (SED children and SMI adults) and general populations. Mr. Frankel has assisted other agencies in the development and implementation of Recovery Alternative programming.

April 14. Thursday Breakout Session IV 10:30 am - 12:00 pm

Dillingham Room

Oxford House: Self-Help Recovery Housing

The primary purpose of Oxford House, Inc. is to establish self-run, self-support recovery houses to provide an opportunity for recovering individuals to learn a clean and sober way of life - forever. Individuals living in an Oxford House learn or relearn values, responsible behavior, and develop long-term behavior to assure comfortable sobriety. Some individuals live in Oxford Houses a few months, others for many years. Together, these individuals develop each Oxford House into a place to learn to live a responsible life without the use of alcohol or drugs. There are nearly 1,100 Oxford Houses in the United States and Canada, and groups are forming new Oxford Houses everyday.

Frank Peratrovich, Jr. is currently the Program Coordinator for Special Needs Housing, State Division of Behavioral Health. Mr. Peratrovich was formerly the Executive Director of Cook Inlet Housing Authority and Copper River Housing Authority. He also served on the boards of the Assn. of Alaska Housing Authority, National American Indian Housing Council and Federal Home Loan Bank of Seattle.

Katmai Room

Therapeutic Justice for Persons with Mental Health Disorders

On October 29, 2002, the New Freedom Commission on Mental Health stated in its *Interim Report* to President Bush that, "... the mental health delivery system is fragmented and in disarray ... lead[ing] to unnecessary and costly disability, homelessness, school failure and incarceration. Mental health courts and jail diversion projects present pragmatic alternatives to dealing with the complex issues presented by the social, human and legal problems of persons whose criminal justice involvement stems primarily from a mental disorder. In 1998, Anchorage had already started a therapeutic court project to address this very issue, the Coordinated Resources Project. It was the first such court in Alaska and the third in the Nation. Since 1998, many other jurisdictions nationally have followed this lead and in Alaska a second therapeutic court project has started in Palmer, to address the specific needs of the Matanuska-Susitna Valley. This panel of presenters will speak specifically to how these local efforts are working towards decriminalizing persons with mental health disorders.

Judge Bill Estelle, Palmer District Court Judge; *Judge Greg Heath*, Palmer District Court Judge; *Judge Stephanie Rhoades*, Anchorage District Court Judge; *Kristin Hull*, MSW ñ Palmer Coordinated Resources Project (Palmer Mental Health Court), Project Coordinator; *Steve Williams*, MSW ñ Anchorage Coordinated Resources Project (Anchorage Mental Health Court), Project Coordinator

King Salmon Room

De-Stigmatizing Mental Illness: Creating More Positive Attitudes Towards Persons Living with Brain Disorders

Education by consumers is key to dispelling the many myths that shroud mental illness and the mentally ill, thus reducing stigma and discrimination and promoting recovery. This workshop looks at society's attitudinal barriers towards persons suffering from mental illness. Ms. LaCrosse used surveys to measure society's attitudes towards the mentally ill and evaluate attitudinal changes. It found that attending an educational presentation on the true facts of mental illness creates more positive attitudes towards persons with brain disorders.

Beth LaCrosse holds a masters degree in Psychology/Neuroscience from the University of Wyoming. Her mental health advocacy has spanned many years of service, including NAMI Alaska, Alaska Mental Health Rights Council, State Rehabilitation Council and Alaska Mental Health Board.

Iliamna Room

Taoist Practices for Mental Wellness

Increase inner stability and balance in your mind!! This workshop will take you through Taoist thinking on health, which includes the mind and spirit, as well as introduce scientific studies supporting these practices. Taoist thinking is the root of Chinese Medicine theory. Following the theoretical information will be hands on experience with these practices as well as a simple set of practice skills anyone can learn and take with them. These practices consist of Meditation, Qi Gong and Tai Chi exercises that calm the mind, spirit and body.

Rozz Lieght has experienced the mental health system and is the foster parent of a survivor. She has been practicing Tai Chi and Qi Gong since 1996. She now practices massage, Medical Qi healing, teaches Tai Chi, Qi Gong and Meditation as well as Physiology for the Oriental Healing Art School of Massage Therapy.

Choose Again!
A Journey to Wholeness
.... a one-woman show



Rachel Hollander
Alaska Singer/Songwriter
.... sharing her story of healing

Aleutian Room
Wednesday, April 13th
7:00 pm - 8:30 pm

Free admission. Seating limited. First come basis.

Conference Attendee: _____ Hotel Room #: _____

A Message from the Conference Planning Committee

Let's take time out of our everyday lives to enjoy this informative and inspirational two-day conference. This is the time to share our experiences, dreams and vision for the future of mental health.

Without the dedication, energy and contributions of volunteers, workshop presenters, speakers, sponsors and businesses, this conference would not be possible.

Special thanks to our sponsors: State of Alaska, DHHS, Division of Behavioral Health and Alaska Mental Health Trust Authority.

Planning Committee:

Yvonne Evans, Planning Committee Chair; NAMI Anchorage
Trish McDonald, NAMI Anchorage
Augusta Reimer, NAMI Alaska
Karen Hill, Anchorage Community Mental Health Center (SCC)
Carl Ipock, Alaska Mental Health Consumer Web
Aleen Smith, Recovery Education Centers of Alaska
Shannon Wilks, Anchorage Community Mental Health Center (SCC)
Susan Trapp, Mental Health Consumer Advocate
Andrea Schmook, Alaska Psychiatric Institute
Edie Zukauskas, Disability Law Center

ACHIEVING THE PROMISE
Transforming Mental Health Care in Alaska
2005 MENTAL HEALTH CONSUMER & FAMILY LEADERSHIP CONFERENCE

KEYNOTE SPEAKERS:

KEGGULLUK, "EARL POLK III," LEADER ALASKA'S NATIVE SOBRIETY MOVEMENT
 WILLIAM ANTHONY, Ph.D., Executive Director, Center for Psychiatric Rehabilitation, Boston University

Registration Form
CEU's Approved/Earlybird Registration Extended: 4/5

Convention Room Rates:
\$84.00 Single/Double. \$20.00
extra person. Group Code: ATP.
Add local taxes 8%. Confirm
cost with hotel. Deadline for
special rate: 3/14/2005.
Reservations. 907-272-7411
or 1-800- 245-2527.

Full Conference:

Early Bird (4/5/05) \$120
 Consumer \$75
 After 4/5/05 & onsite \$145
 Consumer \$95

One Day:

\$60 Date: _____
 \$35 Date: _____
 \$75 Date: _____
 \$50 Date: _____

Conference prices include breakfast and lunch. Sessions start at 8:30 a.m. and end at 5 p.m. We look forward to a great conference). Deadline for the convention room rate at the Hilton Anchorage is March 14th.

 First Name MI Last Name

 Mailing Address City State Zip

 Home Phone Work Phone Cell Phone

 Fax Email

Enclosed is my check for \$_____ made payable to NAMI Anchorage

Bill my: Visa MasterCard _____
 (circle one) Card Number Expiration Date

Authorized Amount \$_____ Authorized Signature _____

CONFERENCE SCHOLARSHIP APPLICATION: DEADLINE MARCH 1, 2005 (POSTMARK)

Please check all that apply:

- | | | |
|---|---|--|
| <input type="checkbox"/> I have had a scholarship in the past | <input type="checkbox"/> I have <u>not</u> attended before | <input type="checkbox"/> I am a mental health consumer |
| <input type="checkbox"/> I am a family member | <input type="checkbox"/> I live on a fixed income | <input type="checkbox"/> I live in Anchorage _____ |
| <input type="checkbox"/> I live 30 miles or more from Anchorage | <input type="checkbox"/> Brief statement on why you want to attend the conference (<u>REQUIRED</u>) | |

For what kind of assistance are you applying?

Conference Registration Airfare Lodging Mileage Meals Other _____

Room preference? Smoking Non-Smoking

Please list any special needs (i.e. handicapped accessible room, special diet). _____

FAX TO: 907-277-1400, Attn: Trish McDonald, Registration (Tel: 907-272-0227)
MAIL TO: Trish McDonald, SPRING CONFERENCE,