

# Monday, May 20

7:00 a.m. - 7:30 a.m. Exhibitor Set-Up

7:30 a.m. Registration & Quiet Rm Open

7:30 a.m. - 8:30 a.m.  
Breakfast | Exhibitor Hall

8:30 a.m. - 9:15 a.m.  
Welcoming & Opening Remarks

Sue Walther, Mental Health  
Association in Pennsylvania

Lynn Keltz, PA Mental Health  
Consumers' Association

Christine Michaels, NAMI Keystone  
Pennsylvania

9:15 a.m. - 10:30 a.m.  
Keynote Speaker

"Living a (Very) Public Life with  
Depression and Anxiety"

State Rep. Mike Schlossberg, 132nd  
Legislative District, Lehigh County;  
Co-Chair, House Mental Health Caucus

10:30 a.m. - 11:00 a.m.  
Morning Break | Exhibitor Hall

11:00 a.m. - 12:15 p.m.  
WORKSHOP SESSION 1

A. The Family Inclusion Standards:  
Influencing Policy, Practice,  
and Paradigm

B. Hearings and Being Heard

C. Write It Out

D. Overcoming Compassion Fatigue:  
When Helping Hurts

E. Understanding Mental Health  
Advance Directives in Pennsylvania

F. The Art of SMART Goals in the  
Behavioral Health Home Plus  
(BHHP) Setting

G. Resources for Resilience, Mental  
Health Promotion, and Youth  
Suicide Prevention

12:15 p.m. - 1:00 p.m.  
Networking Luncheon

1:15 p.m. - 2:15 p.m.  
Afternoon Plenary

"Stronger Together: Advancing  
Policy in Pennsylvania"

2:15 p.m. - 2:45 p.m.

Afternoon Break | Exhibitor Hall

2:45 p.m. - 4:00 p.m.

WORKSHOP SESSION 2

H. Holistic Wellness through  
Peer Support for Adults  
Experiencing Psychosis

I. Suicidal Rescue Strategy:  
Ketamine Infusion Therapy

J. Pennsylvania's Journey in  
Building Family Peer Support  
Specialist Workforce

K. I Want to Work, Now What?  
How to use the Social Security  
Work Incentives

L. NAMI Smarts for Advocacy:  
Telling Your Story

M. Living with Mental Illness  
After Incarceration

N. Fairweather Lodges: An Adept  
Model for 21st Century Challenges

5:30 p.m. - 7:30 p.m. Dinner

# Tuesday, May 21

8:00 a.m. - 8:45 a.m.  
Full Breakfast | Exhibitor Hall

8:45 a.m. - 9:00 a.m.  
AM Announcements

9:00 a.m. - 10:15 a.m.  
Morning Plenary

"First Episode Psychosis Programs  
in Pennsylvania: Laying the  
Groundwork for Systems Change"

10:15 a.m. - 10:45 a.m.  
Coffee Break | Exhibitor Hall

10:45 a.m. - 12:00 p.m.  
WORKSHOP SESSION 3

O. Taking Care of Me: Self-Care and  
Personal Medicine

P. Current Adolescent Drug Trends  
and Culture

Q. Becoming More Financially Self  
Sufficient with PA ABLE and WIPA

R. Reducing Suicide Risk After  
Psychiatric Hospitalization

S. Youth and Young Adult RoadMap

T. Using Community Support Program  
(CSP) as an Advocacy Tool

U. Creating a Welcoming and  
Affirming Environment for  
LGBTQIA+ Individuals

12:00 p.m. Conference concludes.