

8 AM EXHIBITS OPEN

8:45 AM - 9 AM CONFERENCE WELCOME AND OPENING REMARKS

Christine Michaels, MSHSA, CEO, NAMI Keystone Pennsylvania

Charma D. Dudley, PhD, FPPR, Associate Director of Behavioral Health Services, Beacon Health Options; Board President, NAMI Keystone PA; Second Vice President, Board of Directors, NAMI National

9 AM - 10:30 AM MORNING KEYNOTE

Let's Talk: Normalizing the Conversation About Mental Health

Host: Daniel H. Gillison, Jr., CEO, National Alliance on Mental Illness (NAMI)

Guest: Shanti Das, Speaker; Author; Founder, Silence the Shame, Inc.

10:30 AM - 10:45 AM BREAK / VIRTUAL EXHIBITS OPEN

10:45 AM - 12 PM BREAKOUT SESSION ONE

- 1.1 Five Steps to Improve Your Health and Wellness
- 1.2 Practical Approaches for Using Telehealth and Helping People Stay Engaged in Care
- 1.3 Using QPR for Suicide Prevention Strategies Anyone Can Use
- 1.4 Impulsivity and Mental Health
- 1.5 Primary Care 2.0: Integrating a Multi-Disciplinary Approach to Reducing Substance Use Disorder
- 1.6 Autism Understanding and Helping

12 PM - 12:45 PM LUNCH BREAK / VIRTUAL EXHIBITS OPEN

12:45 PM - 2:15 PM AFTERNOON KEYNOTE

Live Through This: A Lifetime With Suicidal Thoughts, & Art as Social Justice

Dese'Rae L. Stage, Creator, Live Through This

2:15 PM - 2:30 PM BREAK / VIRTUAL EXHIBITS OPEN

2:30 PM - 3:45 PM BREAKOUT SESSION TWO

- 2.1 Civic Health and Mental Health: How Are They Related and Why Should We Care?
- 2.2 Family Wellness
- 2.3 Creating a Family Crisis Plan
- 2.4 Becoming a Healthcare Champion: The Journey from Suicide to Leading Healthcare Change
- 2.5 What is Act 65 of 2020 and What You Need to Know to Protect Yourself
- 2.6 Engaging Fathers Who Are Short on Trust in Our System

3:45 PM - 4:15 PM EXHIBITS OPEN

VIRTUAL EXPO

Throughout the conference, a virtual expo will showcase sponsor and exhibitor resources, fact sheets, and web links. Attendees can also interact live in real-time with participating organizations, or book a meeting for a later date.