

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 Pennsylvania; Second Vice President, Board of Directors, NAMI National

9:00 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 – 12:00 PM

## BREAKOUT SESSION ONE

1. *Five Steps to Improve Your Health and Wellness*
2. *Practical Approaches for Using Telehealth and Helping People Stay Engaged in Care*
3. *Using QPR for Suicide Prevention Strategies Anyone Can Use*
4. *Impulsivity and Mental Health*
5. *Primary Care 2.0: Integrating a Multi-Disciplinary Approach to Reducing Substance Use Disorder*
6. *Autism Understanding and Helping*

12:00 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

7. *Civic Health and Mental Health: How Are They Related and Why Should We Care?*
8. *Family Wellness*
9. *Creating a Family Crisis Plan*
10. *Becoming a Healthcare Champion: The Journey from Suicide to Leading Healthcare Change*
11. *What is Act 65 of 2020 and What You Need to Know to Protect Yourself*
12. *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.