

The Annual Conference on Mental Health  
Sponsors

Finger Lakes Independence Center; Ithaca College Gerontology Institute; The Mental Health Association in Tompkins County; Suicide Prevention and Crisis Service; Tompkins County Mental Health Department; Tompkins County Office for the Aging; and the Tompkins County Public Library.

Steering Committee Members

David Bulkley & Amanda Kelly, The Mental Health Association in Tompkins County

Christine Decker, Community Member

Larry Roberts, Tompkins County Mental Health Subcommittee

Lee Ellen Marvin, Suicide Prevention and Crisis Service

Rachel Ferrara & Teri Reinemann, Finger Lakes Independence Center

Dawn Sprague, Tompkins County Office for the Aging

Richard Shaw & Jacob Parker Carver, Tompkins County Mental Health Services

With appreciation to  
Collegetown Bagels for their generous donation of the  
morning refreshments.

Thank you for attending the 26th Annual  
Conference on Mental Health.

Please complete the evaluation and  
participant profile and leave them at the  
Registration Table.

26TH ANNUAL  
MENTAL HEALTH CONFERENCE

Finding Your Voice

Friday, November 8, 2018  
Tompkins County Public Library

Program Schedule Overview:

<b>Registration</b>	8:30 to 9:00 am
<b>Keynote: Ednita Wright</b> , PhD, LCSW, CASAC Strategies for Finding Your Voice	9:00 to 10:15 am
<b>Break</b>	10:15 to 10:30 am
<b>Concurrent Sessions</b> Health Literacy Crisis Response Panel	10:30 to 11:45 am
<b>Lunch on your own</b>	11:45 to 1:00 pm
<b>Concurrent Sessions</b> Introduction to WRAP Wellness and Recovery Court	1:00 to 2:15 pm
<b>Break</b>	2:15 to 2:30 pm
<b>Concurrent Sessions</b> Book Talk Civic Ensemble	2:30 to 3:30 pm

9:00 to 10:15 am - Keynote

### Ednita Wright, Strategies for Finding Your Voice

Dr. Ednita Wright, Ph.D., LCSW, CASAC, is a Professor in the Human Services/Teacher Education Department at Onondaga Community College. She is also the Program Coordinator of the Alcohol and Substance Abuse Counseling Program. Dr. Wright has worked at a variety of institutions, within the Central New York area, both private and public. She has written on topics of addiction, HIV/AIDS and cultural diversity. Dr. Wright is currently interested in the subtleties within policies and cultural norms that perpetuate racism and other bias in academic and other institutional environments. She has consulted for over twenty years with community agencies and academic institutions regarding issues of diversity with the primary objective of moving away from tolerance to authentic inclusion. She has received numerous awards for her commitment to the community and to the art of teaching.

10:15 to 10:30 am - Break

10:30 to 11:45 am - Concurrent Sessions

#### Health Literacy

##### Presenters:

**Stacy Cangelosi**, Education/Prevention Director, Alcohol and Drug Council  
**Rich Shaw**, Dual Recovery Coordinator, Tompkins County Department of Mental Health

Being a health literate organization or client is a way to decrease health disparities and increase better health outcomes. It is a concept that can give a voice and common language to providers and patients/clients, both of whom have a responsibility to be more health literate. This workshop will talk about the importance of health literacy and give tools for people to become more health literate. It will also be a discussion about the "language" of health care, including mental health issues.

#### Crisis Response Panel

**Christy Bianconi, LCSW-R**, Senior Psychiatric Social Worker, Forensic Unit, Tompkins County Mental Health  
**Joanna Conway, LMFT**, Forensic Counselor, Tompkins County Sheriff's Office  
**Micaela Corazón**, Crisis Line Director, Suicide Prevention and Crisis Services  
**Eric Jansen, MS, RN**, Unit Director, Behavioral Services Unit, Cayuga Medical Center  
**Audrey McConnell**, Senior Domestic Violence Advocate, The Advocacy Center

11:45 to 1:00 pm - Lunch on your own

1:00 to 2:15 pm - Concurrent Sessions

#### Introduction to WRAP

**Presenter: Angie Sill**, Finance Director, Mental Health Association in Tompkins County

WRAP involves listing your personal resources, your Wellness Tools, and then using those resources to develop Action Plans to use in specific situations which are determined by you. WRAP is adaptable to any situation. WRAP also includes a Crisis Plan or Advance Directive. WRAP is universal — it is for anyone, any time, and for any of life's challenges.

#### Wellness and Recovery Court Panel

**Amelia Carol Christian**, Assistant District Attorney, Tompkins County District Attorney's Office  
**Michelle Fulkerson**, Ithaca Wellness and Recovery Court Resource Coordinator, Tompkins County Mental Health Clinic  
**Danielle Harrington**, Housing Services Director, Tompkins Community Action  
**Scott Miller**, New York State Judge, Ithaca City Court  
**Rich Shaw**, Dual Recovery Coordinator, Tompkins County Mental Health Services

2:15 to 2:30 pm - Break

2:30 to 3:30 pm - Concurrent Sessions

#### Book Talk

**Teresa Vadakin**, Head of Information and Learning Services, Tompkins County Public Library  
From Holly Chisholm's "Just Peachy: Comics about Depression, Anxiety, Love and Finding the Humor in Being Sad" to Zindell Sesal's "Mindfulness-Based Cognitive Therapy: Embodied Presence & Inquiry in Practice," this talk will address people dealing with mental health challenges and mental health professionals who study mental illness and help those who are struggling.

#### Civic Ensemble: Theatre for Connection and Growth

Join members of Civic Ensemble's ReEntry Theatre Program for a fun and thought-provoking interactive session. There will be a brief presentation of scenes from our new play about mental health with time for discussion. The ReEntry Theatre Program is a program for people who have experienced incarceration. The group meets weekly at Tompkins County Day Reporting to engage in group theatre work, explore stories, and develop new plays for performance. Attendees of this session can expect to participate in some low risk games and activities that will give them a peek at how the program works.