

**NAMI Southwestern Pennsylvania  
2009 Annual Conference**

**TAKE BACK YOUR LIFE**



**Living Longer with  
Serious Mental Illness**

**Pittsburgh Airport Marriott**  
*April 18, 2009*

Presented by:  
NAMI Southwestern Pennsylvania  
Allegheny County Department of Human Services

# TAKE BACK YOUR LIFE

## **NAMI Southwestern Pennsylvania Leads the Movement to Take Back More Than Two Decades of Life**

Too many of us are dying young. Today, dramatic improvements in lifespan are being recognized by the vast majority of Americans, but those with serious mental illness in our country are now dying 25 years earlier than the general population. In an age where it has been an American birthright that each generation live longer than the last, why is the disparity for those with mental illness so great, and why is this trend expected to continue? The 2009 NAMI Southwestern Pennsylvania Regional Conference explores the complex answers to these difficult questions.

According to a report recently released by the Pentagon, during the month of January 2009, more Army soldiers died by committing suicide than in active combat in Iraq and Afghanistan. The risk for suicide among all service members is skyrocketing due to the increased incidence of Post Traumatic Stress Disorder (PTSD) and the country's current lack of effective long-term screening programs and resources for appropriate treatment. Many other Americans also suffer from PTSD, which can develop months or even years after any significant traumatic event.

Studies\* show that suicide and injury account for approximately 30 to 40 percent of premature deaths among those with serious mental illness. In addition, these studies identify that 60 percent of premature deaths are due to preventable medical conditions and modifiable risk factors. Those with serious mental illness are nearly three times more likely to die from diabetes or cardiovascular disease than the general population.

NAMI Southwestern Pennsylvania is sounding the alarm, mobilizing people with serious mental illness to take back the 25 years of life that the statistics document they will lose. By increasing the awareness of this alarming trend with consumers, families and professionals, NAMI is fighting to clarify reasons for this disproportion and to encourage changes that will help to close the gap. NAMI is advocating for advancements in the physical and behavioral health systems, while empowering consumers and families to take control of improving their individual lifestyle choices. Through education, communication and added support services, NAMI will continue to explore health and recovery efforts to lessen this shocking 25-year disparity in life expectancy and to help those with serious mental illness to Take Back Your Life.

*\*Morbidity and Mortality in People with Serious Mental Illness, published October 2006 by the National Association of State Mental Health Program Directors (NASMHPD) Medical Directors Council ([www.nasmhpd.org](http://www.nasmhpd.org)).*

# Living Longer with Serious Mental Illness

## Who Should Attend

Consumers of mental health services, family members, and mental and behavioral health professionals.

## Conference Objectives

At the conclusion of this conference, participants will be able to:

- Acknowledge that there is a significant 25-year disparity in life expectancy between the general population and those with serious mental illness.
- Realize that experiencing traumatic events affects adults, children and adolescents differently and can lead to the development of significant mental health difficulties.
- Identify the symptoms of Traumatic Reaction, Acute Stress Disorder and Post Traumatic Stress Disorder and the types of treatments and interventions they require.
- Recognize that suicide is often the outcome for those with serious mental illness, and that better screening tools and treatments are needed.
- Comprehend the meaning of metabolic syndrome and its potential negative impact on recovery and life expectancy for those with serious mental illness.
- Address treatable medical conditions (cardiovascular disease, diabetes, respiratory and infectious diseases) for people who also have serious mental illness.
- Recognize modifiable risk factors (smoking, poor nutrition, lack of exercise, unsafe sexual behaviors, alcohol abuse, IV drug use) and how to make better lifestyle choices.
- Identify services and treatment options available to mental health consumers and family members that can improve life expectancy.
- Gain awareness of the importance of fostering collaborative relationships among treatment professionals, consumers and loved ones.
- Advocate for more effective coordination of care between the physical and behavioral health systems to improve treatment methods and increase life expectancy.



"Knowing is not enough,  
we must apply. Willing is  
not enough, we must  
do." ~ Goethe

# Continuing Education Credits

## **Counselors: NBCC**

Western Psychiatric Institute and Clinic is recognized by the National Board for Certified Counselors (NBCC) to offer continuing education for National Certified Counselors. Western Psychiatric Institute and Clinic adheres to the NBCC Continuing Education Guidelines. This program is being offered for 6.0 continuing education credits.

## **Psychologists**

Western Psychiatric Institute and Clinic is approved by the American Psychological Association to offer continuing education for psychologists. Western Psychiatric Institute and Clinic maintains responsibility for this program and its content. This program is being offered for 6.0 continuing education credits.

## **Licensed/Clinical Social Workers (LSW/LCSW), Licensed Professional Counselors (LPC), and Licensed Marriage and Family Therapists (LMFT)**

6.0 credit hours of continuing education are provided through co-sponsorship of the University Of Pittsburgh School Of Social Work, a PA-approved provider of social work continuing education in accordance with all the applicable educational and professional standards of the Council on Social Work Education. These credit hours satisfy requirements for LSW/LCSW/LPC/LMFT renewal. For information on social work continuing education, call (412) 624-3711.

## **Educators: ACT 48**

Western Psychiatric Institute and Clinic is recognized by the Pennsylvania Department of Education to offer continuing Education Credits under Act 48 guidelines. Western Psychiatric Institute and Clinic adheres to the Act 48 guidelines.

## **Other Health Care Professionals**

Other health care professionals are awarded 0.6 Continuing Education Units (CEU's) which are equivalent to 6.0 contact hours.

“The greatest wealth  
is health.” ~Virgil



# Agenda

- 8:00 - 8:45 am** Registration and Continental Breakfast
- 8:45 - 9:00 am** Welcome  
**Christine Michaels**, Executive Director, *NAMI Southwestern PA*
- 9:00 - 10:00 am** Keynote Address  
Fighting for Our Heroes - The Battle to Identify and Treat Post Traumatic Stress Disorder  
**Matt Kuntz, JD**, Executive Director, *NAMI Montana*
- 10:00 - 10:15 am** Refreshment Break
- 10:15 - 11:30 am** Morning Plenary Session  
Returning Home, Returning Memories: PTSD and Veterans  
**John P. Seasock, PhD**, Specialist/Consultant, *Renaissance Psychological and Counseling Corporation Inc.*
- 11:30 - 11:45 am** Break
- 11:45 am - 12:45 pm** Lunch  
Luncheon Address - The State of the State  
**Joan Erney, JD**, Deputy Secretary, *Office of Mental Health and Substance Abuse Services, PA Department of Public Welfare*
- 12:45 - 2:45 pm** Afternoon Plenary Session
- 12:45 - 1:15 pm** A Look at Policies, Practices and Services to Effectively Improve the Life Expectancy of Mental Health Consumers  
**Kenneth S. Thompson, MD**, Associate Professor of Psychiatry and Public Health, *University of Pittsburgh School of Medicine and Western Psychiatric Institute and Clinic*, and Associate Director of Medical Affairs, *Mental Health Services at SAMHSA*
- 1:15 - 2:45 pm** Panel Discussion  
**Joan Erney, JD**, Deputy Secretary, Office of Mental Health and Substance Abuse Services, *PA Department of Public Welfare*  
**Jon Lloyd, MD**, Senior Clinical Advisor, *Plexus Institute*  
**John Lovelace**, President, *UPMC for You*  
**Jack Cahalane, PhD, MPH**, Chief, Adult Mood and Anxiety Services, *Western Psychiatric Institute and Clinic*, UPMC Clinical Assistant Professor of Psychiatry, *University of Pittsburgh School of Medicine*  
**Shirlee Hopper-Scherch**, Executive Director, *Peer Support and Advocacy Network (PSAN)*
- 2:45 - 3:00 pm** Energy Break
- 3:00 - 4:30 pm** Workshop Presentations

# Keynote Address

## **Fighting for Our Heroes - The Battle to Identify and Treat Post Traumatic Stress Disorder**

In October 2005, when Matt Kuntz's step-brother returned from more than a year of active combat duty in Iraq, this young soldier didn't realize the nightmare of war had followed him home to Montana. Unfortunately, the Montana National Guard was ill-equipped to diagnose his mental illness or prescribe the appropriate treatment. Over the next 15 months, as family members struggled to identify resources and support services to help him, increasingly severe symptoms of undiagnosed Post Traumatic Stress Disorder (PTSD) sent his life into a steady downward spiral, culminating with a less than honorable discharge from the Montana National Guard.

Matt was practicing corporate law in Helena in March 2007 when his step-brother committed suicide. Moved to action by his death, Matt began advocating for effective screening and treatment of PTSD injuries of other returning service members, mobilizing a grassroots effort that earned support from a wide variety of constituents throughout Montana.

In just two years, Montana is now recognized as having the most effective program in the nation to care for members of the National Guard suffering from PTSD. Lives of service members and veterans are being saved across the state, and many others are finding effective resources for recovery. Identifying and treating the mental health needs of our returning service members is a critical step in the broader effort to serve all those with serious mental illness.

## **Keynote Speaker**

Matt Kuntz, JD, was born and raised in Helena, Montana. He received his bachelor's degree from West Point in 1999 and his law degree from the University of Oregon from 2006. Matt served as an infantry officer in the Army and was recognized as a Distinguished Member of the Thirty-Fifth Regiment for his service. His advocacy efforts on behalf of Montana's service members and their families were documented in the book *Faces of Combat: PTSD & TBI*. In June 2008, Matt took on the role of Executive Director of the National Alliance on Mental Illness for Montana (NAMI Montana) to support, educate and advocate for all Montanans suffering from mental illness and their families. He was also recognized by U.S. President Barack Obama during his January 2009 inauguration festivities as one of 18 Ordinary Americans Who Have Made An Extraordinary Difference.

# Morning Plenary & Luncheon Address

## **Morning Plenary Session: Returning Home, Returning Memories: PTSD and Veterans**

This session will provide detailed information on the current difficulties our veterans are facing while transitioning home from regions of conflict. Unfortunately, many of our veterans during their tour of duty have experienced situations and events that have placed them at risk for emotional and psychological difficulty, as in Post Traumatic Stress Disorder (PTSD). The symptoms of PTSD and how it develops in veterans will be presented, as well as recommendations to properly assist or intervene with veterans suffering from PTSD, which has been creating unique difficulties for families, communities and social agencies.

### **Morning Plenary Session Speaker**

John P. Seasock, PhD, is currently a specialist/consultant with Renaissance Psychological and Counseling Corporation Inc., which is highly recognized for program development and treatment of traumatized individuals, persons with developmental disabilities, adolescent sexual offenders and their families. He received a Doctorate in Psychology from Philadelphia College of Osteopathic Medicine, and holds dual master's degrees in Community Counseling and Clinical Psychology. He is a Licensed Professional Counselor and has multiple certifications in various clinical specialties. For the past 20 years, John has specialized in work and research with people affected by chronic mental health disorders, developmental disabilities, sexual victimization and trauma. He is a nationally recognized speaker who regularly presents at international, national and regional conferences.

## **Luncheon Address: The State of the State**

This session provides participants with the opportunity to learn about current issues and initiatives that affect the mental health and drug and alcohol systems in the Pennsylvania Department of Public Welfare and Substance Abuse Services. Lunch will be served preceding the presentation.

### **Luncheon Address Speaker**

Joan Erney, JD, was appointed Deputy Secretary for Mental Health and Substance Abuse Services by Governor Edward G. Rendell in April 2003. Prior to that, she was the Director of the Bureau of Operations and Quality Management. Before her position in state government, she was the Chief Executive Officer of the Community Behavioral HealthCare Network of Pennsylvania (CBHNP), a non-profit network of community providers engaged in managed care contracting. Her previous experience includes legislative and policy development with the Pennsylvania Community Providers Association and direct staff work at Dauphin County Crisis Intervention. She received her Juris Doctor from the Widener University School of Law in 1994. Her undergraduate degree and graduate credits are from Penn State University.

# Afternoon Plenary

## **A Look at Policies, Practices and Services to Effectively Improve the Life Expectancy of Mental Health Consumers**

People with serious mental illness are dying 25 years younger than the general population. It's an outrage to realize that this significant disparity exists, but the good news is that something can be done to correct this shocking problem. We already know why this gap in life expectancy has occurred. People with serious mental illness are more likely to have one or more chronic but treatable medical conditions. Those with mental illness may also have risk factors such as smoking and obesity, and they may be less likely to receive preventive medical care or treatment for physical illnesses. In addition, taking medications for mental illness can increase risk factors for physical illnesses. Suicide is also a significant component in determining longevity.

Understanding why is only the first step in the process. Now that we recognize the risk factors for people with serious mental illness and their impact on life expectancy, stakeholders from across the physical and behavioral health systems must work together to address these problems on a variety of levels. This Afternoon Plenary Session brings together policymakers representing consumers, families, physicians, providers and payers in the physical and behavioral health systems to dialogue about initiatives that are currently underway to close the current 25-year gap, as well as to determine other potential solutions that will help those with serious mental illness to live longer and healthier lives.

### **Speaker and Moderator**

**Kenneth S. Thompson, MD**, is Associate Professor of Psychiatry and Public Health at the University of Pittsburgh and Western Psychiatric Institute and Clinic, and Associate Director of Medical Affairs, Mental Health Services at the Substance Abuse and Mental Health Services Administration (SAMHSA). In his role as medical advisor to A. Kathryn Power, director of the Center for Mental Health Services (CMHS) at SAMHSA, he provides comprehensive medical leadership in the diverse integrated planning, design and implementation actions that relate to CMHS programs and objectives. In addition to providing medical consultation and assistance to CMHS programs, he monitors the application of relevant American Medical Association and American Psychiatric Association professional standards to CMHS policies and programs.

### **Panelists**

**Joan Erney, JD**

**Jon Lloyd, MD**, practiced as a general and vascular surgeon at UPMC Shadyside Hospital until his retirement in 2003. During his tenure at Shadyside Hospital, he served as the Chair of the Department of Surgery from 1978 until 1988. Jon participated in the founding of the Pittsburgh Regional Health Care Initiative and served as its Medical Advisor from 2001 until 2004. He is a family member and member of the NAMI Southwestern PA Board of Directors, where he currently serves on the Life Disparity Work Group. Jon is the Senior Clinical Advisor for the Plexus Institute, a not-for-profit organization formed

in 2001 by a small group of people from diverse backgrounds who shared a vision of discovering the most beneficial uses for the insights from complexity science. His work at Plexus has been focused on health care acquired infections. He is also a member of the Advisory Board for the Positive Deviance Initiative, where his work is focused on the applications of positive deviance in health care beyond hospital acquired infections, including issues related to life disparity in those with serious mental illness. ([www.positivedeviance.org](http://www.positivedeviance.org))

**John Lovelace** is President of UPMC for You, a managed care organization that serves Medical Assistance recipients in 14 counties in western Pennsylvania. He provides leadership, direction and administration for the services provided by UPMC for You, which offers coverage to eligible Medical Assistance recipients through its contracts with the Pennsylvania Department of Public Welfare. He is also Vice President for Medicaid Services for the UPMC Insurance Services Division and oversees the Children's Health Insurance Program (CHIP) of UPMC Health Plan, known as UPMC for Kids, as well as the UPMC for Life Specialty Plan, which serves dual-eligible Medicaid and Medicare members. In addition, he is Chief Program Officer at Community Care Behavioral Health Organization, a behavioral health managed care organization that is part of the UPMC Insurance Services Division. He holds graduate degrees in Rehabilitation Counseling from the State University of New York at Buffalo and in Information Services from the University of Pittsburgh.

**Jack Cahalane, PhD, MPH**, is the Chief of Adult Mood and Anxiety Services at Western Psychiatric Institute and Clinic and Clinical Assistant Professor of Psychiatry at the University of Pittsburgh Medical Center. He has primary responsibility for providing inpatient and outpatient programs specializing in the treatment of mood and anxiety disorders as well as the Psychiatric Consultation Liaison Services for UPMC system hospitals, Forensic and Telepsychiatry services, Electroconvulsive Therapy, Center for Integrative Medicine and Pastoral Care. He received a BS from St. Francis College, an MSW from Catholic University of America and an MPH and PhD from the University of Pittsburgh. He has co-authored a manual on coping with mental illness for families, co-authored a chapter in *The Handbook of Marital Therapy* on marital therapy for patients with schizophrenia and has co-authored numerous journal articles on cognitive therapy.

**Shirlee Hopper-Scherch** is the Executive Director of the Peer Support and Advocacy Network (PSAN.) Shirlee received her B.A. and M.S.W. from the University of Michigan, and was a licensed clinical social worker for over twenty years, working primarily in private practice with families. In 2005 she was awarded a MPH from the University of Pittsburgh. Academic honors include graduating Summa Cum Laude with all academic degrees. In 2004, Shirlee received the Albert Schweitzer Fellowship for Life and in 2003, she received the Health Scholars Grant in Health Communication from Johns Hopkins Bloomberg School of Public Health. Currently, Shirlee serves on the Pennsylvania State Board of Directors for the Disability Rights Network, the Pennsylvania Mental Health Advisory Council, the Southwestern Region Governor's Advisory Committee for Individuals with Disabilities, the Mayview State Hospital Regional Steering Committee, as well as other local committees. Shirlee has lived with mental illness for over twenty years and has been a consumer of mental health services in Pittsburgh for over ten years.

# Workshops

## **A) Lessons Learned from the Grassroots Action to Save the Lives of Montana's Heroes**

Matt Kuntz initiated a grassroots advocacy campaign for more effective screening and treatment of Post Traumatic Stress Disorder (PTSD) injuries of Montana's returning service members after his step-brother, a Montana National Guardsman who suffered from PTSD, committed suicide. In two short years, this comprehensive program has earned support from a wide variety of constituents in state government, including the governor's office and state senate. Today, all members of the Montana National Guard are screened for PTSD every six months for the first two years after returning home from combat. This life-saving initiative is now ready for national expansion. During this workshop, Matt discusses the strategies and tactics of their highly effective grassroots campaign in Montana and how these approaches can be utilized to work for changes in other areas of the behavioral health system.

Presenter: **Matt Kuntz, JD**

## **B) Caught by the Past: Understanding Trauma and Post Traumatic Stress Disorder**

As our society continually attempts to deal with the aftermath of global war, natural disasters, increased rates of domestic, personal and sexual violence, as well as everyday traumatizing experiences such as motor vehicle accidents, sudden death and chronic illness, it has become a necessity for all "helping" professionals and persons, as well as the general public, to become familiar with the specific effects of trauma. As more educators, law enforcement representatives, counseling/social service professionals, veterans and caregivers gain the ability to accurately recognize the signs and symptoms of a traumatic reaction, only then can we improve our success in the identification and provision of assistance to those who need it most.

This seminar will provide detailed information on how children, adolescents and adults react emotionally, cognitively and behaviorally to a traumatic event. Participants will learn to accurately identify Traumatic Reaction, Acute Stress Disorder and Post Traumatic Stress Disorder in all age levels, as well as receive information on the most appropriate treatment interventions for each difficulty. This seminar is intended for counseling professionals, educators, students, first responders, veterans and individuals who have contact with or have experienced a potentially traumatic incident and wish to better understand the reactions to such events.

Presenter: **John P. Seasock, PhD**

### **C) Hearts & Minds: Mentally Healthy/Physically Strong**

Research has demonstrated that people living with serious mental illness have an increased risk of heart disease and other preventable medical conditions. This program is designed to raise awareness and begin a conversation about self care concerning the issues of diabetes, weight management, exercise, diet and smoking. Helpful resources, coping skills and practical ideas will be shared to inspire participants to take action to change what they can in order to lead a healthier life.

Presenter: **Mary Kay Clement** recently completed the Peer Specialist Training Program at Mercy Behavioral Health and plans to earn the Certified Peer Specialist credential in the near future. Mary Kay is a mental health consumer who has been in recovery for more than 10 years. She finds peer support work enhances her own recovery efforts, as well as supporting others to advocate for themselves, discover hope, become empowered and develop their own recovery tools. She is also trained as a NAMI Connections Support Group facilitator and is a volunteer for Compeer, a program that provides supportive friendship for those with mental illness in the community. She holds undergraduate credits from Duquesne University.

Co-presenter: **Catherine Hewitt, CPS**, has served as a Certified Peer Specialist with Mercy Behavioral Health since September 2008. A mental health consumer who has been in recovery for "too many years to count," she is also the mother and grandmother of loved ones with serious mental illness. Cathy has been an active volunteer and advocate in the behavioral health system for many years, serving on the Head Start Parent Advisory Committee and on various committees of the Allegheny County Coalition for Recovery. She currently serves on the county's Certified Peer Specialist Advisory Board and is an In Our Own Voice presenter for NAMI Southwestern PA. Cathy considers her most important roles in life to have been as a mom, grandmother, wife, friend and artist. A life-long resident of the Pittsburgh area, her goal is to give others with serious mental illness hope.

### **D) Surviving After a Loved One's Suicide**

Death by suicide, no matter the relationship, age or circumstances surrounding the death, complicates the grieving process. The life of the deceased individual will be processed through the eyes of guilt, blame, anger, shame and intense pain. This workshop provides clinicians, family members and other loved ones who have been impacted by the illness of suicide an understanding that it is much more than just a behavior. Participants will learn the important additional tasks that must be accomplished in the grieving process when suicide is the cause, and will gain clinical insight and a personal connection that can help in the recovery process. Key to healing is the realization that people will never get over a significant loss, but can learn to accept it and go on to find meaning in life.

Presenter: **Kathy Fowler** has been employed by Mon Yough Community Services for more than 14 years, where she currently serves as Administrative

# Workshops *(continued)*

Assistant/Supervisor of Support Staff in the Case Management department. A life-long resident of Monongahela, Kathy lost her son to suicide on March 16, 1995. During her grieving and healing process, she recognized a strong personal need to make a positive difference in the lives of others who are struggling to survive the loss of someone they love from the illness of suicide. Through the Survivors of Suicide Program, Kathy has been speaking and sharing her story with others to give them hope for the future.

Co-presenter: **Sue Wesner, RN, MSN, CS**, is the Clinical Nurse Specialist, Western Psychiatric Institute and Clinic, Outpatient Assessment Center. She also serves as Director of the Survivors of Suicide (SOS) Program, which includes three eight-week groups annually, in addition to an ongoing sharing and support group held the first Wednesday of each month at Western Psychiatric Institute. Sue became involved with SOS in 1991 and created the children's component of the program that same year. The children's group runs continually throughout the year. She has more than 30 years of experience working for those with serious mental illness and their families.

## **E) Eating Well for a Healthy Future**

Proper nutrition is an important component of a healthy life. Unfortunately, these sobering statistics show that nutrition is not currently a priority for millions of Americans.

- An estimated 97 million adults in the U.S. are overweight or obese, which substantially increases the risk of morbidity from many types of preventable diseases.
- Obesity is a chronic disease.
- A 10 percent reduction in body weight reduces disease risk factors.
- The combination of diet modification, increased physical activity, and behavior therapy can help.
- Metabolic syndrome—a cluster of metabolic risk factors such as high triglycerides (fats), elevated blood pressure, elevated glucose levels, low HDL (good cholesterol) and obesity—is on the rise.

This workshop will review basic knowledge about nutrition and exercise. Learn about proper portion sizes, healthier food substitutions and other practical ideas that can be applied immediately to make a healthy impact over time. Hands-on applications will be reviewed through an interactive cooking demonstration.

Presenter: **Meridith Paterson, MS, RD, LDN**, has nine years of experience practicing, educating and counseling in the field of dietetics. She is currently a Registered Dietitian for Community Life, a PACE program located in McKeesport. She also teaches Eat Well for Life seminars to Highmark members and serves as a personal nutrition coach, providing one-on-one nutrition counseling to individuals. Previously, Meridith worked for HCR Manor

Care, Pittsburgh, a skilled nursing facility. She earned her bachelor's degree in Dietetics from Edinboro University and her master's degree from the University of Saint Francis.

## F) What's On Your Mind?

Mental health consumers and family members often have many questions that can't be quickly answered in a short doctor's visit. Do you have questions about: Medications and their side effects? The symptoms of different mental illnesses? Metabolic syndrome? How to make better lifestyle choices? During this workshop, Dr. Safdar I. Chaudhary will answer participants' wide variety of questions concerning mental illness while discussing effective treatments and supports that promote recovery and healthier living.

**Presenter: Safdar I. Chaudhary, MD**, is the founder and medical director of S'eclairer, an organization devoted to providing wellness based psychiatric care in a serene setting—Delmont, PA. He is Clinical Assistant Professor of Psychiatry in the School of Medicine, University of Pittsburgh, and a Diplomat of the American Board of Psychiatry & Neurology in General Adult, Addiction, Geriatric and Forensic Psychiatry. For more than 20 years, he has been practicing psychiatry and treatments for addictive disorders. He has spearheaded Dialectical Behavioral Therapy based treatment programs and trainings in both the private and public sectors. He was selected one of A Dozen Making a Difference by the Pittsburgh Post-Gazette for the year 2003. In 2006—within a year of founding S'eclairer—the Mental Health Association in Westmoreland County awarded Dr. Chaudhary and S'eclairer Visionary in Promoting Mental Health-Innovation Award for Recovery. He has served as associate editor of the Allegheny County Medical Society's Bulletin since 1998. He served two terms as medical editor for this prestigious monthly periodical Bulletin, ending in 2008. He has also organized several CME conferences and educational events.

“To insure good health: eat lightly,  
breathe deeply, live moderately,  
cultivate cheerfulness, and maintain  
an interest in life.” ~ William Londen



# Conference Information

## Scholarship Information

NAMI Southwestern PA is pleased to present our annual conference without raising tuition rates for a number of years. It is important to us that anyone who is interested in attending our educational programs can, regardless of ability to pay. If you need to attend on scholarship, please contact your local NAMI affiliate, your county MH/MR program, or local MH provider or County CSP to see if they can offer financial assistance. A limited number of scholarships are available for family members and consumers who are unable to find other assistance. For more information, please contact NAMI Southwestern Pennsylvania at 412-366-3788 or toll free at 1-888-264-7972.

## Hotel Information

Airport Marriott Hotel  
Parkway West-Montour Run Exit  
777 Aten Road  
Coraopolis, PA 15108

(412) 788-8800

Please note that it is often difficult to regulate the temperature in the conference rooms. Bring a sweater that you are able to take on and off.

## Directions to Hotel

**From the Pittsburgh International Airport:** Take Airport Parkway to Route 60 South to Montour Run Exit, follow signs to hotel.

**From Downtown Pittsburgh:** Take Parkway West (I-279) to Montour Run Exit, follow signs to hotel.

## Registration Information

Please complete the attached registration form, being certain to include the following: workshop selection and tuition/payment information. Tuition includes registration and course materials, continental breakfast, lunch, and Continuing Education Credits. Certificates of Attendance will be provided upon request.

**Deadline for mail-in or faxed registration is April 10, 2009.**

# Registration

## Conference Registration Fee/Tuition:

- \$75.00 mental health professionals
- \$40.00 mental health consumers/family members

## Not yet a member?

Join NAMI Southwestern PA today. First time individual membership dues will be offered at a special discounted conference rate of \$25 for consumers/family members and \$40 for professional members.

- \$40.00 mental health professionals
- \$25.00 mental health consumers/family members

Make check or money order payable to NAMI Southwestern Pennsylvania. Mail completed registrations and payment to: **NAMI Southwestern Pennsylvania, 105 Braunlich Drive, Suite 200, Pittsburgh, PA 15237.** Online registration is available at [www.namiswa.org](http://www.namiswa.org).

**Registrations may also be faxed to: 412-366-3935**

**Workshop Selection 3:00 pm- 4:30 pm** *(circle your selection):*

**A      B      C      D      E      F**

**Continuing Education Credits** *(please check one):*

- CEU**     **Social Work**     **NBCC**     **Psychologist**     **Educators**
- Certificate of Attendance**

## Registrant Information. Please print clearly.

Last 5 digits of your Social Security (if requesting credits) \_\_\_\_\_

Name \_\_\_\_\_

Organization \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Day Ph \_\_\_\_\_ Email \_\_\_\_\_

Amount Enclosed \$ \_\_\_\_\_

**NAMI Southwestern Pennsylvania**  
105 Braunlich Drive  
McKnight Plaza, Suite 200  
Pittsburgh, PA 15237

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**Pittsburgh Airport Marriott**  
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