MEDIA ALERT: Conference to focus on changes to mental health and wellness in North Carolina

WHO: NAMI North Carolina (National Alliance on Mental Illness)

Attendees will be: psychologists, counselors, social workers, mental health professionals and providers, nurse practitioners, government officials, students, holistic wellness providers, local management entities, advocates, child advocates, school nurses, families, individuals with lived experience, other health care professionals and interested community members.

WHAT: NAMI North Carolina's Annual Conference: Transforming the Face of Mental Illness in North Carolina

WHEN: Friday, October 23, 2015, 8:00 a.m. to 5:00 p.m. and Saturday, October 24, 2015, 8:00 a.m. to 4:00 p.m.

WHERE: NC State University McKimmon Conference & Training Center, 1101 Gorman Street, Raleigh, NC 27606

WHY: This conference will focus on how mental health and wellness is changing in North Carolina. We will focus on the best practices in mental illness treatment, recognizing the signs of suicidal behavior across the lifespan and how trauma, depression and anxiety affect a myriad of populations. We will also address the recent changes in the structure of mental health service delivery such as: changes in understanding what a diagnosis is, how integrated care will be incorporated, funding, implementation and measurement of community programs and services, and what the structure (public or private) of the mental health system will be in the future. Additionally, we aim to educate attendees on the early signs and symptoms of mental illness, and empower them with the tools necessary for early intervention, day-to-day coping skills and how to make their voices heard. Speakers range from mental health providers, to those with lived experience (family members as well as consumers), to mental health researchers and advocates.

The Keynote address will be given by Representative Carla Cunningham. Rep. Cunningham is a native North Carolinian. She graduated from Anson Senior High school in 1980. She then received her Licensed Practical Nurse diploma from Central Piedmont Community College in 1981, her Associate’s Degree in Nursing from Gaston College in 1996, and her Bachelors of Science degree in Nursing in 2009 from Winston Salem State University. She has practiced as a health care professional since 1981 in multiple nursing fields, while also serving as a community activist.

In 2011, Governor Beverly Perdue appointed her to serve on the NC Commission for Mental Health, Developmental Disabilities, and Substance Abuse Services. Currently, she is serving her second term in the NC General Assembly and is an advocate for health care, mental health, developmental disabilities, seniors, women, and children.

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Upcoming Trainings

NAMI Program Teacher Trainings!
March 11-13, 2016 - NAMI Smarts
TBD - Connection
TBD - Parents and Teachers as Allies
TBD - Peer-to-Peer
TBD - Family Support Group

* Smaller, local trainings will be offered if there is enough interest in a program. Please don't hesitate to send applications to us throughout the year, regardless of our current training schedule.

** All dates are tentative and training sites will be determined by area where most interest is received no later than 1 month before the training.

For more information and applications, click here.