



PLEASE POST

Friday, October 1st, 2021

“Mental Health Recovery: Beginning Where You Are”

Conference Overview:

For many years, people with serious and persistent mental illness (SPMI), and other diagnosis as well, were sent to state hospital/treatment centers where they were warehoused, and few recovered. In the mid 60’s, Congress declared that only treatment centers with 16 beds or less would receive federal funding. It took time, but most of the large state hospitals were closed between the 60’s and 90’s. The goal was to treat patients in the community, where they could receive individual treatment in the least restrictive environment. More and more people recovered, which continues today with the addition of new medications, treatment settings, crisis management, newer treatment modalities, and reduced stigma.

Learning Objectives

- Name two techniques designed to work with difficult people.
- Identify three things that assist in the recovery of people with SPMI.
- Which area resources help people find employment?
- Define “Recovery” in your own words.
- Name three creative arts that assist in recovery.
- Identify two things that may inhibit recovery.

Conference Agenda

- 7:30 - 8:00** Registration/Welcome
- 8:00 - 9:00** Keynote “From Conflict to Resolution: How to work with people who are difficult” - Dr. Kaz (Katherine) Nelson, MD
- 9:00 - 10:15** “Soil Matters” – Voni Hovland, MSW, LISCW and Joe Casey, PSS
- 10:15 - 10:30** Break
- 10:30 - 12:00** “Unlocking the Door to Recovery Through the Use of Creative Arts” – Rachel Amberson, MT-BS, & Erin Ebnet, MT-BS
- 12:00 - 1:00** Lunch
- 1:00 - 2:00** “Empowerment Through Employment” – Julie Danda, MS, CPRP
- 2:00 - 3:00** “People with SPMI Experience Recovery” – Dale Anderson, MS, CPRP
- 3:00 - 3:15** Break
- 3:15 - 4:30** “Recovery, Resiliency & Resistance” – Sue Abderholden, MS, LPCC, NAMI Minnesota Executive Director

Our conference has been designed to meet the continuing education requirements for 6 contact hours for the Minnesota Board of Nursing for Continuing Education. Participants requesting C.E.U.’s will receive documentation that is typically required by licensing boards, but this conference has not been submitted for prior approval by any licensing boards.

Katherine (Kaz) Nelson, MD, is a distinguished Fellow of the American Board of Psychiatry and Neurology and serves as Vice Chair for Education in the U of MN Department of Psychiatry and Behavioral Sciences, and Program Director of the Psychiatric Residency of the University of Minnesota Medical School. She is an Honors graduate of the U of MN Morris and received her medical degree and psychiatry residency training at the U of MN School of Medicine. She was awarded the 2018 Minnesota Psychiatric Society "Psychiatrist of the Year" and a "2018 Exemplary Psychiatrist" award for the State of Minnesota by the National Alliance on Mental Illness.

Voni Hovland, MSW, LICSW, is a graduate of the University of Minnesota Duluth, where she received her Masters Degree in Social Work. Since 2003, she has worked in programs across the Mental Health Service line at the St. Cloud VA Health Care System. She has been the Recovery Coordinator since 2014 and enjoys providing education on recovery-oriented care and spreading the word that recovery is possible. She also works closely with the Peer Support Specialists at the VA and has one of them joining her today.

Joe Casey, PSS, served in the US Army as a Calvary Scout having been deployed multiple times to Afghanistan with the 10th Mountain Division. Since 2014 he has been serving his fellow veterans at the St. Cloud VA in the Residential Rehabilitation Treatment Program (RRT). He loves his role as Peer Specialist and is grateful for being given the opportunity to share hope with those who are taking steps toward their own personal recovery.

Rachel Amberson, MT-BC, has worked clinically as a board-certified music therapist since 1997, initially in community and residential settings for adults with development disabilities, and later serving in the rehab and recreation departments at the St. Cloud VA, and assisting locally with the National Veterans Creative Arts Festival. Since 2017 she has worked as part of the hospice team for CentraCare, partnering also with Behavioral Health to provide music therapy for the Monticello Behavioral Health Unit. She lives in Sauk Rapids where she plays horn with the St. Cloud Municipal Band and enjoys supporting her children's scouting, church, and school activities

Erin Ebnet, MT-BC, is a board-certified music therapist who has provided music therapy in a variety of clinical settings, including in-patient adult behavioral mental health, adolescent and adult correctional settings, children and adults with development disabilities, hospice and palliative care, and long-term care facilities. She currently provides music therapy services for CentraCare Hospice and the Coborn Cancer Healing Center. Through her music therapy work, she has encouraged her clients and patients to share their stories and find self-expression through music. Ebnet has likewise followed that very principle through songwriting and recording her own original music.

Julie Danda, MS, CPRP, is a Senior Workforce Development Manager at Goodwill Easter Seals MN where she has worked for 23 years. Julie has been working in workforce development for over 27 years. The mission of Goodwill Easter Seals MN is "to eliminate barriers to work and independence." Julie leads a team providing employment and training programs in the St. Cloud, Elk River and Monticello areas. Staff work with youth and adults, assisting individuals in preparing for work, obtaining employment, maintaining employment, and advancing in employment.

Dale Anderson, MS, CPRP, was employed by the Minnesota Department of Human Resources at the Willmar and Cambridge Regional Treatment Centers. It was there where he "began to seriously entertain the notion of community-based treatment for people living with serious and persistent mental illness." He began working at Catholic Charities Hope Community Support Program in 1991 as Program Manager and Group Facilitator. He loves his job and is beloved by the clients he serves.

Sue Abderholden, MS, LPCC, is the Executive Director of NAMI Minnesota. Sue is responsible for providing direction and leadership toward the achievement of the organization's mission and leads NAMI's public policy efforts. She brings over 30 years of experience in nonprofit and advocacy work, having held top management positions at ARC Minnesota, the Minnesota office of Senator Paul D. Wellstone and PACER Center. She received her B.A. from Macalester College and a Master's degree in Public Health Administration from the University of Minnesota. Her passion for NAMI's mission stems from having family members who live with depression and anxiety. Sue became NAMI Minnesota's Executive Director in October 2001.



NAMI
National Alliance on Mental Illness

St. Cloud Area

Friday, October 1st, 2021 Conference Registration
"Mental Health Recovery: Beginning Where You Are"

Name: _____

Address: _____

Phone: _____

E-Mail Address: _____

Place of Employment: _____

Please check appropriate boxes:

Consumer/Family Member

Professional Field:

- Education
- Health Care
- Mental Health
- Social Service
- Other _____
- CEUs requested*

(*for professional attendees only)

Scholarship Information:

A limited number of scholarships are available to Consumers and Family Members (no CEUs will be given to scholarship recipients). For further information about scholarships or registration, call NAMI St. Cloud Area 320.654.1259

Meal provided for all attending

2021 Conference Rates:

Professionals:.....\$100.
Consumers/Family Members/Students...\$ 25.

Online Registration can be done through Eventbrite on our website – www.namistcloud.com, starting on August 3rd, 2021

Or, to Register by Mail:

Please make checks payable to:
NAMI St. Cloud Area

Mail check and registration to:
NAMI St. Cloud Area
PO Box 771
St. Cloud, MN 56302

Registration Deadline & Refund Policy:

Advance registration is requested by Friday, September 24, 2021. No refunds after that date unless the event is cancelled.

Accommodations:

Hotels/Motels in St. Cloud:

- Quality Inn: www.choicehotels.com 320.251.1500//800.228.5150
- Country Inn & Suites: www.countryinns.com 320.259.8999//866.238.4218
- Kelly Inn: www.bestwestern.com 320.253.0606//800.637.5958
- Holiday Inn Express: www.hiexpress.com 320.240.8000// 800.315.2621

FREE PARKING AT THE CONFERENCE!

*****PLEASE NOTE!!*****

MASKS WILL BE REQUIRED by all attendees, exhibitors, and staff! Presenters are allowed to go without masks during presentations only. Please follow distancing guidelines during breaks and in seating.

NAMI – St. Cloud Area Executive Board:

- President: Nick Johnston
- Vice President: Louise Echola
- Secretary: Jolene Simmons
- Treasurer: Ruth Wittrock

Conference Committee Members

- Nick Johnston
- Rhonda Karels
- Cecilia Huston
- Wendy Hennes
- Louise Echola

Thanks to all who attend our conference.

You help to make it a success!