

11:30am-12:30pm	Patient Empowerment to Improve the Quality of Patient Care in Psychiatry	The first part of the workshop will focus on defining the basics of patient empowerment, understanding the importance of patient engagement and disengagement, addressing potential barriers to patient empowerment, and exploring opportunities to increase patient empowerment in psychiatry. The second part of the workshop will focus on tools and resources that the attendees can utilize to strengthen self-awareness and/or engage with loved ones' treatment journey. Resources include tips for talking with your mental health service provider, preparing to leave hospital, shared decision making, and patient goals to support wellness.	Salon 3	<p>Dr. Wang PharmD, BCPP Clinical and Scientific Director, Field Medical Affairs Otsuka Pharmaceutical Development & Commercialization</p> <p>Sharon Mair Regional Patient Lead, Greater California Otsuka Pharmaceutical Development & Commercialization</p>
11:30am-12:30pm	The Invisible Wounds of Stress Inside and Out	The workshop will assist attendees in stress management awareness, training and education, mental health stigmas, and the understanding of the Invisible Wounds of Stress: Inside and Out as it relates to mental health. Stress management tools will be explored as a way to help manage and reduce stress as it relates to mental health.	Salon 4	<p>Dr. Vernita Black President NAMI Western Riverside County</p>
11:30am-12:30pm	Parents and Caregivers for Wellness-the power of the parent voice	In this workshop, United Parents and its collaborative partners, Parents and Caregivers for Wellness, share statewide quantitative and qualitative data, advice and personal stories of resilience provided by parents and caregivers who have a child with mental health needs. We will present the data and delve into the challenges from the parent/caregiver perspective. Then we will discuss anecdotal information on how to support, empower and advocate for parents/caregivers and the children they protect and love.	Salon 5	<p>Melissa Hannah Executive Director United Parents</p> <p>Steve Varner OAC Statewide Grant Coordinator United Parents</p> <p>Kayla Chey Fiscal Specialist United Parents</p>

2:00pm-3:00pm	Nutrition for Mental Health	This workshop will help teens, peers, family members and caretakers recognize how food impacts their mood and how easy is to control their well-being through eating and how easy is to shop in awareness. Nutrition can prevent mood disorders and reduce symptoms of mental illness. Teens and peers can learn how to detect imbalances and improve self-care through shopping choices. Learn about the specific foods that help anxiety, depression and improve schizophrenia and bi-polar disorder. The workshop will teach how to identify toxic substances in food labels so attendees can jumpstart in change and become more aware on their eating habits.	Salon 3	Anna Penido Co-Chair Whole Mind Symphony
2:00pm-3:00pm	C.A.R.E. Together: A New Webinar Program Promoting Diversity, Equity, and Inclusion	We intend to show how affiliates can leverage conversations with local community stakeholders, experts, and individuals with lived experience to deliver webinars that speak to the mental health challenges and successes of diverse communities. Our presentation will outline how affiliates can invite participants to examine their knowledge, values, and beliefs and leave with greater understanding of the experiences of others. NAMI-OC speakers will illustrate how we have organized presentations on topics including the impact of homelessness on mental health, gaps in mental healthcare in the Black community, and LGBTQIA+ mental health, among others in collaboration with community stakeholders advocating for these issues and many more.	Salon 4	Edward Portillo Program Coordinator NAMI Orange County Austin Messick Program Manager NAMI Orange County Amy Durham Chief Executive Officer NAMI Orange County
2:00pm-3:00pm	Balanced Living	In this workshop Dr.Powers will discuss the treatment of mental illness over the last fifty years. She weaves a story of treatment through the three generations of her family that have battled bipolar disorder.	Salon 5	Kimberly Powers Ed.D Teacher/ Educator/ Author Ken Francis MS, LMFT Licensed marriage and family therapist