MOVING FORWARD with Hope & Resiliency

NAMI CALIFORNIA CONFERENCE 2022
August 25th and 26th • Newport Beach, California
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Thank you to our sponsors.

_________________________________________________________
ANNUAL

_________________________________________________________
GOLD

_________________________________________________________
BRONZE

#NAMICA  #AnnualConference
The heat of the summer feels unbearable at times. As I walked out of our office yesterday, the temperature on my car said 110 degrees. I suddenly realized I could not really remember the cool of winter or the warm rain of May because we are completely entrenched by the heat. As I sit in this hot car waiting for my air conditioning to kick on, I am thinking a lot about the loss of the year that has passed. I know we will get to fall soon, the chilly weather will return, and the kids will begin to mill about for yet another school year. The gardens we planted, which are now producing fruit, will soon fade and need to be tilled under.

We do not ever think about summer as a time of loss, and I think as families, people do not always think about the losses we encounter in our journey. We have had so many shared losses as a world in the last couple of years, the pandemic, and all its effects have created and compounded loss for so many. Families on a journey through mental illness of a loved one are experts at loss. An expertise none of us asked for, but one we are given. We lose time with our loved ones, we lose the dream of the direction we thought our lives would go, we lose our dignity in care environments, we lose our brave friends who stand beside us as we fight to fix a broken system and most importantly, we can sometimes lose our hope that things will improve.

Finding purpose in our loss is a large part of what we do together at NAMI. Purpose in our actions, to advocate for others, purpose in our relationships to be a source of support for each other in times where this all feels impossible. NAMI programs and advocacy fulfill so much of that purpose for many of us, to give back, to make sure others do not go through what we did.

We can also find hope in loss, just as you can hit rock bottom in addiction and that can become a new start for a better life. Sometimes losing so many things about the life we had or the future we saw, gives us the hope to find a new path. That new path might not be the way we thought our life would go, or the way we thought our loved one’s life would go, but it might end up being even better than our original plan. Sometimes leaning into loss, helps us find the way through. Sometimes resisting loss means we never escape the shadows to find the light again.

We can find our direction in loss as well. As I enter my twelfth year with NAMI, I know now more than ever that each of you are my light. Each of you have shown me that we can use our loss for purpose, and hope. That our shared journey, through the good and the bad has not been for nothing, but for us to find the other side together, or at least to not feel alone in the darkness.

Thank you for being a shining light to me and the beacon for the next steps forward, no matter where you are on the path, you are a light to the person behind you, so please never forget that your light matters much more than you can ever know. Sometimes our lights may dim, like the summer sun heading into winter, but just know that even a dim light is a lifeline to someone in complete darkness. Thank you for finding me in our loss together, thank you for trusting NAMI to be a beacon in your journey. Our time together will never be about forgetting, it will never be about regret, it will always be about taking a step together, those steps will lead us through.

Jessica Cruz MPA/HS
Chief Executive Officer
NAMI California
Conference 2022
#NAMICA #AnnualConference

2022-2023 BOARD OF DIRECTORS

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NAMI Yolo

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Board Member
NAMI San Mateo

2023 NEW BOARD MEMBERS

DR. VERONICA A. KELLEY
NAMI Tri-Valley

Lupe Alonzo-Diaz serves as the President & CEO of Physicians for a Healthy California (PHC) and the Vice President of Continuing Medical Education for the California Medical Association. Ms. Alonzo-Diaz has over 25 years in the healthcare field with a demonstrated record of building complex, healthcare related delivery systems achieving mission and financial goals. At the Office of Statewide Health Planning and Development (OSHPD), she led the state’s efforts on health workforce development overseeing various programs and grants increasing access to care in underserved areas. Other leadership positions have included those at Latino Coalition for a Healthy California, Children’s Advocacy Institute and Mexican American Legal Defense and Education Fund.

LUPE ALONZ-DIAZ
NAMI Tri-Valley

We would like to thank the members of the 2021-2022 NAMI California Board of Directors for their hard work and dedication to the NAMI California mission and vision.
# NAMICA  #AnnualConference

## 2022 NAMI California Conference

### CONFERENCE AT-A-GLANCE AGENDA

#### Thursday, August 25 - Conference Day 1

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Presenter</th>
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<tbody>
<tr>
<td>8:00am - 4:00pm</td>
<td>Registration Open</td>
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<tr>
<td>8:00am - 5:00pm</td>
<td>Exhibitors</td>
<td></td>
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<tr>
<td>9:00am - 11:45am</td>
<td>General Session</td>
<td>Jessica Cruz, MPA/HS&lt;br&gt;CEO&lt;br&gt;NAMI California</td>
</tr>
<tr>
<td>9:00am-9:15am</td>
<td>Welcome</td>
<td>Jimmy Spencer&lt;br&gt;General Manager of UNINTERRUPTED&lt;br&gt;Percy Miller aka Master P&lt;br&gt;Rapper, Record Executive, Actor, and Entrepreneur&lt;br&gt;Adrián González&lt;br&gt;Former Professional Baseball Player</td>
</tr>
<tr>
<td>9:15am-10:45am</td>
<td>Superstars are Just Like Everyone Else When It Comes to Mental Health</td>
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<tr>
<td>11:00am-11:45am</td>
<td>Keynotes</td>
<td>Michael Jann &amp; Michele Jourdan&lt;br&gt;Citronella Stories, LLC</td>
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</tbody>
</table>

**Lunch Break**<br>11:45am - 2:00pm

**Hot Topics**<br>2:00pm - 4:15pm<br>Housing • Crisis • Schools<br>1st Speaker: 2:00pm - 3:00pm, 2nd Speaker: 3:15pm - 4:15pm

#### Friday, August 26 - Conference Day 2

<table>
<thead>
<tr>
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<tr>
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<td>8:00am - 4:00pm</td>
<td>Exhibitors</td>
<td></td>
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<tr>
<td>9:00am - 11:15am</td>
<td>General Session</td>
<td>Chief Joseph Farrow&lt;br&gt;NAMI CA Board President Chief of Police at the University of California, Davis</td>
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<tr>
<td>9:00am-9:15am</td>
<td>State of the State Address</td>
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<tr>
<td>9:15am-10:15am</td>
<td>Keynote</td>
<td>Devika Bhushan, MD, FAAP&lt;br&gt;Acting Surgeon General of California</td>
</tr>
<tr>
<td>10:15am-11:15am</td>
<td>Panel, Power of ONE</td>
<td>Marshall Moncrief, CEO Mind OC&lt;br&gt;Dr. Veronica Kelley, LCSW&lt;br&gt;Chief of Mental Health &amp; Recovery Services for the Orange County Health Care Agency&lt;br&gt;Michael Hunn, CEO of CalOptima&lt;br&gt;Andrew Do&lt;br&gt;Member of the Orange County Board of Supervisors in California</td>
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**Workshops**<br>11:30am - 12:30pm<br>12:30pm - 2:00pm<br>2:00pm - 3:00pm<br>3:30pm - 4:30pm

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Welcome Center
Cardiff
Thursday, Aug. 25  9:00am - 4:30pm
Friday, Aug. 26  9:00am - 3:00pm
• Reading Materials
• Quiet Space
• Art & Crafts
• Comfortable Chairs
• Consumer Council Information
• Information You Can Use

Registration Desk
Outside Riviera Ballroom
Wednesday, Aug. 24  4:00pm - 6:00pm
Thursday, Aug. 25  8:00am - 4:00pm
Friday, Aug. 26  8:00am - 4:00pm

Exhibitor Table
Foyer
Thursday, Aug 25  8:00am-5:00pm
Friday, Aug 26  8:00am-4:00pm
# CONFERENCE AGENDA

**Thursday, August 25, 2022**

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<tbody>
<tr>
<td>9:00am - 9:15am</td>
<td>Welcome</td>
<td>Riviera Ballroom</td>
<td>Jessica Cruz, MPA/HS CEO NAMI California</td>
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</tbody>
</table>
| 9:15am - 10:45am | Superstars are Just Like Everyone Else When It Comes to Mental Health | Riviera Ballroom | Jimmy Spencer General Manager of UNINTERRUPTED  
Percy Miller aka Master P  
Rapper, Record Executive, Actor, and Entrepreneur  
Adrián González  
Former Professional Baseball Player |
| 11:00am - 11:45am | Bug Therapy Short Film & Personal Story                              | Riviera Ballroom | Michael Jann & Michele Jourdan Citronella Stories, LLC                                      |

**Lunch Break**  
11:45am - 2:00pm

**Hot Topics**  
2:00pm - 4:15pm

**Housing**  
2:00pm - 3:00pm  
Social Drivers of Health: DHCS Efforts to Address Housing and Homelessness  
Salon 3  
Tyler Sadwith  
Assistant Deputy Director, Mental Health and Substance Use Disorder Services, DHCS
## Housing

<table>
<thead>
<tr>
<th>Time</th>
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<th>Presenter</th>
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</thead>
</table>
| 3:15pm - 4:15pm | Board & Care Crisis: An Industry Update and Association Informational Session | Salon 3  | **Bennie Tinson**
Executive Director of the Licensed Adult Residential Care Association (LARCA)

**Bamba Ramos**
RCFE Administrator
Westchester Villa

**Ahmed Saafir**
ARF Licensee
Orange Community Care

## Crisis

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
<th>Presenter</th>
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</thead>
</table>
| 2:00pm - 3:00pm | Update on the CA Health and Human Services Crisis Care Continuum Planning Project | Salon 4  | **Stephanie Welch, MSW**
Deputy Secretary of Behavioral Health California Health and Human Services Agency

**Gigi R. Crowder, L.E.**
Executive Director
NAMI Contra Costa County

**Taun Hall**
CEO, Miles Hall Foundation

**Eric Rafia-Yuan, MD**
Health Counsel at U.S. House of Representatives

## Schools

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<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
<th>Presenter</th>
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</table>
| 2:00pm - 3:00pm | Trauma-Informed School Support                                       | Salon 5  | **Michael Enenbach, MD**
Clinical Director and Associate Medical Director Child Mind Institute, San Francisco Bay Area

**Ignacio Hernandez**
Eva Munoz
Los Altos HS

**Travis Mahan**
Glenview HS

**Debbie Curtin BSHS**
Lead Teacher CEO/ CIS Medical Arts Program Cal-Hosa Advisor
## CONFERENCE AGENDA

Friday, August 26, 2022

### General Session
9:00am - 11:15am

<table>
<thead>
<tr>
<th>Time</th>
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</table>
| 9:00am - 9:15am | State of the State Address                                          | Riviera Ballroom | Chief Joseph A. Farrow  
NAMI CA Board President  
Chief of Police at the University of California, Davis |
| 9:15am - 10:15am | Keynote                                                              | Riviera Ballroom | Devika Bhushan, MD, FAAP  
Acting Surgeon General of California |
| 10:15am - 11:15am | "The Power of One" speaks to the increased strength that we all have when we come together! | Riviera Ballroom | Marshall Moncrief  
CEO, Mind OC  
Dr. Veronica Kelley, LCSW  
Chief of Mental Health & Recovery Services for the Orange County Health Care Agency  
Michael Hun  
CEO of CalOptima  
Andrew Do  
Member of the Orange County Board of Supervisors in California |

### Workshops
11:30am - 12:30pm

| Workshop 1 | 11:30am - 12:30pm | Patient Empowerment to Improve the Quality of Patient Care in Psychiatry | Salon 3 | Dri Wang, PharmD, BCPP  
Clinical and Scientific Director, Field Medical Affairs  
Otsuka Pharmaceutical Development & Commercialization  
Sharon Mair  
Regional Patient Lead, Greater California  
Otsuka Pharmaceutical Development & Commercialization |
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<th>Time</th>
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<th>Location</th>
<th>Presenter</th>
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<tbody>
<tr>
<td>11:30am - 12:30pm</td>
<td>The Invisible Wounds of Stress Inside and Out</td>
<td>Salon 4</td>
<td>Dr. Vernita Black, President NAMI Western Riverside County</td>
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<tr>
<td>11:30am - 12:30pm</td>
<td>Parents and Caregivers for Wellness</td>
<td>Salon 5</td>
<td>Melissa Hannah, Executive Director United Parents</td>
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<td>Steve Varner, OAC Statewide Grant Coordinator United Parents</td>
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<td>Kayla Chey, Fiscal Specialist United Parents</td>
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<tr>
<td>Lunch on your own</td>
<td>12:30pm - 2:00pm</td>
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<tr>
<td>Workshop 1</td>
<td>2:00pm - 3:00pm Nutrition for Mental Health</td>
<td>Salon 3</td>
<td>Anna Penido, Co-Chair Whole Mind Symphony</td>
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<tr>
<td>Workshop 2</td>
<td>2:00pm - 3:00pm C.A.R.E. Together: A New Webinar Program Promoting Diversity, Equity, and Inclusion</td>
<td>Salon 4</td>
<td>Edward Portillo, Program Coordinator NAMI Orange County</td>
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<td>Austin Messick, Program Manager NAMI Orange County</td>
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<td>Amy Durham, Chief Executive Officer NAMI Orange County</td>
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<tr>
<td>Workshop 3</td>
<td>2:00pm - 3:00pm Balanced Living</td>
<td>Salon 5</td>
<td>Kimberly Powers, Teacher/ Educator/ Author</td>
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<td>Ken Francis, MS, LMFT, Licensed Marriage and Family Therapist</td>
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<td>Time</td>
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<td><strong>BREAK</strong></td>
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<td><strong>Luis Sandoval, MD, MPH</strong></td>
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<td><strong>30 Minutes</strong></td>
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<td>Psychiatrist, Southern California Permanente Medical Group</td>
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<td>Discussion with a Doctor Breakouts</td>
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<tr>
<td>Ask the Doctors</td>
<td>3:30pm - 4:30pm</td>
<td>Schizophrenia</td>
<td>Salon 3</td>
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<tr>
<td>Ask the Doctors</td>
<td>3:30pm - 4:30pm</td>
<td>Mood Disorders/ Depression &amp; Bipolar</td>
<td>Salons 4</td>
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<tr>
<td>Ask the Doctors</td>
<td>3:30pm - 4:30pm</td>
<td>Children/Adolescents</td>
<td>Salon 5</td>
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<tr>
<td>Ask the Doctors</td>
<td>3:30pm - 4:30pm</td>
<td>Anxiety</td>
<td>Salons 1 &amp; 2</td>
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</table>
KEYNOTE SPEAKERS
Thursday, August 25, 2022

1st KEYNOTES
Superstars are Just Like Everyone Else When It Comes to Mental Health

Jimmy Spencer
General Manager of UNINTERRUPTED

As a sports media executive, Jimmy Spencer has built lasting and deep relationships among the world’s most influential athletes and influencers within sports culture. While Jimmy’s success and expertise is in storytelling and content, he has carved out a unique path in the mental health space. Jimmy has struggled through intense anxiety since childhood, and that struggle has manifested itself through panic attacks, claustrophobia, OCD, dizziness and other physical symptoms that have interrupted his professional and personal life. Finally recognizing the seriousness of the issues that anxiety was inflicting, Jimmy found healing in the form of a specific treatment and now seeks to bring that methodology to all communities. Jimmy speaks to mental health in tangible ways with practical solutions and practices.

He speaks to how it plays out in both professional and personal relationships and how if not solved for, it can get in the way of workplace culture as well as individual and team productivity. Jimmy believes all people are born inherently good and every person has a purpose, yet traumas big or small can often leave scars that show up in negative beliefs and cycles of behavior that impede our ability to succeed. Change is possible. Jimmy is the co-founder of the Cheatcode Foundation, a unique organization that partners with athletes, musicians and artists to heal their traumas and in turn bring that healing into the communities and spaces which lack the resources to afford or access mental wellness care.

Percy Miller aka Master P
Rapper, Record Executive, Actor, and Entrepreneur

Percy Miller aka Master P is an entrepreneurial businessman, philanthropist, music mogul, producer and entertainer. He is the founder of one of the most successful brands of music companies in the world, No Limit Records. Miller is Founder and CEO of P. Miller Enterprises, establishing himself as a savvy businessman with a range of investments and interests beyond entertainment.

Percy Miller is a serial entrepreneur and believes ownership is the way to success. He created numerous products and brands such as Uncle P rice, pancake mix and syrup; Soldier Bread and Snacks; Rap Snacks Icon Noodles; Master Crunch Cereal; LA Great Beverages; Moneyatti clothing and shoes; Master Clean Life household cleaning products; television shows and movies. In addition, he has played for two NBA teams: Charlotte Hornets and Toronto Raptors. He encourages others to own and have control over their careers and, ultimately, their livelihoods.

His most important endeavor is philanthropy; he founded the Team Hope Foundation, servicing at-risk youth and senior citizens in communities across the US.
KEYNOTE SPEAKERS
Thursday, August 25, 2022, continued

Adrián González
Former Professional Baseball Player

Known to fans all over the world as “Titan” and “A-Gon,” former Major League Baseball (MLB) All-Star and one of the best Mexican baseball players of all time, Adrian Gonzalez will share his story about mental health in his family, culture and the importance of mental health care for young people. Born in the United States but raised in Tijuana, Baja California, Mexico, Gonzalez was the first pick in the 2000 MLB draft by the Florida Marlins. Carrying that burden, along with the pressure of representing Mexico in the World Baseball Classic and Olympic Games, Gonzalez excelled earning multiple, All-Star selections, Gold Gloves and Silver Slugger awards. After his playing career, Gonzalez turned to broadcasting and today is part of the Los Angeles Dodgers broadcast team. With his wife, he created the Adrian and Betsy Gonzalez Foundation, which is focused on empowering underprivileged youth in the areas of athletics, education, and health.

Michael Jann & Michele Jourdan
Citronella Stories, LLC

Michael is an Emmy-nominated late-night comedy writer for The Tonight Show with Jay Leno and The Tonight Show starring Jimmy Fallon. Michele, after a career in high-tech, became a personal trainer, a gold-medal winning body-builder, and actually married a dumbbell (Mike). Michele’s the smart one. Mike’s the pretty one. And, now, they’ve made an animated short film -- about mental health:

It’s a story about a mosquito who faints at the sight of blood.

BUG THERAPY is the story of Citronella (Meghan Trainor) trying to get up the courage to enter group therapy for the first time. The group is run by a Pill Bug therapist named “Dr. Pill” (Dr. Phil). Jay Leno, Sterling K Brown, and Tom Green are bugs with mental-health issues. The message is simple: Everyone struggles with something, and there’s no shame in asking for help.
KEYNOTE SPEAKERS
Friday, August 26, 2022

1st KEYNOTE

Devika Bhushan, MD, FAAP
Acting Surgeon General of California

Dr. Devika Bhushan is an equity-focused pediatrician and public health practitioner with expertise in adversity and resilience, toxic stress, trauma-informed systems, mental health, gender equity, and structural and social determinants of health. She currently serves as California’s Acting Surgeon General—focusing on three key priorities: Adverse Childhood Experiences (ACEs), early childhood development and health equity. Previously, Dr. Bhushan served as the inaugural Chief Health Officer of the Office of the California Surgeon General where she supported the launch of the ACEs Aware Initiative, an unprecedented state initiative which offers Medi-Cal providers training, screening tools, clinical protocols, and payment for screening children and adults for ACEs. She lives in San Francisco with her long-time partner and their son.

2nd KEYNOTE PANEL
“ The Power of One”

Marshall Moncrief
CEO Mind OC

Marshall Moncrief is the Chief Executive Officer of Mind OC, a not-for-profit organization created to advance the community-wide mental health collaborative known as Be Well Orange County. Marshall also serves as a commissioner for the Orange County Commission to End Homelessness. He is a licensed psychotherapist and holds an Executive MBA in healthcare management.

Prior to his current role with Mind OC, Marshall served as the executive clinical and administrative leader of mental health and addiction services for the Hoag Health and Providence-St Joseph Health Systems, most recently overseeing hospital and primary care services across LA, Orange County and the High Desert.

A life-long resident of Orange County, Marshall and his family live in Huntington Beach.

speaks to the increased strength that we all have when we come together!
KEYNOTE SPEAKERS

Friday, August 26, 2022, continued

Dr. Veronica Kelley, LCSW
Chief of Mental Health & Recovery Services for the Orange County Health Care Agency

Dr. Veronica A. Kelley is a Licensed Clinical Social Worker in the State of California. She currently serves as the Chief of Mental Health & Recovery Services for the Orange County Health Care Agency, overseeing the public behavioral health system. Prior to that she served for 13 years with San Bernardino County Department of Behavioral Health, the most recent assignment was her appointment as the Behavioral Health Director from 2006-2021. She is the Past President of the County Behavioral Health Directors Association and co-chairs the Substance Abuse, Prevention & Treatment Committee. She is an Associate Member of the American Society of Addiction Medicine and holds numerous positions on Statewide committees, including an appointment to the Governors No Place Like Home Advisory Board, CalAIM committee membership, Incompetent to Stand Trial Work Group and the Behavioral Health Stakeholder Advisory Committee. She is an Assistant Clinical Professor at Loma Linda School of Social Work & Social Ecology and a Professor at Mount Saint Mary’s University in the Social Work and Sociology programs.

Michael Hun
CEO of CalOptima

As Chief Executive Officer, Michael Hun is responsible for the mission of CalOptima, its systems and structures as well as overall strategic business, financial and community planning. He works collaboratively with CalOptima’s Board of Directors to implement the agency’s strategic vision and ensure its success. He oversees all aspects of the organization and maintains positive working relationships with member, provider and community representatives as well as federal, state and county agencies. Prior to joining CalOptima in November 2021, Hunn provided advisory services to a variety of health care clients ranging from health systems and hospitals to health plans and medical groups. He has more than 25 years of executive leadership experience in president or CEO roles for large hospitals and health plans in Southern California. He holds a bachelor’s degree in Philosophy from Cardinal Glennon College and a master’s degree in Systematic Theology from Kenrick Glennon Seminary, both in St. Louis, Missouri.

Andrew Do
Member of the Orange County Board of Supervisors in California

Supervisor Andrew Do represents Orange County’s First Supervisorial District, which includes the cities of Cypress, Fountain Valley, Garden Grove, Huntington Beach, Los Alamitos, La Palma, Seal Beach, Westminster, and the Unincorporated Communities of Midway City and Rossmoor.

Supervisor Andrew Do’s service to Orange County began when he joined the Public Defender’s office in 1990. In 1997, he joined the District Attorney’s office and served as a Deputy District Attorney in the Sexual Assault Unit. In 2007, Supervisor Do began his service as a Chief of Staff on the Orange County Board of Supervisors, before being elected County Supervisor in 2015.

Supervisor Do is currently the Chair of CalOptima and sits on the following Orange County committees: Orange County Transportation Authority, Orange County Criminal Justice Coordinating Council, Santa Ana River Flood Protection Agency, and the South Coast Air Quality Management District.
PLenary speakers

Housing

Tyler Sadwith
Assistant Deputy Director, Mental Health and Substance Use Disorder Services, DHCS

In June 2022, Tyler Sadwith was named Acting Deputy Director of Behavioral Health in the California Department of Health Care Services. In July 2021, Tyler Sadwith was appointed Assistant Deputy Director of Behavioral Health in the California Department of Health Care Services to help oversee the development of behavioral health care-related initiatives and services for Medi-Cal members.

Bennie Tinson
Executive Director of the Licensed Adult Residential Care Association (LARCA)

Bennie Tinson is a longtime community activist and organizer who has tirelessly advocated on behalf of vulnerable communities. Bennie Tinson is the Executive Director of the Licensed Adult Residential Care Association. He is the leading voice for over 210 licensed adult residential care facilities in Los Angeles County that serve disadvantaged adults and the elderly who are living with serious mental illness.

Bennie earned a Master’s degree in Public Policy at Pepperdine University, and a Bachelor of Arts degree in Political Science from St. Olaf College. He also studied abroad at Oxford University - Harris Manchester College in Oxford, England.

He is also a past recipient of the Woody Fleming & Willie (Motto) Robinson Award from the California Friends of the African American Legislative Caucus.
Stephanie Welch is the Deputy Secretary of Behavioral Health for the California Health and Human Services (CalHHS) Agency. In this role she acts as a senior advisor to the Secretary of CalHHS and other state departments on behavioral health policy. In addition, the Deputy Secretary builds bridges across various government sectors and with stakeholders from diverse perspectives. Stephanie has over two decades of experience in mental health policy, program administration, evaluation and advocacy both at the state and county level, working at organizations such as the California Mental Health Services Authority (CalMHSA), the County Behavioral Health Directors Association (CBHDA) and the California Council of Community Behavioral Health Agencies (CBHA). Stephanie holds an MSW from the University of Southern California and a BA in Sociology from the University of California, Davis.

Gigi R. Crowder, L. E., a native of Oakland, CA. is the mother of 2 biological children; 30 years old twin boys and has served as a foster mom and mentor to many more through divine interventions. Gigi served for over 9 years as the Ethnic Services Manager for Alameda County Behavioral Health Care Services and has worked in the Behavioral Health Care field for more than 30 years after completing her studies at the University of California, Berkeley. As a family member of several loved ones who have received private and public mental health services she is a strong advocate for promoting culturally responsive behavioral health services for all consumers and family members. Gigi is the Co-Founder of Mental Health Friendly Communities a faith-based, community defined, mental health education and stigma reduction curriculum. She advocates for all to receive more honoring and culturally responsive mental health services by utilizing natural resources such as those found in their respective faith/spiritual communities.

The day Taun Hall’s son Miles was shot and killed, she stepped into her life’s work: creating change to protect families from a system that failed her son. Since June 2, 2019, Taun has worked tirelessly with her husband Scott and daughter Alexis, to not only promote awareness of the problems embedded in the care for those living with mental illness, but to identify where the levers of change are. Since Miles death The Miles Hall Foundation was created. Their mission is to support and protect families by educating communities about mental illness and by protecting those suffering with mental illness from excessive use of force by law enforcement. Her work is supported by the FRIENDS OF SCOTT, ALEXIS and TAUN HALL, and JUSTICE FOR MILES HALL, which have volunteers and supporters from all over the country. Taun formed alliances with other families, organizations and politicians across the country who are working for change. She is a featured speaker and panelist on media and public and private events. Her message: Black lives matter; Black minds matter, her son Miles matters, and that change is possible and inevitable.

Eric Rafla-Yuan, M.D. is the 2021 American Psychiatric Association (APA) Jeanne Spurlock Congressional Fellow, and a voluntary assistant clinical professor in the Department of Psychiatry at the University of California San Diego, where he founded and led the psychiatry residency diversity committee. He graduated medical school and completed additional training in bioethics at the Vanderbilt University School of Medicine, and completed residency training at the UCSD Community Psychiatry Program. He currently serves on the APA Council of Advocacy and Government Relations, and previously served as the legislative director for the San Diego Psychiatric Society, and as a board trustee for the California State Association of Psychiatrists. He is based in Washington, DC, whereafter completion of his APA Congressional fellowship, he was instated as Health Counsel in the United States House of Representatives for the 117th session of Congress.
Michael Enenbach, MD  
Clinical Director and Associate Medical Director  
Child Mind Institute, San Francisco Bay Area

Dr. Enenbach comes to the Child Mind Institute from the University of California, Los Angeles, where he has worked for the past 12 years, most recently as an associate clinical professor in psychiatry. He is an expert in child and adolescent psychopharmacology and has an extensive background in cognitive behavioral therapy (CBT), dialectal behavior therapy (DBT), ADHD, LGBTQ mental health and autism spectrum disorder. He is also the president of Pride CAPA, the national organization of gay, lesbian, transgender and queer child psychiatrists. He was previously the president of the Southern California Society of Child and Adolescent Psychiatry chapter of the American Academy of Child and Adolescent Psychiatry.

Ignacio Hernandez  
LAHS CTE Teacher

Eva Munoz-Franco  
Counselor at Los Altos High School

Debbie Curtin  
BSHS  
Lead Teacher CEO/ CIS Medical Arts Program  
Cal-Hosa Advisor

Travis Mahan  
Glenview HS

LAHS Students

CIS is an alternative school serving children from TK thru 12th grade.

CIS has a Medical Arts CTE Program which serves students from 6th thru 12th grade.

The program has existed for seven years and is part of HOSA.
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| 11:30am-   | 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  | Dri Wang  
PharmD, BCPP  
Clinical and Scientific Director, Field Medical Affairs  
Otsuka Pharmaceutical Development & Commercialization  
Sharon Mair  
Regional Patient Lead, Greater California  
Otsuka Pharmaceutical Development & Commercialization |
| 12:30pm    |                                                                      |                                                                                                                                                                                                         |          |                                                                                                           |
| 11:30am-   | 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  | Dr. Vernita Black  
President  
NAMI Western Riverside County |
| 12:30pm    |                                                                      |                                                                                                                                                                                                         |          |                                                                                                           |
| 11:30am-   | 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  | Melissa Hannah  
Executive Director  
United Parents  
Steve Varner  
OAC Statewide Grant Coordinator  
United Parents  
Kayla Chey  
Fiscal Specialist  
United Parents |
<p>| 12:30pm    |                                                                      |                                                                                                                                                                                                         |          |                                                                                                           |</p>
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<td>2:00pm-3:00pm</td>
<td><strong>Nutrition for Mental Health</strong></td>
<td>This workshop will help teens, peers, family members and caretakers recognize how food impacts their mood and how easy it 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.</td>
<td>Salon 3</td>
<td>Anna Penido Co-Chair Whole Mind Symphony</td>
</tr>
<tr>
<td>2:00pm-3:00pm</td>
<td><strong>C.A.R.E. Together: A New Webinar Program Promoting Diversity, Equity, and Inclusion</strong></td>
<td>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.</td>
<td>Salon 4</td>
<td>Edward Portillo Program Coordinator NAMI Orange County Austin Messick Program Manager NAMI Orange County Amy Durham Chief Executive Officer NAMI Orange County</td>
</tr>
<tr>
<td>2:00pm-3:00pm</td>
<td><strong>Balanced Living</strong></td>
<td>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.</td>
<td>Salon 5</td>
<td>Kimberly Powers Ed.D Teacher/ Educator/ Author Ken Francis MS, LMFT Licensed marriage and family therapist</td>
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ASK THE DOCTORS

SCHIZOPHRENIA

Luis Sandoval, MD, MPH
Psychiatrist, Southern California Permanente Medical Group

Dr. Luis Sandoval completed a dual residency at the University of California San Diego in Psychiatry as well as Family Medicine, where he served as Chief Resident his final year. He was also the recipient of the John Majda Award for his work on Depression and Suicide as it affects clinicians. His career has led him to work in a variety of settings including clinics for the underserved and uninsured, direct patient care of the homeless population in San Diego, as well as Emergency Psychiatric Medicine at the county level. He currently works with outpatient Adult Psychiatry in Orange County at Kaiser Permanente, where he has been part of the hospital Consult Liaison Service, and serves as Co-Chair of the Bioethics Department. One of his strongest interests has been focusing on the mental health care of the Spanish Speaking population and the impact that mental health has in the minority communities and family. He has volunteered with NAMI where he was formerly on the Board of Directors for NAMI-OC, and currently enjoys giving educational talks on mental health topics to Spanish Speaking NAMI groups.

MOOD DISORDERS/DEPRESSION & BIPOLAR

Robert M. McCarron, D.O., DFAPA
Professor, Department of Psychiatry and Human Behavior, Director of Education, Susan Samuehi Integrative Health Institute, Associate Dean, Continuing Medical Education, Director, UCI Train New Trainers Primary Care Psychiatry Fellowship, University of California, Irvine School of Medicine

Robert McCarron, D.O., completed a dual residency in internal medicine and psychiatry at Rush University and received board certification in psychiatry, psychosomatic medicine and internal medicine. While on faculty at the University of California, Davis and Irvine Schools of Medicine, he started the only two California based combined internal medicine / psychiatry residency programs. In these roles, he received grant support to create and implement a “Med Psych” curriculum that can be used in the public mental health system by psychiatry residency training programs.

Dr. McCarron now serves as Professor, Department of Psychiatry and Behavioral Medicine and Assistant Dean, Continuing Medical Education at the University of California, Irvine School of Medicine. He is also Director of Education for the UCI Susan Samuehi Integrative Health Institute. He serves on the ACGME Residency Review Committee for Psychiatry and is Medical Director for Mind OC. Dr. McCarron is a California National Alliance on Mental Illness (NAMI) Board Member.

CHILDREN/adoLESCENTS

Nisha Warikoo, MD
Specialties: Psychiatry, Child & Adolescent Psychiatry
University of California, Irvine
Co-Director, UCI / UC Davis Train New Trainers Primary Care Psychiatry Fellowship

Nisha Warikoo, MD is the Founder and Director of Monarch Psychiatry and Wellness Centers. She is an award-winning, board-certified Child, Adolescent and Adult Psychiatrist. Dr. Warikoo is known for her through diagnostic approach across various stages of development as well as the ability to provide compassionate, evidence-based and well-rounded treatment for the patients and families she sees. Dr. Warikoo is committed to promote mental health literacy amongst the patients, families and the community at large. She has published popular scientific articles and book chapters in the areas of autism, ADHD, schizophrenia, treatment adherence, depot antipsychotics as well as tardive dyskinesia.

Dr. Warikoo is a regional expert in Autism, ADHD and mood disorders and spends much of her time consulting and training primary care and other specialties on the best practices in management in those with psychiatric comorbidities. Dr. Warikoo is Faculty at TNT program, UCI Health, dedicated to training front line primary care providers in the basics of child mental health, diagnosis and management. She has been nominated by her peers for Orange County Physician of Excellence Award five years in row and was awarded this prestigious recognition in 2019 as well as GHP Mental Health Awards 2022 for the best evidence-based Mental Health Provider, Orange County.

ANXIETY

John Luo, M.D.
Director of Emergency & Consultation-Liaison Psychiatry
University of California Irvine Medical Center

John Luo, M.D. is the Director of Emergency & Consultation-Liaison Psychiatry at the University of California Irvine Medical Center. He is on faculty as a Health Sciences Clinical Professor of Psychiatry at the University of California Irvine School of Medicine. Dr. Luo is an internationally recognized educator and expert on behavioral health informatics. He has presented at numerous conferences, written books and articles on technology use in mental health, and he has been recognized locally and nationally for excellence in teaching. Dr. Luo completed a medical informatics fellowship at the UC Davis Department of Psychiatry as well as a fellowship in medical education at the UCLA School of Medicine. He was chief resident and resident at the Harbor-UCLA Medical Center in Psychiatry and received his medical degree from the University of Texas Medical Branch at Galveston. He is board certified in general psychiatry and clinical informatics.

#NAMICA #AnnualConference
CONFERENCE INFORMATION & TIPS

DISCLAIMER
The views expressed at NAMI California Annual Conference 2022 workshops and presentations do not necessarily reflect the views nor policy of NAMI California, the Board of Directors, or staff. NAMI California does not endorse sponsors or presenters.

POWERPOINTS FROM PRESENTATIONS
PowerPoints from workshop and plenary presentations will be available by the end of September 2022.

DO’S AND DON’TS

Do turn cellphones and other electronic communication devices to vibrate or mute when attending a session as a courtesy to all convention attendees and speakers.

Do wear your name badge at all times during the conference. It is required for entrance into the exhibit hall and sessions.

Do tweet and use social media to talk about the conference with #namiconca, #teamNAMICA #teamNAMICalifornia.

Do ask for assistance if needed. NAMI California staff members (wearing silver name badges) and volunteers are here to help.

Do wear a mask and practice social distancing when you can.

Do wash your hands frequently and use hand sanitizer provided throughout the hotel.

Don’t record the workshops and presentations unless specifically authorized by the presenter.

PHOTOGRAPHY & LIABILITY RELEASE
Photographs, videos, audio recordings and other content from this event may be used for illustration, promotion, art, editorial, advertising, trade, publishing, or any other purpose. By attending, you hereby release, discharge, and agree to hold harmless the Event Producer, legal representatives and assigns, and all persons acting under the Event Producer’s authority.

DINING
For dining options, please visit the hotel concierge.

LOST AND FOUND
Check with hotel security about lost items.

NAMI CALIFORNIA RESOURCES
Information about NAMI California services, policy issues, educational programs, and local affiliates is available online at www.namica.org.
NAMI SCC Growth:
- Carol and her husband Jim joined the Santa Cruz County NAMI affiliate in 2003. In the early days, they ran it out of the trunk of their car and an office in their home. They worked together, with Carol taking the lead role, to grow the free NAMI Santa Cruz County programs, services, and support groups. Since that time, Carol has:
  - developed partnerships with community organizations, mental health providers and government officials, which made NAMI more visible and respected as a strong education, support and advocacy force in the community.
  - grew the board and recruited, trained and supported volunteers, going from 6 volunteers in 2005 to 60 active volunteers in 2022!
  - created a website, started a formal budget and started the fundraising program
  - grew the budget by 20,000%!
  - grew the organization from all-volunteer to a staff of 25
  - grew the programs from a few signature NAMI programs to 10 programs in English and in Spanish serving 6,700 community members
  - established and grew NAMISCC’s (now flourishing) Peer Programs – Including Ending the Silence, In Our Own Voice, NAMI Connections, Ambassadors, and Peer to Peer.
  - created and enhanced NAMI programs in South County (in English and Spanish). Hired Spanish speaking employees and volunteers to build a bridge between North and South County.

Carol’s Community Advocacy Work:
- In 2017, Carol led a task force to work with Telecare to improve services and create a collaborative partnership with the facility and the Telecare corporation.
- Carol successfully advocated for - and helped to coordinate Crisis Intervention Training for local law enforcement. Through this program, NAMI trained officers in our community to appropriately respond to mental health crises.
- Carol was an instrumental part of the team that rallied to save Second Story, a local peer-run respite house that was about to lose its funding in 2017.
- Carol diligently represented the voice and issues of NAMI in important civic and governmental spaces, steadily advocating for things such as housing, crisis intervention and prevention, jail diversion, peer support, funding for mental health, and more.
- Over the years, Carol volunteered her time with thousands of families helping them through difficult situations with their loved ones who were experiencing a mental health crisis.
- Carol represented NAMISCC at countless conferences, community gatherings, churches, and universities.

“Carol is an inspiration. Her kindness, love and relentless spirit is exactly what our community needs to heal and grow. My life (and the lives of so many others) is forever changed because she exists.”

- Melissa Watrous, current Board Member

LIFETIME ACHIEVEMENT AWARD
Carol Williamson
NAMI Santa Cruz
“The world should be populated with Carol Williamsons.”

#NAMICA  #AnnualConference
Join us for our
2023 Annual Conference
at the
Sheraton Grand
in Sacramento

NAMI California
National Alliance on Mental Illness