2023 CONFERENCE

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THANK YOU TO OUR SPONSORS

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As the summer heat engulfs us, I can’t help but reflect on the sacrifices we make as caregivers. The weight of our responsibilities can feel unbearable at times, much like the scorching sun beating down on us. As I braved the blast of heat going to the car to run another errand, it struck me how much we give of ourselves in our caregiving journey.

We dedicate our time, energy, and hearts to those we care for, often at the expense of our own well-being. The cool breezes of self-care and the warmth of personal fulfillment can sometimes fade from our memories, overshadowed by the all-encompassing nature of caregiving. It’s in moments like these, sitting in my hot car, waiting for relief, that I contemplate the toll it takes on our mental health.

The losses we encounter on this journey are profound. We lose precious moments with our loved ones, the dreams we had for ourselves take a backseat, and we find ourselves navigating a care system that often strips us of our dignity. The weight of it all can dim our sense of hope, leaving us questioning if things will ever improve.

But it is within our NAMI family that I find solace and strength. Each of you, in your own way, reminds me that I am not alone. Our shared experiences, both the highs and lows, bind us together. We understand the challenges, sacrifices, and moments of despair that can overwhelm us.

At NAMI, we find purpose in our loss. We channel our energy into advocating for others, supporting one another, and ensuring that the next caregiver doesn’t have to endure what we’ve been through. NAMI programs and advocacy efforts provide us with a platform to make a difference, to transform our pain into purpose.

Amid loss, we can also discover hope. Just as rock bottom can become a turning point in addiction recovery, our losses can lead us to new paths we never imagined. These paths may not align with our initial plans or expectations, but they have the potential to bring us greater fulfillment and growth. By embracing our losses and learning from them, we can find our way through the darkness.

As I embark on my thirteenth year with NAMI, I am reminded that each one of you is my guiding light. Your presence, your stories, and your unwavering support give me the strength to keep going. No matter where you are on your own caregiving journey, please remember that your light matters more than you can ever comprehend. Even when it feels dimmed, know that it serves as a lifeline to someone else who may be struggling in complete darkness.

Thank you for being part of this incredible NAMI family. Your resilience, compassion, and understanding make all the difference. Together, we will never forget, never regret, and always take steps forward. We may face challenges, but we face them together, knowing that we are not alone.

Jessica Cruz MPA/HS
Chief Executive Officer
NAMI California
2023-2024 BOARD OF DIRECTORS

We are excited to welcome our new 2023-2024 Board of Directors to our team!

We would like to thank the members of the 2022-2023 NAMI California Board of Directors for their hard work and dedication to the NAMI California mission and vision.
## CONFERENCE AT-A-GLANCE AGENDA

### Thursday, August 24 - Conference Day 1

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:30am</td>
<td>Registration Opens</td>
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</tbody>
</table>
| 9:00am - 10:30am | General Session  
Opening  
Land Acknowledgement  
CEO Welcome  
Keynote - Dr. Mondo (Armando González)  
Founder & CEO of Cheatcode |
| 10:45am - 11:45am | Plenary Sessions |
| 11:45am - 1:30pm | Lunch |
| 12:00pm - 1:15pm | Connections Support Group |
| 1:30pm - 2:30pm | Plenary Sessions |
| 2:45pm - 3:45pm | Ask the Doctor Workshops |
| 6:30pm - 7:30pm | Comedy Show |

### Friday, August 25 - Conference Day 2

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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</table>
| 9:00 am-9:45 am | General Session  
NAMI California Board President  
Keynote-Yasmine Cheyanne, Author of “The Sugar Jar” |
| 10:15am - 11:15am | Ask the Doctor Workshops |
| 11:15am - 12:00pm | Meet with the Doctors |
| 12:00pm - 1:30pm | Lunch |
| 12:15pm - 1:15pm | Connections Support Group |
| 1:30pm - 2:30pm | Workshops |
| 3:00pm - 4:00pm | Workshops |
CONFERECE HOURS

Welcome Center

**Clark Room**
- Thursday, Aug. 24 8:00am - 4:00pm
- Friday, Aug. 25 8:00am - 4:00pm
  - Reading Materials
  - Quiet Space
  - Art & Crafts
  - Comfortable Chairs
  - Consumer Council Information
  - Information You Can Use

Exhibitor Tables

**Grand Nave Foyer**
- Thursday, Aug. 24 8:00am - 4:00pm
- Friday, Aug. 25 8:00am - 4:00pm

Connections Support Groups

**In the Welcome Center- Clark Room**
- Thursday, Aug. 24 12:00pm - 1:15pm
- Friday, Aug. 25 12:15pm - 1:15pm

Registration Desk

**Grand Nave Foyer**
- Wednesday, Aug. 23 3:00pm - 5:00pm
- Thursday, Aug. 24 8:00am - 4:00pm
- Friday, Aug. 25 8:00am - 12:00pm

**Lower Level**

**Lobby Level**
- Public Market Bar
- Glide’s Event Space

**Level 2**
- Morgan’s
- Grand Nave Foyer

**Level 3**
- Kamiros
- Hendricks
- Baker

**Level 4**
- Sheraton Fitness
- Swimming Pool
- Executive, Sales & Events Office
## CONFERENCE AGENDA

### Thursday, August 24, 2023

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
<th>Presenter</th>
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</table>
| 9:00am        | Opening                                         | Magnolia/Camellia| Isaac Gonzalez  
President, NAMI Sacramento                                                |
| 9:05am - 9:10am| Land Acknowledgment Statement                   | Magnolia/Camellia| Steven Hutchason  
Tribal Historic Preservation Officer (THPO)  
Cultural Preservation Department, Wilton Rancheria |
| 9:10am - 9:20am| CEO Opening                                     | Magnolia/Camellia| Ella Cruz  
Youth Mental Health Advocate                                                  |
| 9:20am - 9:40am| Welcome & Intro                                 | Magnolia/Camellia| Jessica Cruz, MPA/HS  
CEO, NAMI California                                                            |
| 9:40am - 10:30am| Keynote Speaker                                | Magnolia/Camellia| Dr. Mondo Gonzalez  
Founder & CEO of Cheatcode                                                      |
| 10:30am       | Close                                           | Magnolia/Camellia| Isaac Gonzalez  
President, NAMI Sacramento                                                      |

### Plenaries
**10:45am - 11:45am**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
<th>Presenter</th>
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| 10:45am - 11:45am| An Overview of the Council on Criminal Justice and Behavioral Health (CCJBH): Current Legislative Recommendations and Project Updates | Beavis   | Brenda Grealish  
Executive Officer, Council on Criminal Justice and Behavioral Health (CCJBH) |
| 10:45am - 11:45am| State of State of California’s Behavioral Health Agenda                | Gardenia | Stephanie Welch  
Deputy Secretary, Behavioral Health for the California Health and Human Services (CalHHS) Agency |

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### Conference Agenda

#### Thursday, August 24, 2023 continued

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<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
<th>Presenter</th>
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<tbody>
<tr>
<td><strong>Spiritual &amp; Self Care 1</strong></td>
<td>Stories, Practices, and Implications of Faith and Mental Illness</td>
<td>Bondi</td>
<td>Paul Lu NAMI Orange County FaithNet Volunteer Coordinator Former Vice President NAMI California Board of Directors</td>
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<tr>
<td>10:45am - 11:45am</td>
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<tr>
<td><strong>Hot Topic</strong></td>
<td>988 and Crisis Response</td>
<td>Batagli</td>
<td>Dr. Jonathan Porteus Chief Executive Officer WellSpace Health</td>
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<td>10:45am - 11:45am</td>
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<tr>
<td><strong>Spanish 1</strong></td>
<td>Disminución del estigma en la comunidad LatinX</td>
<td>Carr</td>
<td>Jessie Armenta Clinical Director, LMFT La Familia Counseling Center</td>
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<tr>
<td>10:45am - 11:45am</td>
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<tr>
<td><strong>Lunch - On Your Own</strong></td>
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<tr>
<td>11:45am - 1:30pm</td>
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<tr>
<td><strong>Criminal Justice 2</strong></td>
<td>Surviving Familial Incarceration</td>
<td>Beavis</td>
<td>Tamika Carter Founder Advantage Public Institute</td>
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<tr>
<td>1:30pm - 2:30pm</td>
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<tr>
<td><strong>Crisis 2</strong></td>
<td>Working with Law Enforcement to improve CIT Training</td>
<td>Batagli</td>
<td>Chris Roup Director of Programs of CIT International</td>
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<tr>
<td>1:30pm - 2:30pm</td>
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<tr>
<td><strong>Spiritual &amp; Self Care 2</strong></td>
<td>The Importance of Self-Care and Boundaries for Mental Health</td>
<td>Bondi</td>
<td>Dr. Corrine McIntosh-Sako President of the Sacramento Valley Psychological Association</td>
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<tr>
<td>1:30pm - 2:30pm</td>
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<tr>
<td><strong>Hot Topic</strong></td>
<td>Update on the Progress with CARE Act</td>
<td>Gardenia</td>
<td>Ivan Bhardwaj Chief Medi-Cal Behavioral Health – Policy Division California Department of Health Care Services</td>
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<tr>
<td>1:30pm - 2:30pm</td>
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# CONFERENCE AGENDA

**Thursday, August 24, 2023 continued**

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<th>Time</th>
<th>Event</th>
<th>Location</th>
<th>Presenter</th>
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<tbody>
<tr>
<td><strong>Spanish 2</strong></td>
<td>1:30pm - 2:30pm</td>
<td>Carr</td>
<td><strong>Isabel Sierra</strong>&lt;br&gt;Associate Professional Clinical Counselor/AMFT</td>
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<tr>
<td></td>
<td>Los Efectos de la Deportación para las Familias y las Comunidades</td>
<td></td>
<td><strong>Rosa Alvarez</strong>&lt;br&gt;Spanish Program Coordinator&lt;br&gt;Los Efectos de la Deportación en las Familias y comunidades&lt;br&gt;NAMI Urban Los Angeles</td>
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<tr>
<td><strong>30 Minute Intermission Break</strong></td>
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<tr>
<td><strong>Ask the Doctor</strong></td>
<td>2:45pm - 3:45pm</td>
<td>Beavis</td>
<td><strong>Dr. John Onate</strong>&lt;br&gt;Professor &amp; Director of Integrated Behavioral Health Sacramento County Health Center, UC Davis</td>
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<tr>
<td></td>
<td>Schizophrenia</td>
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<tr>
<td><strong>Ask the Doctor</strong></td>
<td>2:45pm - 3:45pm</td>
<td>Gardenia</td>
<td><strong>Robert M. McCarron, D.O.</strong>&lt;br&gt;Professor, Department of Psychiatry and Human Behavior&lt;br&gt;Director of Education, Susan Samueli Integrative Health Institute&lt;br&gt;Associate Dean, Continuing Medical Education Director, UCI Train New Trainers Primary Care Psychiatry Fellowship&lt;br&gt;University of California, Irvine School of Medicine</td>
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<td></td>
<td>Mood Disorders/ Depression &amp; Bipolar</td>
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<tr>
<td><strong>Ask the Doctor</strong></td>
<td>2:45pm - 3:45pm</td>
<td>Bataglieri</td>
<td><strong>TBD</strong></td>
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<td></td>
<td>Children/Adolescents</td>
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<tr>
<td><strong>Ask the Doctor</strong></td>
<td>2:45pm - 3:45pm</td>
<td>Bondi</td>
<td><strong>Tom Okamoto, MD</strong>&lt;br&gt;Board Certified Adult Psychiatrist&lt;br&gt;Specialty in Adolescent Psychiatry&lt;br&gt;Assistant Clinical Professor in Psychiatry&lt;br&gt;UC Irvine Medical School Immediate Past Chair, Christian Medical and Dental Association, Psychiatry Section&lt;br&gt;Distinguished Life Fellow, American Psychiatric Association</td>
</tr>
<tr>
<td></td>
<td>Anxiety</td>
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| 2:45pm - 3:45pm | Preguntar El Doctor | Carr         | Dr. Emma Zavala-Suarez  
Associate Chief Resident  
Physician, Psychiatry &  
Behavioral Science at UC  
Davis Health             |

**Comedy Show**

6:30pm - 7:30pm  
Camellia

### Friday, August 25, 2023

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<thead>
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</table>
| 9:00am - 9:05am | General Session | Magnolia/Camellia | Isaac Gonzalez  
President  
NAMI Sacramento |
| 9:05am - 9:15am | General Session | Magnolia/Camellia | Chief Joseph Farrow  
NAMI CA Board President  
Chief of Police at the  
University of California,  
Davis |
| 9:15am - 9:45am | General Session | Magnolia/Camellia | Yasmine Cheyanne  
Author of “The Sugar Jar” |
| 10:15am - 11:15am | Ask the Doctor  
Schizophrenia | Bevis         | Tom Okamoto, MD  
Board Certified Adult  
Psychiatrist  
Specialty in Adolescent  
Psychiatry  
Assistant Clinical Professor  
in Psychiatry  
UC Irvine Medical School  
Immediate Past Chair,  
Christian Medical and  
Dental Association,  
Psychiatry Section  
Distinguished Life Fellow,  
American Psychiatric  
Association |
| 10:15am - 11:15am | Ask the Doctor  
Mood Disorders/ Depression &  
Bipolar | Bondi         | Dr. John Onate  
Professor & Director of  
Integrated Behavioral Health  
Sacramento County Health  
Center, UC Davis |
<table>
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<tr>
<th>Time</th>
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<th>Location</th>
<th>Presenter</th>
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<tbody>
<tr>
<td>10:15am -</td>
<td><strong>Ask the Doctor</strong></td>
<td></td>
<td><strong>Adrienne Maguire, MD</strong> Child and Adolescent Psychiatry Fellow PGY-4 UCDHS Dept of Psychiatry and Behavioral Sciences</td>
</tr>
<tr>
<td>11:15am</td>
<td>Children/Adolescents</td>
<td>Bataglieri</td>
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<tr>
<td>10:15am -</td>
<td><strong>Ask the Doctor</strong></td>
<td></td>
<td><strong>Robert M. McCarron, D.O.</strong> Professor, Department of Psychiatry and Human Behavior Director of Education, Susan Samuei Integrative Health Institute Associate Dean, Continuing Medical Education Director, UCI Train New Trainers Primary Care Psychiatry Fellowship University of California, Irvine School of Medicine</td>
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<tr>
<td>11:15am</td>
<td>Anxiety</td>
<td>Gardenia</td>
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<tr>
<td>11:15am -</td>
<td><strong>Meet the Doctors</strong></td>
<td></td>
<td><strong>Tom Okamoto, MD</strong> Board Certified Adult Psychiatrist Specialty in Adolescent Psychiatry Assistant Clinical Professor in Psychiatry UC Irvine Medical School Immediate Past Chair, Christian Medical and Dental Association Psychiatry Section Distinguished Life Fellow, American Psychiatric Association</td>
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<tr>
<td>12:00pm</td>
<td>Schizophrenia</td>
<td>Beavis</td>
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<tr>
<td>11:15am -</td>
<td><strong>Meet the Doctors</strong></td>
<td></td>
<td><strong>Dr. John Onate</strong> Professor &amp; Director of Integrated Behavioral Health Sacramento County Health Center, UC Davis</td>
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<tr>
<td>12:00pm</td>
<td>Mood Disorders/ Depression &amp; Bipolar</td>
<td>Bondi</td>
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<tr>
<td>11:15am -</td>
<td><strong>Meet the Doctors</strong></td>
<td></td>
<td><strong>Adrienne Maguire, MD</strong> Child and Adolescent Psychiatry Fellow PGY-4 UCDHS Dept of Psychiatry and Behavioral Sciences</td>
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<tr>
<td>12:00pm</td>
<td>Children/Adolescents</td>
<td>Bataglieri</td>
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**CONFERENCE AGENDA**

Friday, August 25, 2023

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<th>Time</th>
<th>Event</th>
<th>Location</th>
<th>Presenter</th>
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</table>
| 11:15am -    | Meet the Doctors                           | Gardenia | Robert M. McCarron, D.O.  
Professor, Department of Psychiatry and Human Behavior  
Director of Education, Susan Samuelsi Integrative Health Institute  
Associate Dean, Continuing Medical Education  
Director, UCI Train New Trainers Primary Care Psychiatry Fellowship  
University of California, Irvine School of Medicine  |
| 12:00pm      |                                            |          |                                                                                                                                           |
| 11:15am -    | Meet the Doctors                           |          |                                                                                                                                           |
| 12:00pm      | Lunch                                      |          |                                                                                                                                           |
| 12:00pm -    | Workshops                                  |          |                                                                                                                                           |
| 1:30pm - 2:30pm | Breakout 1  
Addressing Individual and Community Trauma under Anti-Asian Hate | Beavis   | Elaine Peng  
Executive Director & Founder Mental Health Association for Chinese Communities (MHACC)  |
| 1:30pm - 2:30pm | Breakout 2  
Caring for the Caregivers: From Brokenhearted to Belonging using the Raregivers™ Emotional Journey Map | Bondi    | Cristol Barrett O’Loughlin  
Founder and CEO Angel Aid  |
| 1:30pm - 2:30pm | Breakout 3  
Self-Advocacy In The Workplace: How To Get Reasonable Accommodation Without A Lawyer, And What To Do If Your Employer Screws It Up | Bataglieri | Marilynn Mika Spencer  
Attorney-at-Law M M Spencer Law Offices  
Wendy Musell  
Attorney-at-Law Law Offices of Wendy Musell  |
| 1:30 pm -    | Breakout 4  
How to share mental health stories in a positive way | Gardenia | Autumn Payne  
Founder, Ethical Narrative  
Tamara Knox  
Director of Ethics and Social Responsibility  |
| 2:30pm       |                                            |          |                                                                                                                                           |
CONFERENCE AGENDA
Friday, August 25, 2023
continued

<table>
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<tr>
<th>Breakout 5</th>
<th>Time</th>
<th>Event</th>
<th>Location</th>
<th>Presenter</th>
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<tbody>
<tr>
<td></td>
<td>1:30pm-2:30pm</td>
<td>Who will care when I’m not there</td>
<td>Carr</td>
<td>John Buck</td>
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<td>Board Member, Proxy Parent Foundation</td>
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<td>Baron Miller,Esq.</td>
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<td>Board Member, Proxy Parent Foundation</td>
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<td>Attorney in Private Practice</td>
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<td>Randall Hagar Proxy</td>
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<td>Board Member, Proxy Parent Foundation</td>
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<thead>
<tr>
<th>Breakout 6</th>
<th>Time</th>
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<th>Location</th>
<th>Presenter</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>3:00pm - 4:00pm</td>
<td>Mental Health Stigma in Culturally Diverse Communities</td>
<td>Beavis</td>
<td>Thu Tran</td>
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<td>Project Manager</td>
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<td>Boat People SOS Center For Community Advancement</td>
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<td>Vivian Lu</td>
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<td>Program coordinator at BPSOS</td>
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<thead>
<tr>
<th>Breakout 7</th>
<th>Time</th>
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<tbody>
<tr>
<td></td>
<td>3:00pm - 4:00pm</td>
<td>Caregivers and Mental Health Stigma</td>
<td>Gardenia</td>
<td>Saundra Boyd</td>
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<td></td>
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<td>Mental Health Caregiver</td>
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<td></td>
<td>Coach</td>
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<td>Caregivers Haven</td>
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<thead>
<tr>
<th>Breakout 8</th>
<th>Time</th>
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<th>Location</th>
<th>Presenter</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>3:00pm - 4:00pm</td>
<td>The Peer and Clinicians Training Program</td>
<td>Bataglieri</td>
<td>Dr. Ehsan Gharadjedaghi</td>
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<td>Founder/Clinical Director</td>
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<td>Norooz Clinic Foundation</td>
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<td>Orlando Vera</td>
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<td>Founder of Peer Voices of Orange County (PVOC)</td>
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<td>Peers and Clinicians Collaborative Alliance</td>
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<thead>
<tr>
<th>Breakout 9</th>
<th>Time</th>
<th>Event</th>
<th>Location</th>
<th>Presenter</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>3:00pm - 4:00pm</td>
<td>Reaching out to the Wider Community: helpline initiatives</td>
<td>Bondi</td>
<td>Patricia Wentzel</td>
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<td>NAMI Sacramento County</td>
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<th>Breakout 10</th>
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<td></td>
<td>3:00pm - 4:00pm</td>
<td>Brains and Perceptions</td>
<td>Carr</td>
<td>Maureen Andrea Powers</td>
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KEYNOTE SPEAKERS

Yasmine Cheyenne

Yasmine Cheyenne is a self-healing educator, author, speaker, and mental wellness advocate committed to helping people build healthy, and joyful lives. Yasmine launched The Sugar Jar® Community app, a safe space to develop self-awareness, learn boundaries, and find resources to support your mental health. Yasmine’s book, The Sugar Jar: Create Boundaries, Embrace Self-Healing, and Enjoy the Sweet Things in Life (Harper Collins), shows readers that through little adjustments to set boundaries and nurture our energy, we can create more balance and joy in our lives.

Born and raised in Brooklyn, NY, Yasmine enlisted in the United States Air Force and served in the Judge Advocate General’s Corps AKA JAG, their legal department. During her time at JAG, one of her roles was serving as the Victim Advocate for the base, supporting victims of crime and domestic violence. She also began her own personal healing work, as she started to recognize her own traumas through holding space for the traumas of others. Using her knowledge from her role at the JAG corp, Yasmine then worked for the Fortune 100 company Mercer before switching to the Department of Veterans Affairs. Throughout her time with both JAG and the VA, a curiosity was ignited in Yasmine where she realized she wanted to learn how to live a more joyful life. With that curiosity and desire to help others self-heal, as well as 15 years of business and legal experience, Yasmine launched her mental wellness practice in 2013.

Yasmine has also served as a victim’s advocate, supporting victims of domestic violence and sexual assault as well as being an active voice of the Black Lives Matter movement. One of her goals is to provide accessible self-healing workshops for these communities. She currently lives near Washington, DC, with her husband and two children.

Dr. Mondo

Dr. Mondo (Armando González) is the Founder & CEO of Cheatcode—a concierge mental wellness program that unlocks athletes, entertainers’ and executives’ peak mental performance with clientele such as Olympian Lindsey Vonn, MLB All-Star Dansby Swanson, and the Tennessee Titans. In addition, Dr. Gonzalez is the Founder of The Cheatcode Foundation—a nonprofit determined to end stigma and increase access to transformational mental health services in underserved communities.

Dr. Mondo is a Licensed Marriage & Family Therapist, Speaker, Professor, and Academic Researcher. He holds a Doctorate of Psychology in Marriage & Family Therapy from Alliant International University and a Bachelor of Science in Psychology from Sacramento State University.
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<tr>
<th>Plenary Tracks</th>
<th>Title</th>
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<tr>
<td>Crisis 1</td>
<td>State of State of California's Behavioral Health Agenda</td>
<td>In response to the growing statewide need for accessible, equitable, and affordable behavioral health services, California is implementing major policy reforms as well as historic investments in infrastructure and workforce to ensure that all Californians have access to the services they need. These efforts include billions of dollars in infrastructure funding for programs such as the Behavioral Health Continuum Infrastructure Program and Behavioral Health Bridge Housing, substantial transformations to the state's Medi-Cal program via CalAIM, and a large array of workforce development initiatives to hire, train, and advance a diverse behavioral health workforce. Governor Newsom has also proposed reforms to the Mental Health Services Act that would address remaining gaps in the continuum of care for the most vulnerable Californians through new funding for housing, community-based care, and workforce, as well as expanding services for those with debilitating substance use conditions and strengthening county accountability measures. Deputy Secretary of Behavioral Health Stephanie Welch will share an update on these historic efforts and present attendees with a road map for continued large-scale improvements to California's behavioral health system.</td>
<td>Stephanie Welch, MSW Deputy Secretary of Behavioral Health California Health and Human Services Agency</td>
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<td>Crisis 2</td>
<td>Best Practices of Crisis Response... Going Beyond CIT Training</td>
<td>In this plenary session, you will learn about the best practices of crisis response systems and the importance of crisis systems reform for your community and effectively utilizing 988. You will also learn how to engage key stakeholders to support effective de-escalation training, as well as the development of a robust system of care. You will know how to advocate for training and so much more to ensure community members receive the most compassionate, most effective, and least intrusive response in the lives of those living with behavioral health conditions.</td>
<td>Chris Roup Director of Programs, Crisis Response Programs and Training</td>
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<td>Criminal Justice 1</td>
<td>An Overview of the Council on Criminal Justice and Behavioral Health (CCJBH): Current Legislative Recommendations and Project Updates</td>
<td>The Council on Criminal Justice and Behavioral Health (CCJBH) Councilmember, Anita Fisher, and Executive Officer, Brenda Grealish, will provide an overview of CCJBH's 21st Annual Legislative Report, including recommendations made to the California Legislature on juvenile justice and diversion/reentry and project highlights that directly impact justice-involved individuals with behavioral health needs.</td>
<td>Anita Fisher Chief Executive Officer Fisher Mental Health Consulting Brenda Grealish Executive Officer Council on Criminal Justice and Behavioral Health (CCJBH)</td>
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| Criminal Justice 2 | Surviving Familial Incarceration | There are nearly 2 million people in the United States living in penal institutions. For everybody being detained there is typically one or more hearts that are grieving the loss of a wayward loved one. The socio-emotional impact of being separated from partners, children, or parents is compounded by the shame of their criminal involvement. Systems of care must be equipped to meet the diverse needs of consumers presenting them with the resultant mood disorders and trauma. Our work with the Tondalao Hall case exemplifies the community-centric services necessary to support individuals and families through incarceration, release, and reintegration. | Tamika J. Carter  
Founder  
Advantage Public Institute (API) |
| Spanish 1 | Disminución del estigma en la comunidad latina X | The Latinx community is rich in culture, history, and diversity, but despite their contributions to society, they often encounter misconceptions, prejudice, and discrimination. The stigma surrounding mental health, immigration status, language barriers, and cultural traditions often leads to isolation, reduced access to resources, and limited opportunities for growth and empowerment. This session will address the stigma around mental health in the Latinx community, we will emphasize the importance of mental well-being and seek to break down the barriers that prevent individuals from seeking support. | Jessie Armenta  
Clinical Director, LMFT  
La Familia Counseling Center |
| Spanish 2 | Los Efectos de la Deportación para las Familias y las Comunidades | A workshop that will discuss the impact of deportation on the mental health of individuals and families. Attendees can learn about the realities of immigration and its impact on individuals and communities. The goal of the workshop is to create a safe space for open dialogue and discussions about important issues related to immigration, as well as to educate and inform the audience about the unique perspectives of immigrants. Join us to learn how we can work together to support those affected by deportation and provide them with the care they need. | Isabel Sierra  
Associate Professional Clinical Counselor  
Mountain Counseling and Training  
Rosa Alvarez  
Spanish Program Coordinator  
NAMI Urban Los Angeles |
Spiritual & Self Care 1

**Stories, Practices, and Implications of Faith and Mental Illness**

Have you ever wondered if faith and spirituality can be a part of an overall mental health program? Have you considered seeking mental health medical professionals who are spiritually matched for yourself and/or your loved ones? Have you thought about how to go about starting and growing a mental health ministry at a faith organization?

Join us for a session to discuss stories, practices, and implications on Faith and Mental Illness. Tom Okamoto will share stories and discuss the benefits of matching with like-minded, spiritually grounded mental health professionals. Tom will direct the audience in discussions and an information gathering session. Luan will share her stories and best practices for starting and growing mental health ministries. Paul will share stories, practices, and implications on conducting spiritual formation practices in mental health facilities.

**Speaker**
- **Paul Lu**
  - NAMI Orange County FaithNet Volunteer Coordinator
  - Former Vice President NAMI California Board of Directors
- **Luan Sy, MSW**
  - Content and Program Director
  - Kay Warren’s Acts of Mercy Foundation
- **Tom Okamoto**
  - NAMI California Board Member

Spiritual & Self Care 2

**The Importance of Self-Care and Boundaries for Mental Health**

Most of us are much better at taking care of others than we are at taking care of ourselves. And yet, practicing self-care - such as setting compassionate boundaries - is a vital ingredient to our mental wellness. This presentation will help you learn the importance of self-care, identify at least three specific self-care strategies you can implement, and help you think of boundaries as ways to connect with others while you protect your mental health.

**Speaker**
- **Dr. Corrine Sako**
  - President
  - Sacramento Valley Psychological Association

Hot Topics 1

**988 and Crisis Response**

Jonathan Porteus, PhD and Chief Executive Officer of WellSpace Health will discuss WellSpace Health's role serving as the primary 988 dispatch for all of Northern California and progress made, and further opportunities to support crisis response.

**Speaker**
- **Dr. Jonathan Porteus**
  - Chief Executive Officer
  - WellSpace Health

Hot Topics 2

**Update on the Progress with CARE Act**

Senate Bill (SB) 1338 (Chapter 319, Statutes of 2022) established the Community Assistance, Recovery, and Empowerment (CARE) Act, which provides community-based behavioral health services and supports to Californians living with untreated schizophrenia spectrum or other psychotic disorders through a new civil court process. CARE is intended to serve as an upstream intervention for the most severely impaired Californians to prevent avoidable psychiatric hospitalizations, incarceration, and Lanterman-Petris-Short Mental Health Conservatorship. The California Department of Health Care Services will be presenting on the CARE Act and providing the latest implementation updates.

**Speaker**
- **Ivan Bhardwaj**
  - Chief Medi-Cal Behavioral Health – Policy Division
  - California Department of Health Care Services
PLENARY SPEAKERS

CRISIS

Stephanie Welch, MSW
Deputy Secretary of Behavioral Health
California Health and Human Services Agency

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. Prior to this role, Stephanie was the Executive Officer of the Council on Criminal Justice and Behavioral Health (CCJBH) based in the Office of the Secretary at the California Department of Corrections and Rehabilitation (CDCR).

Chris Roup
Director of Programs, Crisis Response Programs and Training

Chris is the Director of Programs for Crisis Response Programs and Training, a new corporation that provides technical assistance for crisis response systems and training at all crisis response intercept points. She has been involved with CIT, crisis intervention teams, and programs for the past nine years. As a Certified CIT Coordinator, Chris has participated in multiple Sequential Intercept Model mapping processes contributing as a key stakeholder for the local CIT Steering Committees. She has co-coordinated 30+ CIT training classes for law enforcement and other first responder agencies delivering the Memphis Model CIT training for over 630 officers for 17 agencies throughout California.

CRIMINAL JUSTICE

Anita Fisher
Chief Executive Officer
Fisher Mental Health Consulting

Anita Fisher has been Chief Executive Officer and Consultant at Fisher Mental Health Consulting since 2018. She was Director of Education at National Alliance on Mental Illness, San Diego from 2007 to 2018. Ms. Fisher held several positions at Union Bank from 1995 to 2007, including Vice President and Business Systems Analyst V and Assistant Vice President and Product Manager. She is a member of the NAACP Mental Health and Policing Sub Committee, the Psychiatric Emergency Response Team Advisory Board and the San Diego County Probation Chief’s Advisory Board.

Brenda Grealish
Executive Officer
Criminal Justice and Behavioral Health (CCJBH)

Brenda Grealish is currently the Executive Officer of the Council on Criminal Justice and Behavioral Health (CCJBH), which is part of the California Department of Corrections and Rehabilitation. Prior to joining CCJBH, she worked at the California Department of Health Care Services (DHCS), where she served in several positions, including Chief of the former Mental Health Services Division, Assistant Deputy and Acting Deputy Director for Mental Health and Substance Use Disorder Services, and Chief of the Medi-Cal Behavioral Health Division. Prior to working at DHCS, she held several positions at the California Department of Corrections and Rehabilitation, Office of Research, including Deputy Director, Research Manager III and Research Manager II. Analyst I/II. She earned a Master of Arts degree in Psychology from California State University, Sacramento.
CRIMINAL JUSTICE

Tamika J. Carter
Founder
Advantage Public Institute (API)

Tamika J. Carter is the founder of Advantage Public Institute (API), a non-profit organization specializing in mental health research, programs, and services. Licensed as an alcohol, drug, mental health, and school counselor, she has worked with youth and adults in numerous settings for 20 years. A former delinquent, survivor of familial incarceration, and criminal justice minor, Carter established her Juvenile Probation Counseling (JPC) program in 2011. She continues to holistically treat the youth of San Bernardino County, reducing recidivism through community-centered modalities.

SPANISH

Isabel Sierra
Associate Professional Clinical Counselor
Mountain Counseling and Training

Isabel Sierra is an Associate Professional Clinical Counselor and Associate Marriage and Family Therapist at Mountain Counseling and Training, where she provides therapy services for children, adults, and families facing mental health challenges. Additionally, Isabel serves as the project coordinator for Projecto AMEN in partnership with the RAND Corporation and the Diocese of San Bernardino, a project that focuses on providing mental health education and resources to the Hispanic community.

SPIRITUAL & SELF CARE

Dr. Corrine Sako
President
Sacramento Valley Psychological Association

Dr. Corrine owns and operates a private clinical practice, a fierce community mental health advocate. She is the President of the Sacramento Valley Psychological Association, and she serves as Chairperson of the Sacramento County Mental Health Board. She has over 20 years of experience helping people with a range of presenting issues, from situational stressors to severe mental health concerns, and she has provided services in a variety of settings.

Paul Luo
NAMI Orange County FaithNet Volunteer Coordinator
Former Vice President
NAMI California Board of Directors

Paul Lu has worked in the aviation/aerospace industry for over 35 years. Paul has a daughter who has had a few different mental health diagnoses and most recently she was diagnosed with schizophrenia. As a parent, Paul understands the family dynamics and stress a family is under when a loved one has a mental illness. Paul currently volunteers for NAMI Orange County and his focus has been as the volunteer coordinator for NAMI FaithNet. Paul believes faith can play a significant role towards the wellbeing of those who are mentally ill, their families, and friends. Paul holds a Doctor of Business Administration degree, a Master of Aeronautical Science degree, and a Master of Theology degree. He is currently pursuing a Doctor of Ministry degree at Fuller Theological Seminary. Paul is also a certified Project Management Professional (PMP)
PLENARY SPEAKERS - continued

HOT TOPICS

Ivan Bhardwaj
Chief
Medi-Cal Behavioral Health — Policy Division
California Department of Health Care Services

Ivan Bhardwaj is the Chief of the Medi-Cal Behavioral Health – Policy Division within the California Department of Health Care Services (DHCS), where his team oversees program and policy for California's Drug Medi-Cal, Drug Medi-Cal Organized Delivery System, and Specialty Mental Health Services programs, including numerous CalAIM Behavioral Health initiatives, 988, and the CARE Act. Prior to his current role, he served as Chief of the Federal Grants Branch in DHCS, where his team administered most of the Department’s federal behavioral health grants, including the State Opioid Response grants.

Dr. Jonathan Porteus
Chief Executive Officer
WellSpace Health

Jonathan Porteus, PhD and Chief Executive Officer of WellSpace Health will discuss WellSpace Health’s role serving as the primary 988 dispatch for all of Northern California and progress made and further opportunities to support crisis response.
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| 1:30pm - 2:30pm | **Addressing Individual and Community Trauma under Anti-Asian Hate** | Our presentation exposes the mental health challenges faced by Chinese Americans stemming from Anti-Asian violence and discrimination. We delve into primary, secondary, and collective trauma, highlighting their sources and distinctions. Discover MHACC’s practical strategies to address each dimension, including our peer support model and other culturally responsive, in-language resources that not only provide crucial support for individuals facing mental health challenges but also actively combat the prevailing stigma surrounding mental illness within the Chinese community. We will share more about our holistic efforts to heal individual and community trauma through our crisis rescue team, recreational programs, political advocacy, and more. | Beavis    | **Elaine Peng**
Executive Director & Founder
Mental Health Association for Chinese Communities (MHACC) |
|               | **Caring for the Caregivers: From brokenhearted to Belonging using the Raregivers™ Emotional Journey Map** | From a fairytale family to losing three brothers, mental health advocate Cristol Barrett O’Loughlin draws on personal tragedy to ease the suffering hearts of others. Her inspiring stories of courageous #Raregivers, reveal the secrets to sustainable self-care. With the onslaught of COVID-19, we have collectively lived with the stressors of home/work life imbalance, homeschooling, medical uncertainty. Backed by UCSF stress research, Cristol illustrates the purpose of our pain. With guided meditations and her signature infectious enthusiasm, Cristol gently nudges us all to move beyond “Why me?” into “What can I do to help others by healing myself first?” angelaidcares.org/TEDx | Bondi     | **Cristol Barrett O’Loughlin**
Founder and CEO
ANGEL AID |
#WORKSHOP GUIDE
Friday, August 25, 2023 - continued

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| 1:30pm - 2:30pm | How to share mental health stories in a positive way          | In our digital world personal stories about mental health are used to create awareness, raise funds, and foster a sense of community. However, they have the potential to traumatize the people at the center of those stories over and over or reinforce stereotypes about marginalized communities. It is time for storytellers to change their approach, and to do so with the mental health of their story participants in the forefront. This workshop will benefit those who want to tell stories about mental health about themselves or others in an ethical, trauma-informed way. | Gardenia | Autumn Payne  
Founder  
Ethical Narrative  
Tamara Knox  
Director of Ethics and Social Responsibility |
| 1:30pm - 2:30pm | Self-Advocacy In The Workplace: How To Get Reasonable Accommodation Without A Lawyer, And What To Do If Your Employer Screws It Up | Learning about legal rights and how to enforce them is time-consuming and frustrating. But this workshop will help by offering practical, understandable information such as accommodation for people with mental disabilities; how to get accommodation; documentation; and protecting legal rights.                                                                                             | Bataglieri | Marilyn Mika Spencer  
Attorney-at-Law  
M M Spencer Law Offices  
Wendy Musell  
Attorney-at-Law  
Law Offices of Wendy Musell |
| 1:30pm - 2:30pm | Who will care when I’m not there                              | *Proxy Parent Foundation’s Pooled Special Needs Trust and Personal Support Services - Support for your loved one now, and after you are gone, combining expert financial management and compassionate proxy parent personal support services since 1991.                                                                                                               | Carr      | John Buck  
Board Member, Proxy Parent Foundation  
Baron Miller, Esq.  
Board Member, Proxy Parent Foundation  
Attorney in Private Practice  
Randall Hagar  
Proxy Parent Foundation  
Board member |
| 3:00pm - 4:00pm | Mental Health Stigma in Culturally Diverse Communities       | This workshop covers Vietnamese history and culture and why there is a deeply rooted mental health stigma. We will emphasize the importance of being culturally competent when approaching the community as we aim to bridge the gap between the stigma and the journey to better mental health.                                                                                                 | Beavis    | Thu Tran  
Project Manager  
Boat People SOS Center For Community Advancement  
Vivian Lu  
Program coordinator at Boat People SOS Center For Community Advancement |
### WORKSHOP GUIDE
Friday, August 25, 2023 - continued

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<td>3:00pm - 4:00pm</td>
<td>Caregivers and Mental Health Stigma</td>
<td>In this workshop, we’ll begin with examples from the Peer’s point of view. This will include discussions with a panel of peers who have experienced stigma, and stigma from the family caregivers’ point of view, followed by stigma from society’s point of view and how many people don’t realize that they are contributing to the problem of Stigma. We will end the discussion by discussing tools that will empower the audience to help fight Stigma.</td>
<td>Gardenia</td>
<td>Saundra Boyd</td>
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<td>Mental Health Caregiver Coach</td>
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<td>3:00pm - 4:00pm</td>
<td>The Peer and Clinicians Training Program</td>
<td>The Peer and Clinicians Training Program is a formal training program that will offer both peers and clinicians new insights, awareness, skills, and tools to value each other’s contributions and support each other in more effective ways of providing quality care and services to the community</td>
<td>Bataglieri</td>
<td>Dr. Ehsan Gharadjedaghi</td>
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<td>Founder/Clinical Director</td>
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<td>Orlando Vera</td>
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<td>Founder of Peer Voices of Orange County (PVOC) Peers and Clinicians Collaborative Alliance</td>
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<td>3:00pm - 4:00pm</td>
<td>Reaching out to the Wider Community: helpline initiatives</td>
<td>NAMI Sacramento Helpline staff will share new initiatives our affiliate has undertaken as part of our Helpline activities. We are seeking to broaden our audience, spread the word about community resources, and to deploy our expertise with organizations that serve people with mental health conditions and their loved ones</td>
<td>Bondi</td>
<td>Patricia Wentzel</td>
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<td>3:00pm - 4:00pm</td>
<td>Brains and Perceptions</td>
<td>A shift in perspective can bring about a greater level of acceptance, grace, and understanding in our relationships with our loved ones diagnosed with BPD and CPTSD. Changing our perception can transform our reality. Concepts such as positive opposites, and radical acceptance form the foundation of this engaging workshop.</td>
<td>Carr</td>
<td>Maureen Andrea Powers</td>
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ASK THE DOCTORS

Emma Zavala-Suárez  
Associate Chief Resident Physician, Psychiatry & Behavioral Science at UC Davis Health

La doctora Emma Zavala-Suárez se graduó de la facultad de medicina de la Universidad de Washington en Seattle, en 2021. Ella se mudó a Sacramento, CA para ser residente en el departamento de psiquiatría en la Universidad de California Davis. Durante los últimos dos años de entrenamiento, la doctora a tratado condiciones de salud mental de niños, adolescentes y adultos en el departamento de urgencias, en la clínica de psicosis o el hospital. La Dra. Zavala-Suárez planea especializarse en psiquiatría de niños y adolescentes en los próximos 3 años. Sus otros intereses incluyen salud mental de mujeres, psiquiatría comunitaria, y psiquiatría forense, ya que también es abogada en derecho.

Dr. John Onate  
Professor & Director of Integrated Behavioral Health  
Sacramento County Health Center  
UC Davis

Dr. Onate practices both Internal Medicine and Psychiatry at the Sacramento County Health Center, where he currently is the director of Integrated Behavioral Health. He is co-lead in developing interventional psychiatry through the new Advanced Psychiatric Therapeutics Clinic. He is the lead Electroconvulsive Therapy Specialist in the department and trains psychiatric residents in the procedure. He also is a core faculty member of the nationally recognized UC Irvine Train New Trainers Program for primary care providers. As a faculty member at the University of California Davis School of Medicine he supervises Psychiatry and Combined Internal Medicine-Psychiatry residents along with MD and PA students; addressing the coordination of medical care in uninsured and indigent patients with mental illness and substance disorders.

Adrienne Maguire, MD  
Child and Adolescent Psychiatry Fellow PGY-4  
UCDHS Dept of Psychiatry and Behavioral Sciences

Dr. Adrienne Maguire is currently a Child and Adolescent Psychiatry fellow at UC Davis. She has a special interest in psychotherapy, developmental trauma, and psychosis. She worked in the Sacramento County Early Psychosis Clinic (SacEDAPT) for the past two years during her adult psychiatry residency training at UC Davis.

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

Although I am also an internal medicine / primary care doctor, my heart and professional passion lie in expanding and optimizing behavioral health care for those with mental illness. I’m blessed to have a part in this as an educator, clinician (psychiatrist), advocate and family member. As Professor/Vice Chair at UCI, Department of Psychiatry and past president of three organizations with the mission to improve care for those with mental illness.

Thomas Okamoto, MD  
Board Certified Adult Psychiatrist  
Specialty in Adolescent Psychiatry  
Assistant Clinical Professor in Psychiatry  
UC Irvine Medical School  
Immediate Past Chair, Christian Medical and Dental Association, Psychiatry Section  
Distinguished Life Fellow, American Psychiatric Association

Dr. Thomas Okamoto lived and trained in California my entire life. His professional career has spanned over 35 years as a psychiatrist, as a psychiatric medical director of adult and adolescent inpatient and partial hospitalization units, addiction psychiatry consultant, and assistant clinical professor at UCLA and UCI School of Medicine Departments of Psychiatry. He has served in a national leadership chairmanship role in the faith-based medical organization Christian Medical and Dental Associations’ (CMDA’s) psychiatry section, and participate in the American Psychiatric Association's Caucus on Religion, Spirituality and Psychiatry.
CONFERENCE INFORMATION & TIPS

DISCLAIMER
The views expressed at NAMI California Annual Conference 2023 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 2023.

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 conference 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.

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.

PHOTOGRAPHY & LIABILITY RELEASE
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TIPS FOR PLANNING YOUR PERSONAL CONFERENCE SCHEDULE
Review the program schedule carefully to plan your personal schedule so that you can attend the sessions most important to you.
✓ Remember, you will not be able to attend everything.
✓ Be sure to schedule breaks and rest periods for yourself.

PLEASE VISIT OUR EXHIBITORS!
• Alliant International University
• Book of Thoughts
• CA Behavioral Health Planning Council
• CalABLE
• California Correctional Health Care Services
• California onTrack
• Electromedical Products International Inc.
• Mental Health Assoc. for Chinese Comm.
• NAMI Sacramento County
• Neurocrine Biosciences
• Professional Fiduciary Association of CA
• Proxy Parent Foundation
• Psynergy Programs
• Social Model Recovery Systems
• The Social Changery

Visit each exhibitor to get your passport signed. Leave the completed passport with registration to be entered to win a free registration to our 2024 Conference in Southern California!!

#namiconca #TeamNAMICA #TeamNAMICalifornia
ACKNOWLEDGMENTS

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Neurocrine Biosciences is Proud to Support NAMI California

in their commitment, passion, and efforts towards increasing awareness around mental health and tardive dyskinesia (TD) in the community.

Learn more about TD, living with TD and how to treat it at TalkAboutTD.com