

2026 NAMI CA Conference			
Thursday October 8	Session Title	Track	Session Type
8:00am-4:00pm	Registration		
8:00am-4:00pm	Quiet Space		
8:00am-9:00am	Light Breakfast		
9:00am-10:20am	General Session & Keynote Presentation		
10:20am-10:30 am	Transition		
10:30am-11:30am	Ask A Doctor (Preguntele al Doctor)	Spanish	
	Understanding Compassion Fatigue and Burnout	Caregiver Resiliency & Self-Care	Plenary 1a
	Catching Psychosis Early; How Schools, Families, and Communities Can Work Together	Youth and Young Adults	Plenary 1b
	Ask A Doctor - Depression and Bipolar Disorder: Just What You Need to Know	Ask A Doctor	Workshop
	Navigating the CA Mental Health Care System	Ask A Doctor	Workshop
	Women's Mental Health	Ask A Doctor	Workshop
11:30am-12:40pm	Lunch (on your own)		
12:50pm-1:50pm	Schizophrenia: Early detection and Best Treatment Approaches	Ask A Doctor	Workshop
	Lived Experience Panel (Panelista)	Spanish	Plenary
	What We Have Always Known: Innovative Indigenous Approaches to Mental Health and Wellness	Innovation	Workshop
	CARE Act Panel	Criminal Justice & MH Policy	Workshop

Day 1		Understanding Invisible Wounds: Recognizing Stress, Building Resilience, and Supporting Mental Wellness	Caregiver Resiliency & Self-Care	Workshop
	1:50pm-2:00 pm	Transition		
	1:50pm-2:50pm	Taller: Traumas y Duelos su impacto en salud mental. Experiencia en trabajo colaborativo con expertos nacionales e internacionales en psiquiatria y neurologia.	Spanish	Workshop
	2:00pm-3:00pm	Youth-Led Change: How a High School NAMI Club is Transforming Mental Health Culture from Elementary to Community	Youth and Young Adults	Plenary 2a
		A Forgotten Door to Care: Why SB 43 Didn't Fix Access—and What Might	Criminal Justice & MH Policy, Innovation	Plenary 2b
		Understanding Anxiety	Ask A Doctor	Workshop
		Unleashing the Muse: Recognizing Creativity as a Community Resource	Innovation, Youth and Young Adults	Workshop
		Safetypowers: Boundary Setting and Advocacy Skills	Caregiver Resiliency & Self-Care	Workshop
	2:50pm-3:40pm	Conversacion Comunitario: Hablemos de enfermedad mental	Spanish	Workshop
	3:05pm-4:05pm	Brick by Brick: Strengthening Behavioral Health Infrastructure with BHCIP	Innovation	Workshop
		Unmasking Mental Health - A Student Led Approach	Youth and Young Adults	Workshop
		Shared Responsibility: Building Safer Responses to Behavioral Health Emergencies.	Criminal Justice & MH Policy	Workshop
	3:40pm-3:50pm	Closing	Spanish	Closing Session
	4:05pm-5:30pm	Networking/Social Time		
	4:50pm-5:50pm	Support Groups		
	5:30pm-6:30pm	Dinner (On your own)		
	6:45pm-8:15pm	Film Screening: Prodigal Daughter		
	8:15pm-8:45pm	Film Screening: Q&A with Film's Director		

Day 2	Friday October 9	Session Title	Track	Session Type
	8:00am-12:00pm	Registration		
	8:00am-3:00pm	Quiet Space		
	8:00am-9:00am	Light Breakfast		
	9:00am-10:00am	General Session & Keynote Presentation		
	10:00am-10:30 am	Transition		
	10:30am-11:30am	Long-Term Planning for Caregivers	Caregiver Resiliency & Self-Care	Plenary Session
		Misdiagnosed & Misunderstood Youth: Understanding Neuroimmune Disorders	Youth and Young Adults	Plenary Session
	10:30am-12:30pm	No One Cares About Crazy People (Q &A post-screening) - Off-site AMC Orange 30	Criminal Justice & Mental Health Policy	Plenary Session
	11:40am-12:40pm	Closing the Continuity Gap: Community-Embedded Care that Meets Patients Where They Are	Innovation	Workshop
		Behind the Uniform: Supporting Military Service Members and Families through Mental Health Challenges	Caregiver Resiliency & Self-Care	Workshop
		Family Collaboration in CIT	Criminal Justice & Mental Health Policy	Workshop
		Supporting Young Adults After Parental Loss: Lessons from the First Two Years of a Peer Grief Support Program	Youth and Young Adults	Workshop
	12:40pm-1:20 pm	Lunch (on your own)		
		Nothing About Us Without Us: Co-Producing Behavioral Health Solutions with Community	Innovation	Workshop
		Hope and Healing: A Caregiver's Guide to Eating Disorder Support	Caregiver Resiliency & Self-Care	Workshop

	1:30pm-2:30pm	Mental Health and Tobacco Use	Dual Diagnosis (Co-Occurring Disorders)	Workshop
		Emotional First Aid for Youth: Early Dialectical Behavioral Therapy (DBT) Intervention to Reduce Stigma and Prevent Crisis	Youth and Young Adults	Workshop
	2:30pm-3:00pm	Closing Session		