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|---------------------------|-------------------------------------------------------------------------------------------|----------------------------------|---------------------|
|                           | <b>2026 NAMI CA Conference</b>                                                            |                                  |                     |
| <b>Thursday October 8</b> | <b>Session Title</b>                                                                      | <b>Track</b>                     | <b>Session Type</b> |
| 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            |
|                           |                                                                                           |                                  |                     |
| 11:30am-12:40pm           | Women's Mental Health                                                                     | Ask A Doctor                     | Workshop            |
|                           | 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        |

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| 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                                                                                                            |                                         |          |