

# **DBSA New Jersey** **Ninth Annual Conference**

**Hakeem Rahim**  
**Mental Health**  
**Awareness Speaker**  
**and Trainer**



**Saturday, August 8, 2015**  
**9:00 AM-4:00 PM**

**University Medical Center**  
**of Princeton at Plainsboro**  
**Education Center**  
**One Plainsboro Rd**  
**Plainsboro, NJ 08536**

*"Connecting people  
living with mood disorders to  
life-saving peer support, information,  
tools, and resources."*



Depression and Bipolar  
Support Alliance  
New Jersey

**TOGETHER**  
**ONE** Voice

## Table of Contents

Welcome.....	3
Conference Agenda .....	4
Our Speakers.....	5
Our Sponsors .....	7
Exhibitors .....	7

**TOGETHER**  
**ONE** *Voice*



## Welcome

Thank you for being part of our ninth annual conference. We hope you will find the day to be worthwhile and eventful, with our presenters focused on helping you build a better life.

Naomi Sims (1948-2009), model, entrepreneur, author and a peer who lived with bipolar disorder, claimed fame in 1968 as the first African-American model to appear on the cover of a national magazine, the *Ladies Home Journal*. This year DBSA New Jersey received a generous donation by her family from Ms. Sims' estate to support our work on behalf of persons living with mood disorders. To honor Ms. Sims and her legacy, we are proud to name our inspirational address from Hakeem Rahim our *Naomi Sims Keynote Presentation*.

Our conference venue is provided courtesy of the University Medical Center of Princeton at Plainsboro (UMCPP) through the gracious efforts of Debbie Millar, Director Community Education. Thank you for hosting our conference and accommodating our needs!

Carolyn Burke, graphic artist and founder of DBSA Burlington County Inspirations, donated her talents to create our wonderful program cover, her second, and help with our program layout. Thank you Carolyn!

We are grateful for the generous support of Otsuka America Pharmaceutical, Janssen Pharmaceuticals, Forest Laboratories, Carrier Clinic and our sponsoring DBSA chapters and individuals for funding the conference. And special appreciation goes to all who lead and participate in our support groups for your service to our community, facilitating many journeys towards lives lived in wellness.

Let us accept the charge to advocate as peers: **Together One Voice.**

# CONFERENCE AGENDA

- 8:15 – 9:00 am**      **CHECK-IN & BREAKFAST**
- 9:00 – 9:10 am**      **WELCOME** - Chris Chernick, President, DBSA New Jersey
- 9:10 – 10:10 am**      *A 2015 Update on Psychotropics*, Dr. Jeffrey T. Apter, MD; Medical Director, Princeton Medical Institute and Senior Attending Physician, UMCPD
- 10:10 – 11:10 am**      *Access to Behavioral Healthcare in NJ*, Barbara Johnston, Director, Policy and Advocacy, Mental Health Association in NJ
- 11:10 – 12:10 pm**      *Overview of Mindfulness Based Cognitive Behavioral Therapies*, Dr. Nathalie Edmond, Psy.D., Director of Inpatient Clinical Services, Princeton House Behavioral Health
- 12:10 – 1:10 pm**      **LUNCH**
- 1:10 – 1:30 pm**      *A Word from DBSA National*, Allen Doederlein, President
- 1:30 – 2:45 pm**      **NAOMI SIMS KEYNOTE ADDRESS**  
*Bipolar Disorder Unmasked: Living, Loving and Thriving in Mental Wellness*, Hakeem Rahim, EdM, MA, Mental Health Awareness Expert, Author and Advocate
- 2:45 – 3:45 pm**      *Entering the Peer Workforce: A Brief Overview*, Chrissy Schayer, CPRP, Director of Consumer Connections, Mental Health Association in NJ
- 3:45 – 4:00 pm**      Conference Closing
- 4:00 – 4:45 pm**      Book Signing with Hakeem Rahim & Post Conference Reception

# Our Speakers

**Hakeem Rahim, EdM, MA** - *Mental Health Expert, Author and Advocate. Hakeem, a member of DBSA national's Board of Directors, is a highly regarded speaker who shares from the lived experience of bipolar disorder. Hakeem founded Live Breathe, LLC, a professional consultative services company that focuses on mental health advocacy and educational consulting. His inspirational book, Magenta Your Conscience, shares poems and quotes from his journey with mental illness.*



**Jeffrey Apter, MD** – *Medical Director of the Princeton Medical Institute and a Senior Attending Physician at the UMCP, will be covering the latest, and future treatments for a number of mental disorders. Light will be shed on the current standards of care for depression, bipolar disorder, schizophrenia and other conditions. Dr. Apter will also provide a peek into Big Pharma's pipeline of treatments that lie ahead.*



**Nathalie Edmond, Psy.D.** - *Director of Inpatient Clinical Services of Princeton House, will review how the use of mindfulness and cognitive behavioral therapy can be effective in managing depression, anxiety, and emotional lability. Concrete strategies that can be implemented immediately will be discussed.*



**Barbara Johnston** - Director, Policy and Advocacy, Mental Health Association in NJ, will address the challenges and solutions to finding behavioral healthcare treatment in both the private and public sectors. Data from a study conducted on managed care psychiatric networks in NJ will be reviewed and discussed. Opportunities for advocacy will be identified.



**Chrissy Schayer, CPRP** - Director of Consumer Connections, Mental Health Association in NJ, will provide participants with an overview of the peer workforce, both historically and nationally. Participants will then be provided with information on the peer workforce in New Jersey, including educational opportunities and the path to job entry and credentialing.



### **DBSA NJ Grassroots Organization**

Visit our table to learn about our grassroots effort to improve mental health care and fight stigma.

Your participation is helpful...and **needed!**

Learn about our efforts and *sign up* at <http://cqrcengage.com/dbsa/njgo>

# Our Sponsors

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DBSA New Jersey gratefully acknowledges the support provided by way of community grants and sponsorships from the following:



**We are as grateful to the following individuals and chapters who have made donations in support of our conference:**

*Matthew Boxer & Amy Schonhaut  
Chris & Megan Chernick  
Ronald Haucke  
Christina Hewitt  
Christopher Hewitt  
David Mizenko  
Theresa Mizenko  
David Nathan, MD  
James Reed  
Carol Rickard  
Anat Samid, LCSW  
DBSA Middlesex County  
DBSA Princeton*

# Exhibitors

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