



National Alliance on Mental Illness

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**FOR IMMEDIATE RELEASE**

## **NAMI New Jersey Holds Record-Setting Conference**

*North Brunswick, NJ—December 18, 2013*—On Saturday, December 14, 2013 the National Alliance on Mental Illness of New Jersey (NAMI NJ) held its annual conference, this year entitled “**Pathways to Recovery: Treatment Options and Approaches.**” This year a high of over 320 people registered to attend the conference.

NAMI New Jersey Executive Director Sylvia Axelrod said that, “despite unexpected early December snow the NAMI NJ Conference was held as scheduled to the delight of the individuals who attended. Presentations were outstanding, our drum circle exercise was great fun, and the buffet lunch was delicious.”

Highlights of the conference included presentations on diagnosis, mental health treatment, genetics and much more. NIMH grantee Jay A. Tischfield, PhD, FFACMG gave the keynote address on “Mental Disorders in the Genomic Age” after Steven Silverstein, PhD and Robert Stern, MD discussed the differences between RDoC and DSM-5. In addition to eight different break-out sessions ranging from “*The Affordable Healthcare Act and its Impact on New Jersey*” to “*Cognitive Behavioral Therapy: How it Helps Depression & Anxiety*,” the Luncheon Panel on Expressive Arts and Recovery featured three different people in mental health recovery who shared their inspiring stories.

The conference was made possible by the following sponsors: Otsuka America Pharmaceuticals, Inc., Magellan Health Services, Optum, Janssen, Community Care Behavioral Health Organization, PhRMA, PerformCare, Genentech, Infinity Foundation, and TriCore.

## **ABOUT NAMI NJ**

NAMI NJ, founded in 1985, is a statewide non-profit organization dedicated to improving the lives of individuals and families who are affected by mental illness through programs of support, education and advocacy.