

2018 NAMI NJ Annual Conference
1 in 5: Youth Mental Health & Wellness
Saturday, December 1, 2018
The Imperia, Somerset, NJ

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**Keynote Presentation: Leveraging Emotional Intelligence
& Culturally Responsive Practices for Thriving Students**



Dena Simmons, Ed.D. Dena is the Assistant Director of Yale Center for Emotional Intelligence and supports schools to use the power of emotions to create a more compassionate and just society. She has been a leading voice on teacher education and has written and spoken across the country about social justice pedagogy, diversity, education reform, emotional intelligence, and bullying in K-12 school settings, including the White House, the inaugural Obama Foundation Summit, the United Nations, two TEDx talks, and a TED talk on Broadway.

Read more about Dena at this link: www.denasimmons.com/film

Panel Discussion: Youth Mental Health & Wellness



Tricia Baker

Attitudes In Reverse, Co-Founder,
Program Director; Certified Youth Mental Health
First Aider



Diana Chao

Letters to Strangers, Founder & Executive Director



Jane Clementi

Co-Founder, Tyler Clementi Foundation



Zaynab Khan, PsyD

Staff Psychologist, Counseling, Alcohol & Other
Drug Assistance and Psychiatric Services, Rutgers



Shondelle C. Wills-Bryce, MSW

Administrator, Office of School Linked Services,
NJ Department of Children and Families

Learning the Science of Self Care



**Susan Gould Fogerite, PhD, MT
(ASCP) SC, CYT**

Associate Professor, Clinical Laboratory & Medical
Imaging Sciences & Physician Assistant Studies &
Practice, Rutgers School of Health Professions



George H. Brice, Jr., MSW

Independent Consultant



Peggy Swarbrick, PhD

Director, Wellness Institute, CSP-NJ;
Director of Practice Innovation & Wellness,
Rutgers UBHC

Register at www.naminj.org/events/2018-annual-conference

732-940-0991 | info@naminj.org | www.naminj.org

Agenda

- 8:30 AM **Breakfast & Registration**
- 9:15 AM **Introduction and Welcome**
NAMI NJ Board President & Executive Director
- 9:30 AM **Opening Remarks**
Division of Mental Health & Addiction Services
- 9:45 AM **Panel Discussion:**
Youth Mental Health & Wellness
- 10:45 AM **Break**
- 11:00 PM **Morning Workshops**
- 12:15 PM **Lunch**
- 1:15 PM **Keynote: Leveraging Emotional Intelligence & Culturally Responsive Practices for Thriving Students**
Dena N. Simmons, Ed.D., CHES, Assistant Director;
Yale Center for Emotional Intelligence
- 2:30 PM **Afternoon Workshops**
- 3:15 PM **Break**
- 3:30 PM **Learning The Science of Self Care**
- 4:15 PM **Closing**

Morning Workshops:

1. Health Risks, Disparities & Protective Factors for Sexual Minority Youth & Young Adults
2. Mindfulness for Stressed Out Students & Teachers
3. The NAMI Basics Course for Parents and Caregivers
4. Breaking Down Silos, Breaking Down Barriers: Enhancing Interdisciplinary Communication Within Schools
5. New Jersey Children's System of Care Overview

Afternoon Workshops:

1. Ask the Doctor: Youth Mental Health
2. Free Your Mind: Mental Health Challenges Facing African American Youth
3. In Our Own Voice (CEUs)
4. Social Media & Screen Time: Impact on Children's Mental Health

Conference Registration

Name: _____

Affiliation: _____

Address: _____

Email: _____

Phone: _____

Fill out this registration form, then mail form
and payment to:

NAMI New Jersey Conference
1562 Route 130, North Brunswick, NJ 08902

Registration Fee:

(Includes breakfast, breaks and buffet lunch.)

- \$85 Professional/ Non-Member
(This Early Bird Rate is up to November 1st)
- \$65 NAMI Member
NAMI Membership #: _____
- \$25 Student / IFSS Staff Rate
(copy of Student ID required)
- I am requesting a Scholarship
(Please email info@naminj.org for application)

- Enclosed is my donation to help sponsor scholarships.

Amount: \$ _____

Total Enclosed: \$ _____

(Registration ends November 23rd)

Location

The Imperia
1714 Easton Ave, Somerset, NJ 08873
Phone: (732) 469-2522

For more information email info@naminj.org, call
(732) 940-0991, or visit www.naminj.org.

To register online go to
www.naminj.org/events/2018-annual-conference