

## 10th Annual Harvest of Hope

**OCTOBER 6, 2018**

Harvest of Hope, sponsored by NAMI Mercer, is a full-day wellness conference for the local community, held during National Mental Illness Awareness Week. Our goals are to promote well-being, raise awareness about mental health challenges, and transform the way people view mental illness.

NAMI Mercer first hosted this event in 2009, making this our 10-year anniversary. The theme for this year's Harvest of Hope is PARTNERING FOR PREVENTION AND RECOVERY. The conference will begin with an inspirational keynote address, followed by practical educational workshops, and memorable opportunities for social interaction. Space is limited for the full-day conference so register early to secure your seat. There is also an option to register for the keynote only (9:30 am–10:45 am).

**REGISTRATION DEADLINE: September 28, 2018**

## Keynote Speaker: Dr. Xavier Amador

Dr. Xavier Amador is an internationally renowned clinical psychologist, researcher, author, and leader in his field. His international best-seller, *I'm Not Sick, I Don't Need Help!* has been translated into 15 languages.

Dr. Amador's expertise has been called upon by government, industry, and the broadcast and print media where he has appeared as a frequent expert for *CNN*, *ABC News*, *NBC News*, *NBC Today Show*, *Fox News Channel*, *CBS 60 Minutes*, *New York Times*, *Washington Post*, *USA Today*, *Cosmo*, *The Wall Street Journal* and many other national and international news outlets.

As a forensic psychologist, Dr. Amador has worked on numerous infamous cases, including that of Theodore Kaczynski (the Unabomber), Jared Loughner (shooter of Congresswoman Gabrielle Giffords), Wanda Barzee (the Elizabeth Smart Kidnapper), and Zacarias Moussaoui (9/11 hijacker).

Dr. Amador is the founder of the LEAP (Listen-Empathize-Agree-Partner) Institute, whose innovative approach to treatment is based on his research, personal life, and professional experience. LEAP teaches the importance of strong relationships in everything from treating illness, to healthy couples, to effective business practices.





Scenes from the  
NAMI Mercer  
2017 Harvest of Hope



# Conference Schedule

- 8:30 am Registration & Breakfast
- 9:30 am Welcome
- 9:45 am Keynote Address: Dr. Xavier Amador
- 10:45 am Break
- 11:00 am Morning Workshops (A-G)
- 12:15 pm Lunch (included)
- 1:15 pm Afternoon Workshops (H-N)
- 2:30 pm Closing Activity: Line Dancing

## Morning Workshops and Presenters



### A. Ask the Psychiatrist

**Mark Komrad, MD**

Brainstorm with Dr. Komrad on approaches for convincing someone to seek professional medical help. With more than 30 years of experience as a psychiatrist, he will answer your questions about psychiatric problems and treatment options.

*Mark Komrad is a psychiatrist in private practice and on the clinical and teaching staff of the Johns Hopkins Hospital and Sheppard Pratt Hospital in Baltimore. In 2012, he published *You Need Help – A Step by Step Plan to Convince a Loved One to Get Counseling*. A graduate of Yale and Duke University Medical School, he is a “Distinguished Fellow” of the American Psychiatric Association and a NAMI National “Exemplary Psychiatrist.” Dr. Komrad is the former host of a nationally syndicated radio show and has appeared widely on TV and radio.*



### C. Support Me

**Lisa Brown, MA**

Create a collage that is a visual representation of things that support your wellbeing such as quiet time, a swim, a walk in the woods, or coffee with a friend. Explore whom you can count on and how to ask for what you need.

*Lisa Brown is a visual artist who has taught technique for the past 35 years in watercolor, mixed media, pottery, sculpture, and journaling with art. During a long illness, she found the creative process so comforting that she decided to share it with others and developed “art-as-therapy” workshops. Since then, she has worked with cancer survivors as well as bereavement and other support groups.*



### B. Emotional Intelligence: One of the Ways to Greater Life Fulfillment

**Carol Kivler, CSP, MS**

Emotional intelligence or EQ is critical to your success at work and at home. Enhance your EQ by learning to recognize and control your emotions and behavior and to increase your understanding, empathy, and connection with the people around you.

*Carol Kivler is the president of Kivler Communications, a corporate training and executive coaching firm. Since 1994, Carol has served more than 100 companies nationwide and coached more than 600 executives worldwide. With a personal history of medication-resistant depression, Carol is an ardent mental health advocate for people struggling with mental illness. Through her four books, mental health presentations, and Courageous Recovery, Inc. (her non-profit organization), she works tirelessly to overcome stigma and inspire hope.*



### D. Mastering Stress for Lasting Recovery

**Carol Rickard, LCSW**

Stress is known to have a negative impact on your health, relationships, and recovery. Learn to take control of stress using simple, 60-second strategies and practical tools. 

*Carol Rickard, an award-winning author of twelve books and well-known “stressologist”, has appeared on the Dr. Oz Show and as a featured expert in *The Good Life*, *Readers Digest*, *Esperanza*, and other publications. She is creator and host of *The WELL YOU*, a nationally syndicated program on Princeton Community TV, and the founder and CEO of Well YOUiversity, LLC, a global health company.*

## Morning Workshops and Presenters (cont.)



### E. Hearing Distressing Voices: A Simulated Experience

**Laverne Williams, CSW**

Increase your understanding and empathy for the day-to-day challenges of persons with mental illness by experiencing a simulation of what it is like to hear voices

*Laverne Williams is the director of the PEWS (Promoting Emotional Wellness and Spirituality) Program for the Mental Health Association in NJ. With more than 33 years of experience in mental health, she is a certified social worker, WRAP facilitator, mental health first aid instructor, and grief recovery specialist. She also owns and operates Laverne Williams Enterprise, LLC, a firm that designs customized health and wellness workshops.*



### G. Facing Adversity in Childhood: Tools to Build Resilience

**Wendy Ward, BA**

Learn how early intervention can help a child who has experienced trauma. Drawing on her personal experience, Wendy will explain how to recognize signs for concern, understand the impact of adversity, and use tools and strategies for success.

*Wendy Ward is a community leader and advocate for the social, emotional, and behavioral wellness of children. She is co-founder of the Youth Mental Health Project and a*

*former co-chair of the Council of Darien School Parents. As a Kimochis facilitator, she uses toy characters to teach children to recognize and manage their feelings. She is also certified in Mental Health First Aid.*



### F. The Psychology of Happiness: Crafting a Satisfying Life

**Robert Corin Morris, DD**



Explore how ancient wisdom about living a satisfying life is confirmed by modern psychological and brain research. Achieve happiness by learning to build relationships of mutual respect, develop realistic expectations about love, handle adversity gracefully, and find a supportive framework of meaning.

*Robert Corin Morris is the founder of Interweave, an adult learning center for wellness, spirituality, and the common good in Summit, NJ. A certified spiritual guide and mentor, he is an Episcopal priest deeply involved in inter-religious dialog and cooperation, and the author of three books including *Wrestling with Grace: A Spirituality for the Rough Edges of Daily Life*. He is a graduate of Yale University, The General Theological Seminary, and the Shalem Institute for Spiritual Formation.*

Note: The church is wheelchair accessible except for workshop locations marked with 

## Afternoon Workshops and Presenters

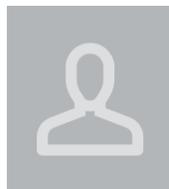


### H. Ask the Psychiatrist

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### Dimensions of Wellness: Focus on Strengths and Self Care

**Margaret (Peggy) Swarbrick, PhD, FAOTA**

Discover how the eight dimensions of wellness provide a lens to focus positively on our strengths and needs. Join us to engage in activities for self-reflection and wellness self-care action planning.

*Peggy Swarbrick is an associate professor and director of Practice Innovation and Wellness at Rutgers University Behavioral Health Care. She is also director of the Wellness Institute at Collaborative Support Programs of NJ. Peggy has published and lectured nationally and internationally on wellness and health promotion models, and her research has made significant contributions to the body of literature in occupational therapy, behavioral healthcare, and psychiatric rehabilitation.*



**J. Horse Sense: An Introduction to Equine-Facilitated Mental Health**  
**Meghan A. McFadden, MSW**

Hear about the therapeutic benefits that horses provide in a safe, non-judgmental environment. Increase awareness of this experiential therapy for promoting healing and freedom.

*Meghan McFadden is a certified equine-facilitated mental health therapist through Professional Association of Therapeutic Horsemanship (PATH) International and a licensed social worker in the state of NJ. She specializes in mood disorders (depression and anxiety) and trauma experienced by veterans, active military, paramilitary, and their families, helping them cope with social, and behavioral needs through the healing powers of her co-therapist (the horse).*



**L. Talk Saves Lives**  
**Siobhan Foley, BA**

Attend “Talk Saves Lives,” a community-based presentation that covers the general scope of suicide, the research on prevention, and what you can do to fight suicide. Become aware of the risk and warning signs of suicide, and how together, we can help prevent it.

*Siobhan Foley is the assistant director for Survey and Evaluation Research at the Bloustein Center for Survey Research at Rutgers University. She is also a board member for the NJ Chapter of the American Foundation for Suicide Prevention.*



**N. Somatics for the Relief of Stress and Pain**  
**Fran Swart, BA, C-IAYT, E-RYT**

Physical and emotional stress, injury, and trauma cause our muscles to become constrained. Discover how somatic movement exercises can reduce tension and pain by lengthening muscles back to their natural, relaxed state.

*Fran Swart was drawn to therapeutic movement practices to address her own issues with chronic pain. After experiencing life-changing effects that went beyond getting out of pain, she became motivated to teach and share the practices that help people reduce pain, feel better and live their lives with more fun and ease. She is a somatics educator and certified yoga therapist. She works with clients in her studio, Be Inspired Yoga, in Pennington, NJ.*



**K. New Developments in Psychiatry**

**William Hayes, MD**



Find out about new medications on the horizon and recent developments in psychogenomic testing to help personalize medication choices.

*Dr. Hayes is a Board-certified child, adolescent, and adult psychiatrist with a private practice in Princeton. He is a fellow of the American Academy of Child and Adolescent Psychiatry, has served as an associate clinical professor at Robert Wood Johnson Medical School, as chair of the Department of Psychiatry at Hunterdon Medical Center in Flemington, and as president of the NJ Council of Child and Adolescent Psychiatry.*



**M. Therapeutic Expressiveness through Writing**

**Leslie Handler, BA**

Learn how the act of writing and processing the written word can assist in identifying and easing your feelings.

*Leslie Handler is an international syndicated columnist with Senior Wire News Service and a frequent contributor to WHYY and CityWide Stories. A Society of Newspaper Columnists award winner, she freelances for The Philadelphia Inquirer, ZestNow, and Boomercafe and blogs for HuffPost. Her book, Rats, Mice, and Other Things You Can't Take to the Bank, is available on Amazon.*

**Closing Activity**

Line dancing is a wonderful form of exercise that benefits both the body and the mind. It builds aerobic endurance, improves balance, and stimulates the brain while allowing you to engage in a fun social activity. Line dancing also has been shown to reduce depression, anxiety, and stress and boost self-esteem, body image, coping ability, and overall sense of well-being. Even if you never have danced before, please join us for our closing activity, led by dancing instructor, Margaret Menhardt. You'll find the steps simple and fun to learn.



# About NAMI Mercer

**NAMI Mercer** serves the NJ Capital area as a robust local affiliate of the National Alliance on Mental Illness (NAMI)—the nation’s largest grassroots mental health organization.

**NAMI Mercer** listens, leads, educates, and advocates for families and individuals affected by mental illness to build lives of quality and respect, free of stigma and discrimination.

- **Connection Recovery Support Group** is a confidential peer-led support group for adults (18+) living with mental illness to find essential encouragement and hope.
- **Ending the Silence (ETS)** is an interactive presentation designed to help students, parents, and school personnel engage in meaningful conversation about mental health issues, helping to end the stigma that stands in the way of treatment.
- **Family-to-Family** is a 12-session course to help families and friends of adults living with mental illness to develop coping strategies and become effective advocates.
- **Family Support (Caregivers of Adults)** provides information and therapeutic support in a confidential group setting; offered in partnership with *Oaks Integrated Care – Intensive Family Support Services (IFSS)*
- **Harvest of Hope** is NAMI Mercer’s acclaimed annual wellness conference, one of our many public educational efforts created to raise awareness and reduce stigma by helping people better understand the complexities of mental illness.
- **Hearing Voices** is a self-help support group for those who have unusual sensory perceptions to talk freely about their experiences so they can better understand and grow from them; offered in partnership with *Hearing Voices Network*.
- **Helpline** is a NAMI Mercer warmline for responding to calls, emails, or walk-in requests for assistance, providing information, support, and resources.
- **In Our Own Voice (IOOV)** is an outreach program in which trained speakers share compelling personal stories about living with mental illness and pursuing recovery.
- **Just Friends (adults 18+)** is a social support group for adults, offering opportunities to engage in fun activities that reduce social isolation and enhance interpersonal skills, promoting recovery and well-being.
- **NAMIWalks Mercer County** is a fun 5k event bringing the community together to raise awareness about mental health and engage in peer-to-peer fundraising to support NAMI Mercer’s important work.
- **Overcoming Social Anxiety Workshop** is a practical peer-led support group for those with social anxiety or extreme shyness; offered in partnership with *Find Your Voice*.
- **Parent Support Network (Caregivers of Children/Adolescents)** is a group for sharing resources and support so children with mental health challenges can thrive; offered in partnership with *The Youth Mental Health Project*.
- **WRAP® (Wellness Recovery Action Plan)** is a peer-engaged group process through which participants develop skills to understand and manage health challenges; offered in partnership with *The Copeland Center*.

# Register online at [namimercer.org](http://namimercer.org)

Online registration is preferred.

Alternatively, you may complete this form and mail with payment.

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

## Morning Workshop Request (check one box)

A  B  C   D  E   F  G

Alternate AM Choice (indicate letter)

## Afternoon Workshop Request (check one box)

H  I  J   K  L  M  N

Alternate PM Choice (indicate letter)

A sandwich lunch is included. Check box if you prefer a salad.

Full-day Conference (\$15)

Full-day Conference w/membership (\$40)

Keynote Only (no charge)

I would like to make a contribution of \_\_\_\_\_.

## REGISTRATION DEADLINE: SEPT. 28

*By submitting this form, I hereby waive all claims against NAMI Mercer NJ, the Presbyterian Church of Lawrenceville and all associated personnel for any injury I might suffer at this event. I attest that I am physically fit and prepared for this event. I grant permission for organizers to use photographs or images of me and quotations from me in legitimate accounts and promotions of this event.*

Mailing address: NAMI Mercer, 1235 Whitehorse Mercerville Road,  
Building C, Suite 303, Hamilton, NJ 08619

## Parking Instructions

Presbyterian Church of Lawrenceville  
2688 Main St. (Route 206)  
Lawrenceville, NJ 08648

- **Church Parking Lot**  
Enter at Gordon Ave. and Route 206 (Main St.).  
Do not park in fire lanes.  
Do not park in spaces reserved for pastor.

Do not park on Route 206 (Main St.).  
You will be ticketed.

- **Additional Parking**  
Park on Lawrenceville Fuel gravel lot (16 Gordon Ave.).  
For your safety, cross Rte. 206 (Main St.) at traffic signal.  
Do not park elsewhere in the village.

**KEYNOTE ONLY ATTENDEES:** Enter using the front door of the church on Route 206 (Main St.).



## 10th Anniversary Wellness Conference

*Funded in part with a grant from the Lawrence Township Community Foundation.*

Registration closes on September 28, 2018.

## Partnering for Prevention and Recovery

**Saturday, October 6, 2018**  
**8:30 am – 3:00 pm**

Presbyterian Church of Lawrenceville  
2688 Main Street (Route 206)  
Lawrenceville, NJ 08648

The NAMI Mercer Center  
1235 Whitehorse Mercerville Rd,  
Bldg C, Suite 303  
Hamilton, NJ 08619

*ADDRESS SERVICE REQUESTED*

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**Harvest of Hope  
Conference**