

11th Annual Harvest of Hope

OCTOBER 5, 2019

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 11-year anniversary. The theme for this year's Harvest of Hope is DREAM BIG. ACT NOW. KNOW THE SCIENCE. 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.

REGISTRATION DEADLINE: September 27, 2019

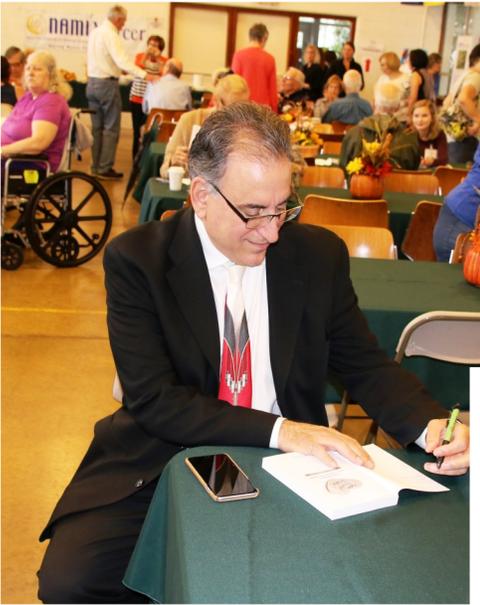
Keynote Speaker: Dr. Kenneth Duckworth

Ken Duckworth's journey into psychiatry started when he was a boy growing up with a dad who experienced severe bipolar disorder. His father was loving and kind, but periodically quite ill, hospitalized for months at a time. Ken became a psychiatrist in part to help his father.

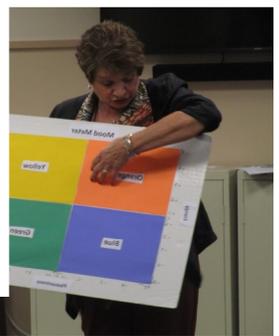
Dr. Duckworth has served as the medical director of NAMI National since 2003. With other members of the senior leadership team, he has set the strategic direction of the organization and supported its mission to improve the lives of the millions of Americans affected by mental illness. According to world-renowned psychiatrist Dr. Ned Hallowell, "Ken Duckworth is an American hero."



Triple board certified by the American Board of Psychiatry and Neurology in adult, child/adolescent, and forensic psychiatry, Dr. Duckworth is currently an assistant clinical professor at Harvard University Medical School, an adjunct clinical assistant professor at the Boston University School of Public Health, and associate medical director for Behavioral Health at Blue Cross/Blue Shield of Massachusetts.



Scenes from the NAMI Mercer 2018 Harvest of Hope



Conference Schedule

8:30 am	Registration & Breakfast
9:30 am	Welcome
9:45 am	Keynote Address: Dream Big. Act Now. Know The Science. <i>Dr. Kenneth Duckworth</i>
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: Performance by Core of Fire Dance Ministry

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.

B. Creativity As a Resource for Living

Erica Bogart, MA, ATR-BC, LAC, and Amy Clarkson, MMT, MT-BC, LCAT, CP/PAT

Learn to shift away from old patterns and approach new life opportunities by engaging in experiences with art, music, and drama that stimulate your creative resources and foster self-compassion and authentic connection with others.

Erica Bogart is an art therapist and owner of Creative Journeys LLC. For more than ten years, she has used the creative arts process to lead children and adolescents in crisis on a self-paced journey towards healing. Erica earned her Masters in Counseling Psychology at Caldwell College.



Amy Clarkson is a board-certified music therapist and a certified practitioner of psychodrama, sociometry, and group psychotherapy with more than 25 years of clinical experience. She has a private practice, Creative Flow Therapy Services, LLC, and serves as an adjunct professor in the Music Therapy Department at Montclair State University.



C. Acupuncture Can Improve Your Physical and Mental Health

Karen Flicker, MATCM

Learn how acupuncture, a 3000-year-old Chinese medical technique, uses tiny hair-thin needles to stimulate healing within the body and promote both physical and mental health.

Karen Flicker has been providing acupuncture therapy for the past 19 years. In 2001, she founded Princeton Monroe Acupuncture, where she treats adults with muscle and joint pain, depression and anxiety, cancer, headaches, and sports related injuries. Karen earned a Masters degree in Acupuncture and Chinese Medicine and has studied many energy healing techniques, homeopathy, and herbal medicine.



D. Let Your Yoga Dance

Kate Denby



Participate in *Let Your Yoga Dance*, a joyous movement class that fuses gentle yoga and dance to music from around the world. This workshop is appropriate for all ages and physical abilities.

Kate Denby has been practicing yoga for more than thirty years and has taken numerous workshops in yoga and dance at the Kripalu Center for Yoga and Health in Lenox, MA, where she earned her certification as a Let Your Yoga Dance instructor.



= not wheelchair accessible

Morning Workshops and Presenters (cont.)

E. Treating First Episode Psychosis

Terry Griner, LPC, and Alyson Hague, LCSW



Experiencing psychosis for the first time or observing psychotic behavior by a loved one is frightening, confusing, and distressing. This workshop will provide learners with an introduction to first episode psychosis (FEP) and explain the benefits of early intervention treatment.

Terry Griner, a licensed professional counselor, has been working in various outpatient mental health settings for about 15 years. She is a clinician for the Coordinated Specialty Care (CSC) FEP Clinic and also does coordination and outreach for NJ Promise at Rutgers University Behavioral Health Care (UBHC).



Alyson Hague is the team leader for CSC's FEP Clinic and NJ Promise services at Rutgers-UBHC, where she has more than 20 years of experience in outpatient services. Alyson is a licensed clinical social worker (LCSW) who has spent the past 3 years focused on working with young people and their families during the early stages of psychosis.



F. Building Resilience through Loss and Adversity

Steve Pitts

We all experience loss and adversity, even at a young age. Learn how to practice resilience as a daily life skill to cope with personal grief and misfortune and to help others in difficult times.



Steve Pitts has worked with young people in various capacities for more than 40 years. He currently is employed by Good Grief, a local non-profit whose mission is to help grieving children. He has presented this organization's "Routes to Resilience" program in schools throughout NJ. Before coming to Good Grief, Steve worked for eleven years at HiTOPS, an adolescent sexual health center in Princeton.

G. Introduction to Holistic Dentistry

Ruxandra Balescu, DMD

Learn about the intimate connection between oral health and the rest of the body and the importance of eliminating toxicity and inflammation to promote healing and vitality.



Ruxandra Balescu has been practicing dentistry for 17 years. She recently opened her own holistic practice, Rethink Dental Health, in Lambertville. A native of Romania, she is a graduate of Carol Davila School of Dental Medicine in Bucharest and the University of Pennsylvania Dental School in Philadelphia. She is a member of the American Dental Association and the International Academy of Oral Medicine and Toxicology. Her focus and passion are bridging the gap between conventional dentistry and holistic health and in providing gentle and compassionate care.

Afternoon Workshops and Presenters

H. 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.

I. How to Stop Stress Eating

Carol Rickard, LCSW



One of the most common ways people deal with their stress is by eating, which then creates MORE STRESS! Learn practical strategies that will help you control your stress-driven eating behaviors.

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

Afternoon Workshops and Presenters (cont.)



J. Fine Wine or Bad Vinegar? Take your Pick. Paul Duberstein, PhD

Some people are like wine. They get better with age. Others internalize toxic false narratives about aging and become embittered, like vinegar. This interactive workshop will focus on re-writing aging narratives to maximize happiness and creativity.

Paul Duberstein is a psychologist, gerontologist, and social justice advocate with expertise in geriatric mental health. He is chair of the Department of Health Behavior, Society, and Policy at the Rutgers School of Public Health. Dr. Duberstein earned his PhD from SUNY Buffalo and completed postdoctoral research training in geriatric mental health at the University of Rochester, where he served on the faculty for 25 years.

K. Legalizing Marijuana: Issues and Impact

George DiFerdinando Jr., MD, MPH, and Thomas H. Pyle, MBA, MS, CPRP

In 2020, NJ voters most likely will have an opportunity to decide for or against the legalization of recreational marijuana. At this workshop, experts will present the legal, medical/behavioral, and societal implications of legalization. Ask your questions. Share your views



George DiFerdinando, a member of the NAMI Mercer Board of Directors, currently chairs the Princeton Board of Health. He was employed most recently as an adjunct professor in the Department of Epidemiology at Rutgers School of Public Health. Previously, he served as acting commissioner of the NJ Department of Health and Senior Services. Dr. DiFerdinando earned his medical degree at the University of North Carolina at Chapel Hill.



Thomas Pyle is an experienced senior executive in banking, business, non-profit, community health services, and advocacy. He currently serves as president of the NAMI Mercer Board of Directors and runs a family-resource website called PsychOdyssey. Mr. Pyle earned a BA at Princeton University, an MBA at Harvard, and an MS(PsyR) at Rutgers.



L. A Support Group Experience Josephine Reyes, MSW

Experience the therapeutic benefits of sharing your lived experience with mental illness with others facing similar challenges in a safe, confidential and supportive milieu.

Josephine Reyes is the program coordinator for Intensive Family Support Services (IFSS) at Oaks Integrated Care. She received her Master's degree in Social Work from Widener University.

M. Food & Feelings, Intestines & Illness: The Gut-Brain Connection

Kathleen M. Thomsen, MD, MPH, ABIM

This presentation will describe the communication network between the gut (digestive system) and the brain and how this signaling system influences health conditions. You will learn how to optimize gut health to improve brain conditions and how to optimize brain health to improve gut conditions.

Kate Thomsen was an environmentalist, teacher, and chemist before entering medical school. In 1997, she opened a private practice in holistic health care and was among the first graduates of the Institute for Functional Medicine's Certification Program in 2013. Dr. Thomsen is a medical detective, using the Functional Medicine model to uncover the systems-based imbalances that lead to poor health.



N. The Latest Scoop on Smoking Cessation and Vaping

Michael Kosloski

Learn about multiple methods and resources to help an individual stop smoking. Discover the impact of using e-cigarettes and vaping.



Mike Kosloski is a treatment specialist at RWJBarnabas Health in the Institute for Prevention and Recovery. He worked for 11+ years as a wellness coach/care manager with Oaks Integrated Care

Closing Activity



Harvest of Hope will conclude with an inspiring performance by the Core of Fire Dance Ministry, an ensemble of mature women who use the creativity of movement to promote compassion, consciousness, and social justice. They perform regularly in a wide variety of venues; in 2016, they danced at the National Conference on Creative Aging in Washington DC. Directed by Dr. Carol Penn,

a medical doctor who trained as a professional dance artist with Alvin Ailey American Dance Theater, Core membership does not require previous dance experience.

The performance on October 5 will pay tribute to Dr. Jyoti Agrawal (1969-2018), a dancer with the Core of Fire whose legacy donation helped underwrite the costs of this year's conference.

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 multi-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 Youth under Age 24)** 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*.
- **Speakers Bureau** is a program that provides customized presentations on mental health for businesses and various other community groups.

Register online at 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 (\$20)

Full-day Conference w/membership (\$50)

Keynote Only (no charge)

I would like to make a contribution of _____ (NAMI Mercer's cost per conference attendee is \$150)

REGISTRATION DEADLINE: SEPT. 27, 2019

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.

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.

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

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Harvest of Hope
Conference



11th Annual Wellness Conference

Funded in part with a grant from the Lawrence Township Community Foundation and by a generous donation from the Agrawal Family in memory of Jyoti Agrawal.

Registration closes on September 27, 2019.

DREAM BIG. ACT NOW. KNOW THE SCIENCE.

Saturday, October 5, 2019

8:30 am - 3:00 pm

Presbyterian Church of Lawrenceville