

October 2021

NAMI Mercer
National Alliance on Mental Illness



HARVEST
of *hope*



at home

13th Annual Wellness Conference



13th Annual Wellness Conference

From Pain to Purpose

With guest speaker,
Zak Williams

Mental health advocate and son of
the late Robin Williams



Conference at a glance

October 2021

The agenda is in Eastern Time

Sun., Oct. 3

7:00 pm

Online - Live

My Story: From Pain to Purpose

Zak Williams, MBA

Keynote Speaker

Tues., Oct. 5

7:00 pm

Online - Live

**Evidence-Based Approaches to
Understanding and Treating
Obsessive-Compulsive Disorder**

Marla Deibler, PsyD

Wed., Oct. 6

7:00 pm

Online - Live

**Qi Healing: A Medical Qi Gong
Introductory Workshop**

Janet Oussaty, EdD

Thurs., Oct. 7

7:00 pm

Online - Live

**Fostering Wellness/Resilience
During Difficult Times**

Carol Rickard, LCSW

Tues., Oct. 12

7:00 pm

Online - Live

Zentangle Basics

Diane Forer, BA

Conference at a glance

October 2021

The agenda is in Eastern Time

Thurs., Oct. 14 **Vanquishing Vexation — Helping Loved Ones Address the Housing Question**
7:00 pm

Online - Live
Thomas H. Pyle, MBA, MS, CPRP
Jerome Kidd, BA

Tues., Oct. 19 **Let's Talk About Trauma and the Need for Trauma-Informed Care in Our Current Social Climate**
7:00 pm

Online - Live
Tawanda Hubbard, DSW

Thurs., Oct. 21 **Finding Happiness: Practical Strategies to Feel Happier**
6:30 pm
In-person*

Michelle Zechner, PhD, LSW, CPRP

Tues., Oct. 26 **Mindful Self-Compassion**
7:00 pm
Online - Live

Carol Kivler, MS, CSP

Thurs., Oct. 28 **Ask the Doctor**
7:00 pm
Online - Live

Mark Komrad, MD

*In-person at RWJ Fitness & Wellness,
3100 Quakerbridge Rd., Hamilton, NJ 08619

Zak Williams, My Story

Keynote Speaker

Sunday, October 3 - 7:00 pm

Streaming live



Meet Zak Williams

In May, 2021, Apple TV+ premiered a new mental health documentary series, *The Me You Can't See*, co-created and produced by Oprah Winfrey and Prince Harry, The Duke of Sussex. Our keynote speaker, Zak Williams, was among high-profile guests including Lady Gaga, Glenn Close, chef Rashad Armstead, NBA athlete DeMar De Rozan, and Olympic boxer Ginny Fuchs who were invited to share their personal stories of recovery.

In his interview with Oprah and Prince Harry, Williams spoke about the grief he experienced when his father, beloved actor Robin Williams, died by suicide in 2014. To honor his father and to talk about his own journey of recovery, Zak has become a passionate global mentalhealth advocate, professional speaker, and supporter of initiatives and campaigns that seek to remove the stigma and address the challenges associated with mental health issues.





Zak is CEO and founder of anxiety relief company PYM and is an investor in technology and mental wellness companies. Formerly, he was COO of the recommendation platform Crossing Minds, the director of business development for media company Condé Nast, and the marketing lead for gaming and media platform N3TWORK.



Zak is a trustee of United for Global Mental Health and board member of mental health awareness and advocacy non-profit, Bring Change 2 Mind, founded by Glenn Close. He is an advisor for Inseparable, a national organization focused on creating pragmatic mental health policy and board member for Yerba Buena Center of the Arts, where he focuses on guiding the organization's strategy and business development initiatives.

Zak received an MBA from Columbia Business School and a BA in Linguistics from New York University.

Evidence-Based Approaches to Understanding and Treating Obsessive-Compulsive- Disorder

Tuesday, October 5 - 7:00 pm

Live online presentation



Marla Deibler, PsyD

Workshop Description

This workshop, intended for a general audience, will offer an overview of obsessive-compulsive disorder (OCD), an illness that affects 1-2 percent of the population. This lecture-style presentation will provide an introduction to the phenomenology and evidence-based treatment of this often-hidden problem as well as tips to access vital resources. A Q&A opportunity will follow.

Meet Dr. Deibler

Marla Deibler is a licensed clinical psychologist and executive director of The Center for Emotional Health of Greater Philadelphia, specializing in the treatment of anxiety disorders, OCD, and neurodevelopmental disorders. Dr. Deibler serves on the scientific advisory board of the TLC Foundation for Body-Focused Repetitive Behaviors and on the faculty of TLC's Professional Training Institute. Her other positions include president of the Board of Directors of OCDNJ, consultant for the NJ Center for Tourette Syndrome and Associated Disorders, and visiting clinical supervisor at the Rutgers University Psychological Services Clinic.

Dr. Deibler holds a doctorate in clinical psychology and a postdoctoral Master of Science degree in Clinical Psychopharmacology. Licensed to practice in NJ, PA, and VA, she also is authorized to practice interjurisdictional telepsychology.

Sponsored by Hampton Behavioral Health Center

Qi Healing: A Medical Qi Gong Introductory Workshop

Wednesday, October 6 - 7:00 pm

Live online presentation



Janet M. Oussaty, EdD

Workshop Description

Tap into a treasure of simple, yet profound healing practices that have been utilized and tested for centuries. Learn how to reduce stress, anger, fear, and anxiety with Qi Healing, evidence-based practices of Classical Chinese Medicine. This experiential workshop will offer an overview of Classical Chinese Medicine and focus on ways that we can help restore ourselves and maintain health. No prior experience or special attire is necessary.

Meet Dr. Janet Oussaty

Dr. Janet M. Oussaty is a certified teacher of the Qi Healer Intensive Course from the lineage of Grandmaster Tzu Ku Shih and Masters Fran Maher and Brian Coffey. Since 2014, she has taught Qi Healing and had the privilege of assisting Grandmaster Shih at the Open Center in NYC. She also is an accredited T'ai Chi Chih instructor and Reiki master teacher.

A retired professor from Kean University, Janet founded the Holistic Center for the Integration of Body, Mind and Spirit in Hillsborough, NJ, in 2015. There, she teaches courses and workshops in Qi Healing, T'ai Chi Chih and Reiki and conducts private healing sessions.

Dr. Oussaty has presented papers and workshops nationally and internationally, including in Germany, Japan, and Norway.

Fostering Wellness/ Resilience During Difficult Times

Thursday, October 7 - 7:00 pm

Live online presentation



Carol Rickard, LCSW

Workshop Description

Did the pandemic turn your life upside down? Are you still struggling with its ill effects? If you answered “yes,” then you don’t want to miss this session where you’ll learn the exact blueprint and tools Carol used to navigate the very difficult challenge of maintaining her mental health recovery while dealing with COVID and cancer at the same time! Find out how you can be prepared to preserve your mental wellness if difficult and challenging times affect your life again.

Meet Carol Rickard

Author and lecturer, Carol Rickard has written more than two dozen books and spoken nationally on stress and wellness. She has appeared as a guest on the *Dr. Oz Show*, been a featured expert in *Women’s World* and *Readers Digest*, and written for *Esperanza Magazine*. She is also the creator and cohost of a nationally syndicated wellness series called *The WELL YOU Show*, which is based out of Princeton Community Television. Carol, a Stage III cancer survivor, has first-hand experience with the enormous amount of stress that can show up in life. She also knows the importance of having the right tools and strategies to help manage the stress so that it doesn’t negatively impact your health, relationships, and success.

Zentangle Basics

Tuesday, October 12 - 7:00 pm

Live online presentation



Diane Forer, BA

Workshop Description

Diane Forer will instruct you in the basics of Zentangle, a creative and relaxing method of art, invented by Rick Roberts and Maria Thomas. Using easy-to-learn repetitive patterns and ultra-fine pen strokes, you will fill spaces with “tangles and patterns” to create an abstract piece of art. In the process, you will unwind from stress, explore your creative side, and increase your sense of personal well-being. Zentangle is fun and anyone can do it! Please note that you will need the following supplies: a pencil, an ultra-fine point black Sharpie (or comparable) pen, and a piece of 8.5" x 11" paper.

Meet Diane Forer

Diane Forer is a retired East Brunswick Public Schools art educator. During her years there, she received a Middlesex County Governor's Teacher Award for Outstanding Teacher. She also completed courses to earn the title of Master Teacher. Her passion to teach and create art has not diminished since retirement. She currently teaches painting parties for non-profits, Girl Scouts, teachers, friends, church, and women's organizations for fun and to encourage everyone to find their inner artist. Her favorite quote is from Pablo Picasso, "Art washes away from the soul the dust of everyday life."

Vanquishing Vexation - Helping Loved Ones Address the Housing Question

Thursday, October 14 - 7:00 pm

Live online presentation



Thomas H. Pyle, MBA, MS, CPRP
Jerome Kidd, BA



Workshop Description

Learn about the complexities of housing programs to help those with psychiatric disabilities find housing solutions with supportive services. The presentation will review housing phases from the perspective of the family and the loved one, including living with the family, homelessness, emergency housing (emergency rooms, shelters), transitional housing (hospitals, jails), supportive housing, affordable housing, and market-rate housing. Hear the inspiring, personal story of a man who once was homeless and now helps others.

Meet Thomas Pyle

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.

Meet Jerome Kidd

Jerome Kidd was a successful businessman who suffered financial reversals that led to his becoming homeless for several years. Currently, he is a mental health counselor in Westampton, NJ who helps individuals, groups, and communities to overcome mental health dysfunctions through customized holistic solutions. Mr. Kidd earned an undergraduate degree in psychology from Drew University.

Let's Talk about Trauma and the Need for Trauma-Informed Care in Our Current Social Climate

Tuesday, October 19 - 7:00 pm

Live online presentation



Tawanda Hubbard, DSW

Workshop Description

In the past year and a half, we have experienced uncertainty, loss, fear, and trauma with COVID-19 and civil unrest in our nation. This interactive, lecture-style presentation, intended for a general audience, will focus on defining trauma, how it manifests, the diagnosis of Post-traumatic Stress Disorder (PTSD), trauma-informed care, a holistic perspective on wellness, and common treatment focuses and approaches.

Meet Dr. Hubbard

Dr. Hubbard, an associate professor of Professional Practice at Rutgers University School of Social Work (RUSSW), was honored with a national teaching leadership award in higher education by JV Educational Consultants in March 2021.

Dr. Hubbard is a licensed clinical social worker with more than 16 years of clinical experience in a small private practice and consulting firm. She is a consultant trainer in her area of expertise and a past president of the National Association of Social Workers (NASW), NJ Chapter. Currently serving on the RUSSW Alumni Advisory Council and the Council of Social Work Education Doctoral Minority Fellowship Program, Dr. Hubbard also is an active member of her sorority, Alpha Kappa Alpha, and the NJ chapter of the National Association of Black Social Workers.

Dr. Hubbard is currently pursuing her second doctoral degree, a PhD in Family Science and Human Development, at Montclair State University.

Finding Happiness: Practical Strategies to Feel Happier

Thursday, October 21 - 6:30 pm

In-person presentation*



Michelle Zechner, PHD, LSW, CPRP

Workshop Description

Many people search outside of themselves for ways to feel happier like buying things or taking trips. However, an overview of happiness research suggests that there are strategies and actions we can practice to improve our happiness.

Meet Michelle Zechner

Michelle Zechner is an assistant professor in the Department of Psychiatric Rehabilitation and Counseling Programs at Rutgers School of Health Professions. For more than 25 years, she has focused on helping people recover from mental health conditions. Dr. Zechner has worked in a variety of community and inpatient settings, including nursing homes, outpatient mental health services, state psychiatric hospitals and community services for older adults.

In her current role, she concentrates on implementing evidence-based psycho-social practices in psychiatric hospitals, developing and testing health and wellness promotion interventions in community settings, teaching students, training diverse mental health staff on best practice interventions for older persons with mental health conditions, and conducting research.

She has co-authored peer-reviewed and technical publications in her areas of expertise and has presented her work at local, national and international conferences.

* Presentation will be held in-person at RWJ Fitness & Wellness, 3100 Quakerbridge Rd., Hamilton, NJ 08619

Co-sponsored with RWJ Barnabas Health

Mindful Self-Compassion

Tuesday, October 26 - 7:00 pm

Live online presentation



Carol Kivler, MS, CSP

Workshop Description

The competitive culture in which we live often leads us to set unrealistic expectations for ourselves, to compare ourselves to others, and to self-criticize harshly. Learning to accept ourselves with kindness and compassion can lead to greater happiness and personal satisfaction. In this fast paced, interactive workshop, you will start with a self-compassion assessment, cultivate how to practice mindful self-compassion through demonstration and exercises, and leave with action steps to continue this practice in your daily life.

Meet Carol Kivler

Carol Kivler is president of Kivler Communications, a corporate training and international executive coaching firm. Since 1994, Carol has served more than 120 companies nationwide and has coached more than 1400 executives worldwide. Carol earned her bachelor's degree in business education and her master's degree in human resource education from Fordham University. She also received the Certified Speaking Professional designation from the National Speakers Association (fewer than 10 percent of speakers earn this designation). Carol is a riveting, authentic, and memorable speaker. Her high-energy and compelling workshops change thinking and inspire participants not only to learn from her presentations but also to have some fun with her.

Ask the Doctor

Thursday, October 28 - 7:00 pm

Live online presentation



Mark Komrad, MD

Workshop Description

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.

Meet Dr. Komrad

Mark Komrad is a psychiatrist in private practice and on the clinical and teaching staff of the Johns Hopkins Hospital in Baltimore. He uses both psychopharmacology and psychotherapy, a combination treatment that has become increasingly rare in today's mental healthcare environment.

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. In addition, Dr. Komrad was the consultant for a major Hollywood film and a dramatic TV series to ensure accurate portrayals of psychiatrists and people affected by mental illness.

In addition to clinical psychiatry, Dr. Komrad is a medical ethicist. He served on the Ethics Committee of the American Psychiatric Association for six years and was twice honored with the Carol Davis Ethics Award.

Harvest of Hope Through the Years



Register online at

weblink.donorperfect.com/harvestofhope21

There is no charge to register!

Harvest of Hope is funded in part by the County of Mercer, NJ, Lawrence Township Community Foundation, Hampton Behavioral Health, High Focus Centers, Penn Medicine Princeton House Behavioral Health, and Roma Bank. For sponsorship information email jdare@namimercer.org.