

# The 2014 Gathering . . .

Education and Dialogue about Mental Illness for Individuals, Families and Friends

**Saturday, October 25, 2014**  
**TCC Capitol Center**  
**300 West Pensacola Street, Tallahassee**



**Organized By:**

- Big Bend Mental Health Coalition
- Depression & Bipolar Support Alliance (DBSA)
- FSU College of Medicine, Department of Behavioral Sciences and Social Medicine
- NAMI-Tallahassee
- The Outlet
- The Tallahassee Peer Leadership Group

*Not about us, without us.  
We are in this "recovery thing" together. . . .*

Al Merren, 2012 "Gathering Chair and Peer Specialist"

*Supported and sponsored by:*



**Tallahassee Memorial  
Behavioral Health Center**

*Tallahassee Memorial HealthCare*

THE FLORIDA STATE UNIVERSITY  
COLLEGE OF MEDICINE



 **NAMI Tallahassee**  
National Alliance on Mental Illness

**Magellan**  
COMPLETE CARE

**Other Sponsoring Contributions:**

MeMollies Chocolates and Flowers  
In memory of Lois G. Cotton  
Amy Datz  
Marsha Slade

# Conference Schedule of Events

## Arrival - Saturday, October 25

9:00 - 9:30 a.m. **Registration and Check-in** - Lobby Area  
*Conference registrants and speakers alike should stop by the registration desk to pick-up information and name badges for lunch*

## Plenary Session - Room 111

9:30 – 9:45 a.m. **Welcome** - *Richard Stephens, NAMI-Tallahassee*

9:45 – 10:00 a.m. **Wellness, Relationships and Advocacy**  
*Presenter: Margie Armstrong, CPRS, Magellan Complete Care*

10:00 - 10:45 a.m. **Advocacy and Me: Seaweed, Shadows and Starfish**  
*Keynote: Sandra Van Pelt, PhD, Belhaven University, Orlando*

10:45 - 10:55 a.m. **Break**

10:55 a.m. - 12:10 p.m. **Accessible Care Options**  
*Moderator: Paul Knoll, LMHC, CAP, Tallahassee Memorial Behavioral Health Center*  
*Panelists: Jennifer Barr, LCSW, Apalachee Center Inc.; Esaias Lee, MD, Neighborhood Medical Center; Catherine Munroe, CPRS, Apalachee Center Inc.; Jennifer Travieso, Disc Village*

### Concurrent Session I, Choose One

12:15 - 1:00 p.m. **The Long Haul - Planning Ahead: Room 111**  
*Advance directives; Social Security benefits; guardianships, private disability insurance disputes and other legal issues.*  
*Moderator: Matt Liebenhaut, Esq., Liebenhaut Law*  
*Panelists: Amy Mason Collins, Esq.; Waldoch & McConnaughay, PA; Lynne Liska, Professional Guardian*

**Making it on your own - From finding housing to keeping a home: Room 104**  
*Facilitators: Lucibeth Dees, CPSA, Magellan Complete Care; Pamela Sykes, BSW, Ability 1st*

1:00 - 2:00 p.m. **Lunch Buffet: Room 111** - Recognition of Dan Hendrickson  
*Paul Knoll, PhD; Tallahassee Memorial Behavioral Health Center*

### Concurrent Session II, Choose One

2:00 - 3:00 p.m. **Utilizing University Connections: Room 111**  
*Clinical trials, research, community clinic and services.*  
*Moderator: Heather Flynn, PhD, Florida State University, College of Medicine*  
*Panelists: Kimberly Driscoll, PhD, FSU Psychology Clinic; Therese Skubic Kemper, PhD; FSU Psychology Clinic; Huijun Li, PhD, Florida A & M University, Dept. of Psychology; Kristen Schmidt, PhD, FSU Multidisciplinary Center*

**Tallahassee's Mental Health Community Center, Other Resources: Room 104**  
*The Outlet is a community mental health center looking to provide support to the community via providing affordable and alternative forms of mental healthcare The Outlet will be highlighting art therapy, music therapy, and recreation therapy in this presentation.*  
*Facilitators: Rose Richeson, Executive Director, The Outlet; Allison Kearley and Chelsea Elliot Harris, FSU's Arts Therapy Association; Flor Perez and Daniel Evans, Tallahassee Memorial Healthcare*

3:00 - 3:10 p.m. **Break**

### Concurrent Session III, Choose One

3:10 - 4:00 p.m. **Useful Tips and Resources. What helped: Personal Reflections: Room 111**  
*Facilitators: Mary Alice and Michael Linzy, Depression & Bipolar Support Alliance (DBSA)*  
*Margie Armstrong, CPS; Lucibeth Dees, CPSA; David Steingart, MSW, NAMI-Tallahassee*

**Advocacy and Coalitions: Room 104**  
*Moderator: Dan Hendrickson, Esq.,*  
*Panelists: Donna Duncan, CPS; George Potter, MS, CAP*

4:00 - 4:10 p.m. **Closing Comments: All Together** - *Paul Knoll, PhD; Tallahassee Memorial Behavioral Health Center*

**Conference Steering Committee:** *Margie Armstrong, Tallahassee Peer Leadership; Beth Dees, Tallahassee Peer Leadership; Donna Duncan, Big Bend Mental Health Coalition; Mary Alice Linzy, DBSA; Nancy O'Farrell, NAMI-Tallahassee; Heather Venclauskas, FSU College of Medicine, Dept. of Behavioral Sciences and Social Medicine; Rose Richeson, The Outlet; Pat Stephens, NAMI-Tallahassee*

## About the Speakers

### Keynote Speaker:



**Sandra Van Pelt** was diagnosed with bipolar disorder in 1981 and experienced a second major episode in 2003. Because her brother was diagnosed with schizophrenia, she also understands the family member's perspective. She has a Masters Degree in Education from Texas A & M and a PhD in English from the University of Mississippi, and is currently an Assistant Professor of English at Belhaven University Orlando. An active member of the Greater Orlando NAMI affiliate, she is a certified State Trainer for *NAMI Smarts for Advocacy*.

**Margie Armstrong** has worked in the field of mental health for over 20 years, both professionally and as a consumer of mental health services. She is currently employed with Magellan Complete Care as a Certified Recovery Peer Specialist.

**Jennifer Barr**, MSW, LCSW is a graduate of the Florida State University. Mrs. Barr is an EMDR trained therapist and is currently the FACT Team Leader at the Apalachee Center, Inc. She has extensive background in mental health and substance abuse treatment as well as trauma-informed care. She currently serves as a co-facilitator of the Circuit 2 Trauma Informed Care Workgroup in Tallahassee, FL, is an adjunct professor at the Florida State University College of Social Work, and is a trained Mental Health First Aid certification provider.

**Amy Mason Collins** is an elder law attorney, licensed to practice in Florida, Georgia and Tennessee. She practices in the areas of estate planning, guardianship, probate, trust administration and planning for and responding to issues arising from incapacity and aging. She received a B.A. in Biology and Psychology, cum laude, from Colby College, her J.D. from the Emory University School of Law and her Master in Public Health from the Rollins School of Public Health at Emory University. Currently, Ms. Collins serves as a board member and Secretary of the Big Bend Chapter of the Florida State Guardianship Association. She also serves as a co-chair of the Abuse, Neglect & Exploitation Committee of the Elder Law Section of the Florida Bar. Ms. Collins serves as a local volunteer guardian ad litem with the Florida Guardian Ad Litem Program.

**LuciBeth Dees** lives with Bipolar Disorder II. Earning degrees from Auburn University, she has written for newspapers, magazines and published two books. Becoming a State Certified Peer Specialist during her six and half years with Ability 1st, she believes working with others with mental health issues has been the key to her own recovery. She is currently an employee with Magellan Complete Care.

**Kimberly Driscoll**, PhD, is a licensed pediatric psychologist and Assistant Professor at the Florida State University College of Medicine. She is the Associate Director of the FSU Psychology Clinic where she assists with the administrative oversight of daily operations. She also provides general therapy and assessment supervision to clinical psychology graduate students.

**Donna Duncan** is a Certified Peer Specialist. An active member of the mental health community, she serves on the Board of Directors for DBSA and facilitates the weekly support group at Ability First. Donna is also Chair of the Big Bend Mental Health Coalition.

**Heather A. Flynn**, PhD, is a clinical psychologist and Associate Professor & Vice Chair for Research at the Florida State University College of Medicine in the Department of Medical Humanities and Social Sciences. Dr. Flynn's research is focused on improved identification and treatment of depression in women, especially around the time of childbearing. Her studies are specifically aimed at developing and testing psychotherapeutic treatments for depression around the time of pregnancy, and on examining the impact of depression remission on obstetrical and infant outcomes. She has published over 50 peer-reviewed scientific journal articles and has received federal and private funding for her research since 1999. Dr. Flynn is also conducting projects focused on advancing the field both nationally and in the state of Florida through facilitating collaborative research networks to enhance synergy among experts in depression and related chronic illnesses. She is the Chair of the Women & Mood Disorders Task Group within the National Network of Depression Centers. She also holds an Adjunct Associate Professor position in the Department of Psychiatry at the University of Michigan. She is also a trainer and supervisor in behavioral interventions such as Motivational Interviewing and Interpersonal Psychotherapy.

**Dan Hendrickson** recently retired from the Public Defender's Office in Tallahassee, after 25 years' there, nearly all of which was representing Baker Act and other mental health clients in the 8-county region. He continues to practice as a public interest attorney and lobby in mental health, environmental, criminal, and consumer law. He has helped legislative reforms in mental health for more than twenty years, and worked in a state hospital in Louisville, Ky, as early as 1970. He is a lifelong organizer and reporter and has served on various boards of local, state, regional and national public interest organizations and coalitions.

**Paul Knoll** has been a therapist since 1995, and licensed as a Florida Mental Health Counselor since 1999. His background includes treating patients with a variety of substance abuse issues in forensic settings such as Florida Department of Corrections and Florida Department of Juvenile Justice. Currently, he is the Director of the Tallahassee Memorial Healthcare Recovery Center, which specializes in treating patients with co-occurring disorders. His community treatment experience includes being the first licensed therapist on the Florida Assertive Community Treatment (FACT) team at Apalachee Center, which was funded by a million dollar grant appropriated by Governor Jeb Bush. Paul's education includes a BA in Psychology, MS in Educational Psychology and PhD in Criminal Justice Management. His graduate training included training at the Gesell Institute of Yale University. He instructs graduate and undergraduate psychology students online at the University of Phoenix, Arizona. Currently, he is an ex-officio board member on the Big Bend Mental Health Coalition, and also participates in the Tallahassee Responsible Decision Making Coalition and Area Council on Aging meetings.

**Therese Skubic Kemper**, PhD, is the psychologist-in-residence at the FSU Psychology Clinic. She supervises graduate students on out-patient therapy and assessment, acts as a licensed consultant to graduate students, assists in Psychology Clinic administrative matters, and carries her own caseload of clients. Therese is also the Diagnostic Coordinator for the FSU College of Medicine First Words Project, where she provides diagnostic consultation and trains project staff in Motivational Interviewing.

**Esaias F. Lee, Jr.**, MD, specializes in family medicine at the Neighborhood Medical Center. He is a graduate of the Medical College of Wisconsin and served his residency at Eugene Talmadge. He is a physician advocate for early intervention in mental illness and is recognized for his interest in depression.

**Huijun Li** received her PhD degree in School Psychology from the University of Arizona in 2003. Dr. Li is an Assistant Professor in the Department of Psychology, College of Social Sciences, Arts, and Humanities, Florida A & M University. She is a Nationally Certified School Psychologist. She is also a Research Collaborator of the Department of Psychiatry at Harvard Medical School. Prior to joining Florida A & M University, she served as the Director of Multicultural Research of the Commonwealth Research Center, Beth Israel Deaconess Medical Center, and Harvard Medical School. She serves on the Editorial Board of Asian Journal of Psychiatry and Editorial Advisory Board of Psychology in the Schools. She also serves as Research Committee Chair of Florida Association of School Psychologists, Ethics Committee member of the International School Psychology Association, and program reviewer of National Association of School Psychologists. Dr. Li was interviewed as an experienced professional on youth mental health by the local ABC news after the Newtown, Connecticut school shooting incident in 2012. Dr. Li is the first expert appearing on the Florida A & M Living Well 101 Column. Her essay on reducing mental health disparity has been published in the *Florida Sun Sentinel*, *South Florida Times*, the *Westside Gazette*, and *Talla-*

*Continued, page 4*

## About the Speakers

*hassee Democrat.* Dr. Li is the author or co-author of journal articles, books, book chapters, translated books, and conference presentations.

**Matt Liebenhaut** is a licensed member of the Florida Bar and the State Bar of Georgia. He attended Florida State University where he graduated magna cum laude and went on to attend the Florida State University College of Law. In 2013, he was one of only two social security disability lawyers in Florida designated a "Rising Star" by *Super Lawyers Magazine*. He maintains an AV Peer-Review rating through Martindale Hubbell. As a Social Security Disability and SSI lawyer in Tallahassee, Matt has represented hundreds of patients dealing with mental illness and other ailments and physical disorders that limit them from full-time work. Other areas of practice include private disability claims and appeals as well as family law.

**Catherine Munroe** is a Florida Certified Peer Recovery Specialist working for Apalachee Center. She lives with Bipolar I Disorder and is also in recovery from both an eating disorder and alcohol abuse. Prior to this second career, Catherine worked for five different municipalities in an administrative capacity. She is married with two adult daughters and two cats. In her off hours, Catherine does animal rescue work.

**George D. Potter** has recently celebrated 20 years clean, sober and tobacco free. George is a Certified Addictions Professional and has been a drug abuse counselor in prisons and community corrections facilities prior to working with Townsend Addiction Recovery Center. George has been in ministry with the United Methodist Church since receiving his License to Preach in 1998. He has also been involved with Spirit Riders Motorcycle Ministry, with Disaster Relief and traveled with the United Methodist Volunteers in Mission on trips to Mexico and El Salvador. George spent ten years as an EMT/Paramedic, attended Portland State University in Portland OR and received a Bachelors Degree in Psychology and Masters Degree in Instructional Systems from FSU. George currently serves on the Board of Directors of the Big Bend Mental Health Coalition.

**Kristen L. Schmidt, PhD,** is the Director of Mental Health Services at the Florida State University Multidisciplinary Center and a Florida licensed-psychologist with training and expertise in the assessment and treatment of emotional and behavioral disorders of childhood and adolescence. She is a Co-investigator at the Johns Hopkins Center for Prevention and Early Intervention, where she previously completed a Postdoctoral Fellowship in Prevention Science. The FSU Multidisciplinary Center, one of the FLDOE discretionary grant-funded Multidisciplinary Educational Services Centers, is a clinic and training program that provides a high range of quality, empirically-based psychological and education consultation services serving a diverse client population presenting with complex academic, medical, emotional, or behavioral problems. The MDC has been in existence since 1983 and currently serves children and families in 20 school districts in 18 counties in the north Florida Panhandle.

**Pamela Sykes** is the Mental Health Outreach Coordinator at Ability1st. She received her BSW from Florida State University. Pamela has over 15 years of experience serving, advocating, and empowering adults with Mental Health and Substance Abuse diagnosis.

**David Steingart** is a social worker who specializes in recovery oriented practice. He is open about being diagnosed with bipolar disorder and has committed time to helping others recover from persistent mental illness both as a clinician and advocate. Originally from the New York City area, he graduated with an MSW from Columbia University. He has worked in a variety of clinical settings including: street outreach programs, day treatment programs, an inpatient psychiatric hospital unit and currently at a community mental health center in Bainbridge Georgia. He has involved himself in numerous recovery oriented projects including: *In Our Own Voice*, a NAMI project devoted to enabling those in recovery to discuss their experiences first hand to various audiences including college students, law enforcement and medical students. David has been involved with helping to pass legislation at the Florida Legislature to over-turn "fail first" restrictions created by insurance companies that prevent consumers from receiving the optimal medication for mental illness. David has contributed to the Recovery to Practice program devoted to promoting recovery concepts into social work program curriculum. David is currently working on a book based on his own experiences as a consumer who battled severe mental illness for over fifteen years.

A new Medicaid specialty health plan that helps members get quality care for their mind and body.

We do more than bring together physical and mental health care; we provide tools to help manage health and wellness. There are no co-pays when you use doctors in our network.

Visit [MCCofFL.com](http://MCCofFL.com) for more information or call 800-327-8613 or 800-424-1694 (TTY only).

Or you can also visit [flmedicaidmanagedcare.com](http://flmedicaidmanagedcare.com) or call Florida Medicaid Choice Counselors at 877-711-3662.



Magellan Complete Care is a Managed Care Plan with a Florida Medicaid contract.

**Magellan**  
COMPLETE CARE.