

NAMI Syracuse Educational Conference

Mind, Body, Spirit: A Complete Approach to Mental Health & Wellness

Wednesday, October 4, 2017 * 9:00am-3:00pm * Rosamond Gifford Zoo, One Conservation Place, Syracuse
Please register by Friday, September 29, 2017

- Professional/Provider/Non-NAMI Member **\$65.00**
- NAMI Member **\$50.00**
- Student/Recipient of MH Services **\$30.00**
- Become a member of NAMI Syracuse & attend the conference **\$85.00**
- Sorry, not able to attend; but please accept my tax-deductible donation \$ _____

NAME: _____

FROM: (Agency, NAMI, School, etc.) _____

ADDRESS: _____

PHONE: _____ E-MAIL: _____

~ Registration includes Lunch ~ Display Table Requested []

*Mail registration form along with payment to NAMI Syracuse Inc.,
917 Avery Avenue, Syracuse, NY 13204 ~or~
visit our website, www.namisyracuse.org, click "Donate" and indicate "conference registration fee" via PayPal
Tel. 315-487-2085 FAX 315-487-2154 E-mail namisyracuse@namisyracuse.org*



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**Mind, Body, Spirit:
A Complete Approach to
Mental Health & Wellness**



**Wednesday, October 4, 2017
9am-3pm
Rosamond Gifford Zoo
One Conservation Place
Syracuse, New York 13204**

NAMI Syracuse, the local affiliate of NAMI, National Alliance on Mental Illness and NAMI-NYS, is a non-profit self-help organization of active and concerned families and friends of people who suffer from serious and persistent psychiatric illnesses.

Conference Committee:
Kristin Neagle, Chair • Sherie Ramsgard
Spencer Plavocos • Carol Sheldon Brady

PROGRAM

8:15-9:00am	Registration
9:00-9:15am	Karen Winters Schwartz President, NAMI Syracuse Welcome & Introduction
9:15-10:00am	Dr. Kelly Richards <i>Treating Trauma Holistically</i>
10:00-10:15am	Questions & Answers
10:15-10:30am	Break
10:30-11:30am	Dr. Renie Kehres <i>Mindfulness</i>
11:30-11:45am	Questions & Answers
11:45am-1:00pm	Lunch/Networking/Silent Auction
1:00-2:00pm	Dr. Nasri Ghaly <i>Transmagnetic Stimulation</i>
2:00-2:15pm	Questions & Answers
2:00-3:00pm	<i>Alternate Holistic Approaches to Treatment</i> Panel: Kim Sacco, <i>Reiki, Essential Oils</i> Rochette Withers, <i>Spiritual Medium & Vibrational Healer</i> Renee Goot, <i>Therapeutic Yoga</i> Kelly Springer, <i>Nutrition</i>
3:00pm	Wrap-up & Evaluations

Presenters

Dr. Kelly Richards earned her BA degree in psychology in 2005 from Lycoming College in Williamsport, PA. She earned her MA degree in clinical psychology in 2008 and her Doctor of Psychology degree in 2010 at Marywood University in Scranton, PA. Throughout her professional career her training and experiences have taught her the importance of exploring each individual's unique and holistic world view. Currently, she is a licensed psychologist in NY and works full-time in her own private practice in Syracuse.



Dr. Renie Kehres, PhD, MSN earned her BS in Nursing and her MS in Psychiatric-Mental Health Nursing from Syracuse University. Dr. Kehres is a Professor of Practice in Human Development and Family Science at Syracuse University. She began her practice as a Psychiatric Clinical Nurse Specialist, focusing on preventive and restorative interventions and programs. In addition to teaching a course on Holistic Healing at Syracuse University, she is also a Reiki Practitioner and a certified Meditation Instructor.



Dr. Nastri Ghaly graduated from medical school in Cairo, Egypt in 1974 and worked as a general practitioner until he immigrated to the US in 1977 where he completed his psychiatric residency at SUNY Upstate. He is a board-certified psychiatrist, a licensed acupuncturist and treats sleep related disorders. He also has extensive knowledge of psychopharmacology and drug to drug interaction. Dr. Ghaly has become the only certified practitioner to use TMS in the Syracuse area. Transcranial Magnetic Stimulation (TMS) is a non-invasive, state of the art treatment option for a number of chronic disorders. It is FDA approved, and has been proven to improve the symptoms of depression, anxiety, bipolar disorder, and chronic pain that have not responded to prior treatment efforts.



Panel:

Kimberly Sacco received her BS degree from Colgate University in Sociology/Anthropology and Native American Studies. Kimberly has spent her professional career advocating for under-represented populations – working in the social and human services field. She is currently a counselor/therapist at Whole Mental Wellness and has her own private practice, Ascend Wellness and Counseling providing Reiki, Life Coaching, Essential Oil Consultation and Intuitive Readings as a Native American Seer. Kimberly is also a Credentialed Alcoholism & Substance Abuse Counselor in NYS.



Rochette Withers received her BA degree in Sociology from LeMoyne College. She trained with Sheila Applegate in her Launching and Soaring and Reiki programs. Ms. Withers became a Certified Associate of the Conklin Method of Cellular Cleansing. Ms. Withers owns her own private practice, Little Wings Intuition, which offers intuitive readings and vibrational healing. As a Vibrational Healer, she employs methods to alter vibrational frequency within the body at the cellular level. As a Spiritual Medium, she uses a combination of a developed intuitive sense and a strong belief in the value of Spirit's gifts of guidance.



Renee Goot is a certified yoga teacher and studied at the School of Phoenix Rising Yoga Therapy. She completed the Adaptive Yoga program at Mind Body Solutions in Minnetonka, MN and is also a Level II Reiki Practitioner. During her 8 years of working as a counselor, Renee discovered that what people need most in addition to diagnoses and complex treatment plans, is to be treated with compassion. Renee's work as a therapeutic yoga teacher offers people the chance to slow down long enough to notice what's happening to their bodies, and find their own wisdom.



Kelly Springer is a graduate of West Virginia University with a BS degree in Nutrition, and earned her MS in Health Education from SUNY Cortland. Kelly is a Registered Dietitian Nutritionist and a recognized expert and national spokesperson on nutrition. She owns her own private practice, Kelly's Choice. Prior to her private practice, she worked at Hillside Children's Center where she developed guidelines to promote health and good nutrition which resulted in reduction in medication use. She also served for two years as the Division Dietitian at Wegmans Food Markets.



The Gentile Advocacy Award, created to recognize the efforts of those promoting change and improvement in our mental health services in our community, will be presented to **Sheila Le Gacy**, the Director of the Support and Education Center at AccessCNY (formerly Transitional Living Services). Sheila, an effective and powerful advocate to families affected by mental illness has trained and supported thousands of family members for over thirty years. She has been an active member of NAMI Syracuse since its beginnings. She is the creator of **Supportive Family Training**, one of the first family education programs in the US. Since 1980, SFT has inspired many national and international family education models, including NAMI's Family to Family program which is based on her model. Her experience designing rehabilitation programs for young adults has had a great influence on her work and on the close working relationships she maintains with many individuals in the recovery movement. Sheila has trained police officers to interact more effectively and compassionately with persons with mental illness. She has also advocated tirelessly for the development of a mental health court and crisis respite for adults with mental illness in Onondaga County, as well as for more resources in our community for children with mental illness and their families. Sheila exemplifies the spirit of the Gentile Advocacy award.

