

# NAMI SYRACUSE 31ST ANNUAL EDUCATION CONFERENCE

## Hope and Resilience: Building a Culture of Mental Wellness



### PROGRAM SCHEDULE:

#### Hope and Resilience: Building a Culture of Mental Wellness,

a community-focused conference hosted by the local chapter of the National Alliance on Mental Illness (NAMI).

Through inspiring speakers and expert-led sessions grounded in the Levels of Prevention model — **primary, secondary, and tertiary** — we'll explore diverse approaches to mental health with the shared goal of fostering a resilient, supportive culture of mental wellness for all.

**Primary prevention** focuses on preventing a disease from ever occurring. The target population are healthy individuals, families, and communities. An example of primary prevention in mental health may include workshops for youth that build resilience.

**Secondary prevention** emphasizes early disease detection. This is typically thought of as screening. In mental health, this can be the use of screenings, like the PHQ-9 and GAD-7 in primary care settings. We can also consider recognizing symptoms to be secondary prevention.

**Tertiary prevention** occurs when we focus our work on reducing the severity of disease as well as any consequences of the disease. This includes interventions like therapy and medications for existing mental health conditions. We can also think of community interventions. Peer support and recovery groups are examples of tertiary prevention at the community level.

Join us at the **Rosamond Gifford Zoo**  
**Wed, September 24, 2025**  
**7:30 AM – 3:30 PM**

7:30 AM	<b>CHECK-IN</b> COFFEE & PASTRIES	
8:30-8:35 AM	Lisa Smith, <i>Acting President NAMI Syracuse</i>	Welcome Greeting to Attendees
8:35-8:45 AM	Carrie Rewakowski, <i>PhD, NPP, PMHNP-BC, CNE, Assistant Professor at Le Moyne College</i>	Setting the Stage for a Culture of Mental Wellness: Levels of Prevention
8:45-9:00 AM	Scott Herron, <i>Executive Director NAMI Syracuse</i>	What is NAMI?
9:00-10:00 AM	Lori Woodard, <i>Eating Disorder and Body Image Recovery Advocate</i> Tracy Dando, <i>Founder of Safe Space, TEDx Speaker and Coach</i>	Coming Back Home: <i>Stories of Resistance, Eating Disorder Recovery and Radical Self Return</i>
10:00-10:15 AM	<b>BREAK</b>	
10:15-10:45 AM	Mantosh Dewan, <i>Psychiatrist and Upstate Medical University Resident</i> Rebecca Shields, <i>Psychiatrist and Co-Director of the Psychiatry High Risk Program at Upstate Medical University</i>	Initiatives in Psychiatry at Upstate Medical University Including the High Risk Program (for Youth and Young Adults Who Struggle with Thoughts of Suicide)
10:45-11:15 AM	Jennifer Parmalee, <i>MPA, Deputy Commissioner and Director of Community Services</i>	Building a Culture of Mental Wellness in Onondaga County
11:15 AM-12:15 PM	Susan Scharoun, <i>PhD, Professor Emerita, Psychologist, Toomey Residential and Community Services, and Menorah Park</i>	Autism: Diagnosis and Treatment
12:15-1:15 PM	<b>LUNCH</b>	
1:15-1:45 PM	Lauren Giannetti, <i>BSN, RN, Director of Acute Care Behavioral Health at St. Joseph's Health</i> Scott Murray, <i>Peer Specialist</i> Angel Gonzalez, <i>Peer Specialist</i>	Mental Health Services at St. Joseph's Hospital - <i>From Crisis to Connected: It's Okay to Not Be Okay</i>
1:45-2:30 PM	Doug Jackson, <i>Teacher and Speaker for the 15 for Life Foundation</i>	15 for Life - <i>Speaking Up: Normalizing Conversations and Breaking the Stigma Around Depression and Mental Health</i>
2:30-3:15 PM	<b>PANEL DISCUSSION</b>	
3:15-3:30 PM	Lisa Smith, <i>Acting President NAMI Syracuse</i>	Closing Remarks