

## Supports and Strategies for Recovery

Thursday, October 8, 2015 \* 9:00am-3:00pm \* Empire Room, New York State Fairgrounds, Syracuse  
Please register by Friday, October 2, 2015

- 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 \$80.00
- Sorry, not able to attend; but please accept my tax deductible donation \$ \_\_\_\_\_

NAME: \_\_\_\_\_

FROM: (Agency, NAMI, School, etc.) \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_ E-MAIL: \_\_\_\_\_

Registration includes Continental Breakfast & Lunch - Request vegetarian lunch  Request Display Table   
Mail registration form along with payment to NAMI Syracuse Inc., 917 Avery Avenue, Syracuse, NY 13204  
Tel. 315-487-2085 FAX 315-487-2154 E-mail [namisyracuse@namisyracuse.org](mailto:namisyracuse@namisyracuse.org)



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### EDUCATIONAL CONFERENCE

# Supports and Strategies for Recovery



artwork by Jacqueline Colello

Thursday, October 8, 2015  
9am-3pm

**Empire Room**  
New York State Fairgrounds  
Syracuse, New York 13209

# PROGRAM

8:15-9:00am	Registration
9:00-9:15am	Welcome & Introduction
9:15-10:00am	Erik Lilly, SHRM-CP, PHR Laila Keysor, SSHRM-SCPSPHR Employee Representatives, Wegman's Food Markets
10:00-10:15am	Break
10:30-11:00am	Jacqueline Colello Giving Hope to the Hopeless
11:00-11:30am	Kirsten Hubel, Director of the Sunrise Peer Recovery Center
11:30-11:45am	Nathan Baird, Peer Specialist
11:45-12:00pm	Questions & Answers
12:00-1:00pm	Lunch/Networking/ Silent Auction
1:00-1:30pm	Sunny Aslam MD Negotiating with Your Psychiatrist when Returning to School or Work
1:30-1:45pm	Questions & Answers
1:45-2:30pm	Sherie Ramsgard Stress Management/Self-Care
2:30-2:45pm	Questions & Answers
2:45-3:00pm	Wrap-up & Evaluations

## Presenters

**Erik Lilly, SHRM-CP, PHR, Employee Representative, Wegman's Food Markets** has held management positions in various stores in the Syracuse Division of Wegman's Food Markets for the past 19 years. He has experience as a recruiter, and is currently a human resource generalist at the store in Auburn, New York. Mr. Lilly has extensive experience as a workshop trainer in management and human resource subject matter areas and most recently has trained hundreds of Wegman's department and store managers on the best practices in interviewing and selection. Mr. Lilly is certified as a human resource professional by the Society for Human Resource Management (SHRM) and the Human Resource Certification Institute (HRCI) and is currently completing his Bachelor's degree in Human Resource Management at Empire State College.



**Laila Keysor, SHRM-SCP, SPHR** has been with Wegman's since 1999. She has been in the Human Resource role, first as a generalist for the stores and currently overseeing Staffing and Training for the Syracuse division. Laila has a Master's degree in Business Administration from Syracuse University and a Bachelor's degree in Biochemistry from Hartwick College. She also has her SPHR certification from HRCI and SHRM-SCP from the Society of Human Resources Management.



**Nathan Baird, Peer Specialist** has been in recovery for about 8 years from bi-polar illness. Nathan has obtained a degree from SUNY Oswego in Education and is currently going back to school to obtain his masters degree in social work from SUNY Buffalo. He has been a substitute teacher in the Syracuse City School District for the past four years. For the past year and a half, Nathan has been working for the NYS Office of Mental Health at Hutchings Psychiatric Center. His job duties as a Peer Specialist include leading peer groups, working one on one with people directly on the inpatient unit, and working with people in the community on goals/skills they can obtain. He also teaches a pre-GED skills class twice a week.

**Kirsten Hubel, Director of the Sunrise Peer Recovery Center**

### Conference Committee:

Marla Byrnes	Kristin Neagle	Susan Zdanowicz
Spence Plavocos	Carol Sheldon Brady	Mary Gandino

**Jacqueline Colello** is a full-time artist who is completely self-taught. She is the founder of Colello Creations and sells her work internationally. Her mission in life is to share with the world her story of struggle, strength and hope. Jackie believes that everything she has been through was all supposed to happen in order for her to create the beautiful masterpiece her life has turned into. Her wish is that her life may inspire, enlighten and give hope to the hopeless today and always.



**Sunny Aslam MD** considers himself a recovery-oriented psychiatrist. He joined the Washington Street Clinic in 2011 after completing his residency in psychiatry. Soon after, he took the position of Director of Education and Training at HPC, where he gets to work closely with SUNY Upstate psychiatry residents and medical students. He attended medical school at Saba University, Saba, Netherlands Antilles. Sunny was thrilled to be awarded the Gold Humanism in Medicine Award by the SUNY Upstate medical students.



**Sherie Ramsgard, Psychiatric Nurse Practitioner and Owner of Whole Mental Wellness, Psychotherapy and Medication Management for Mental Health & Wellness**, a vision that has been a long time coming. Her dream was always to have her own practice where she could focus on wellness as a key component to Mental Health while working collaboratively with the clients. Sherie brings over 26 years of education and experience working with individuals, couples, families, and groups of all ages. She has presented at several local and national conventions on various Mental Health related topics.



National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, supports and research and is steadfast in its commitment to raising awareness and building a community of hope for all of those in need.

### What are the benefits of NAMI membership?

- Membership at all three levels of the organization: NAMI National, NAMI-NYS & NAMI Syracuse
- Eligibility to vote in all NAMI elections
- A subscription to The Advocate, NAMI National's quarterly magazine, as well as access to optional subscriptions to specialty newsletters and information at the national, state and local levels
- Discounts on publications, promotional items, and registration at NAMI's annual convention, state and local conferences
- Access to exclusive members-only material on NAMI National's website

*If not already a member, please consider joining NAMI Syracuse today!*