

Community Conversations, Fall 2017, Session Descriptions

11:15am – 12:00pm • Featured Speaker

Understanding Schizophrenia

Gina Najolia, J.D., Ph.D.; Licensed Psychologist/Forensic Evaluator, WSH

This keynote presentation will provide an educational overview of schizophrenia symptoms, causes, the process of diagnosis, pharmaceutical and other behaviorally-based interventions and related conditions. The session will end with a Q&A.

1:00-2:00pm • Workshops

An Overview of Civil and Forensic Discharge

Melissa C. Capobianco, LICSW, Director of Social Work, WSH

Discharge is an exciting and stressful topic that brings up many questions for family, friends and the community. In this seminar, we will be going over the basics of the discharge process from civil and forensic and who to contact when you have questions.

Visiting Your Loved One— How to Have a Good Visit

Sarita Martinez, MSW, LSWAIC; Psychiatric Treatment and Recovery Center, WSH

A psychiatric social worker shares insights into first visits, what to expect when visiting, procedures, rules and regulations, as well as contraband lists and ways to enjoy time with your loved one during your visit. This session also covers what is required before prior to your visit and helpful hints for a meaningful visit.

Introduction to National Alliance on Mental Illness (NAMI)

Bob Winslow, NAMI Pierce County Co-President

Presentation will include an introduction to the National Alliance on Mental Illness (NAMI), a list of Western Washington NAMI affiliates, and an overview of NAMI Signature Programs: Family-to-Family, Family and Friends Support Group, NAMI Basics, and NAMI Homefront. A time for questions and discussion will follow the presentation.

Positive Psychology

James Jorgensen, LMHC Psychology Associate; Psychiatric Treatment and Recovery Center, WSH

Positive psychology seeks to promote optimal feelings of wellbeing. This workshop will outline the development of positive psychology and cover ways we utilize the concepts in groups for family members, as well as outline a tool box emphasizing some of the key components of positive psychology in and on the road to wellness. Workshop attendees will have a chance to develop their own tool box.

2:00-3:00pm • Workshops

What's New at Western State Hospital: Addressing Drug & Alcohol Dependency

Kathrin Christensen, MA CDP; WSH Interim Substance Use Disorders Program Manager

This workshop will address the statistics associated with substance use and mental illness in Washington and at Western State Hospital. We will discuss the historical approach to gaining services that assist patients with this concern and changes in the approach to accessing services within the hospital and in the community after discharge.

Re-Think Stress

Kathleen Gallagher, PhD; Forensic Consultant and Licensed Psychologist, WSH

Stress affects everyone, but in different ways. In this seminar, we will discuss re-thinking the approach to stress and ways in which to turn down the thermostat when responding to stressors. The group will practice techniques together.

NAMI's In Our Own Voice

Jami Lifka, Board President, NAMI Thurston/Mason, IOOV State Coordinator, Peer-to-Peer Mentor

Brian Phillips, Board Member, NAMI Thurston/Mason and Member of NAMI Provider Education Team

National Alliance on Mental Illness (NAMI) *In Our Own Voice* adds a critical perspective to the popular understanding of what people with mental illness are like. Presenters give a first-hand account of what it's like to live with a mental illness and humanize this misunderstood topic by demonstrating that it's possible—and common—to live well with mental illness. The interactive presentation allows for a deeper understanding of mental health conditions and dispels stereotypes and misconceptions. Every person with a mental illness can hope for a bright future.

The Civil Commitment Process

Mallory McBride, PhD; Licensed Clinical Psychologist, Psychiatric Treatment and Recovery Center, WSH

This workshop will discuss the civil commitment process, including legal criteria, evaluations, and court processes.