

**NAMI Syracuse Educational Conference  
Responding to Mental Health Crisis**

Wednesday, October 2, 2019 \* 9:00am-3:30pm \* Rosamond Gifford Zoo, One Conservation Place, Syracuse  
Please register by Wednesday, September 25, 2019 • Earn 5 CEU's

- 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 \$ \_\_\_\_\_
- ~some scholarships available, please call 315-487-2085~

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~ 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](http://www.namisyracuse.org), click "Donate" and indicate "conference registration fee" via PayPal  
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**EDUCATIONAL CONFERENCE**

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**Rosamond Gifford Zoo  
One Conservation Place  
Syracuse, New York 13204**

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# PROGRAM

8:00-9:00am	Registration
9:00-9:15am	Marla Byrnes President, NAMI Syracuse <b>Introduction</b> Dr. Mantosh Dewan <b>Presentation of Joe Gentile Advocacy Award to Laura Hand</b>
9:15-10:15am	Dr. Tarun Kumar <b>Assessing Dangerousness to Self and Others</b>
10:15-10:30am	Break
10:30-11:30am	Jonathan Moe & Ron Wood, Helio Health <b>Incorporating Crisis Response into Outpatient Services</b>
11:30am-12:30pm	Sheila Le Gacy <b>Radical Acceptance and the Art of Working with Families</b>
12:30-1:15pm	Lunch/Networking/Silent Auction
1:15-2:15pm	Peer Panel: Lacey Roy Ciciriello, Rex MacQueen, Tanisha Wiggins <b>My Story – What Works and What Doesn't</b>
2:15-3:15pm	Spencer Gervasoni, Chief Thomas Winn, Staff Sergeant Kristen Afarian, Officer Patricia Arnold, Theresa Humennyj, Nancy, parent <b>Crisis Intervention in Action</b>
3:15-3:30pm	Wrap-up and Evaluations

## Presenters

**Tarun Kumar, MD**, earned his Doctor of Medicine from Manipal University (Kasturba Medical College, Mangalore) in India, and later completed his Adult Psychiatry residency at Mt. Sinai School of Medicine – Elmhurst Hospital in Elmhurst, New York. Dr. Kumar also completed a fellowship in Child/Adolescent Psychiatry at SUNY Upstate Medical University in Syracuse, New York, and then another fellowship in Forensic Psychiatry at Rutgers Robert Wood Johnson Medical School in Piscataway, New Jersey. Dr. Kumar is one of the few psychiatrists in the country who is triple-board certified by ABPN (American Board of Psychiatry & Neurology) in Adult Psychiatry, Child/Adolescent Psychiatry, and Forensic Psychiatry. Dr. Kumar currently works as a Clinical Assistant Professor in the Department of Psychiatry at SUNY Upstate University, Syracuse, NY where he supervises & teaches medical students, psychiatric nurse practitioner students, residents and fellows. He also works as the Clinical Director at Mohawk Valley Psychiatric Center in Utica NY. Dr. Kumar has worked in the past as an Attending Psychiatrist in the CPEP (Comprehensive Psychiatry Emergency Program) at St. Joseph Hospital, Syracuse, NY and the Medical Director at Behavioral Health & Wellness Center (entity of Transitional Living Services) in Lowville, NY. Dr. Kumar has contributed significantly to the research field. He is currently serving on the editorial board of various reputed journals, and his own research projects have been published in various top-tier journals over the years. He is frequently invited as a speaker at various national and international conferences. He is elected as the President-Elect of American Psychiatric Association (APA) Central New York chapter for 2019-2020 year, and, elected as the Member-At-Large for 2019-2020 year to the American Society of Adolescent Psychiatry (ASAP) Governing Board. He also serves as the Secretary for ASAP New York Chapter for 2019 year. Dr. Kumar has been listed in Marquis Who's Who. He is the recipient of the Central New York 2018 40 under Forty Award, and the NAMI 2018 Exemplary Psychiatrist Award. His areas of research interest include psychopharmacology, Electroconvulsive therapy (ECT), Autism, and psychiatry & law.



**Sheila Le Gacy** is the Director of the Family Support and Education Center at AccessCNY. 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. Over thirty years of mindfulness training and her own painful experiences has taught her that there's an art to survival and an art to working with families. Learning to negotiate crisis and to counter trauma and stress with self-care is basic to her work. A primary objective of her work is to reduce family burden and enhance family quality of life.



**Jonathan Moe** is a Licensed Mental Health Counselor (NYS) and Nationally Certified Counselor. He graduated with an M.S. in Clinical Mental Health Counseling from Syracuse University in 2012. He has been employed as a Team Leader for Helio Health's 24/7 Crisis Response Services and Regional Open Access Center for Addiction (ROACA) since October 2017.

**Ron Wood** is the Program Director for the Center of Treatment Innovation (COTI) at Helio Health Inc. Managing the mobile clinical outreach program at Helio Health, Ron coordinates Peer Recovery Support Services and Clinical Engagement services within six counties in Upstate New York. Ron obtained his Master of Science in Education from SUNY Potsdam in 2009 and launched his career providing work readiness training, basic computer skills training, resume development and job placement as an Offender Workforce Development Specialist at a men's residential program in Liverpool. Ron joined Helio Health in 2014 as the Director of Development. After completing the CASAC 350-hour training, Ron transitioned to working in the Integrated Outpatient Clinic where he currently serves as the COTI Program Director.

### Lacey Roy Ciciriello, Rex MacQueen, Tanisha Wiggins

A panel of peers will discuss what works and what doesn't work when facing a crisis situation including identifying triggers, coping skills, wellness tools, personal recovery story, wellness plans, and a crisis plan.

### Spencer Gervasoni, LMSW, CIT Training Coordinator

### Chief Thomas Winn, Camillus Police Department

Staff Sergeant Kristen Afarian, in charge of CIT program at Camillus Police Department

Patricia Arnold, Camillus Police Department, mental health training officer.

Theresa M. Humennyj, LCSW, Liberty Resources,  
Divisional Director Regional Mobile Crisis for 5 counties.

Nancy – Parent

Panel will give an overview of Crisis Intervention Training.

**Laura Hand**, news anchor at **CNY Central Weekend Today**, is being recognized with the 2019 "Joe Gentile Advocacy Award" for her work in our community promoting accurate information about mental health and mental illness. She has been a great friend to NAMI promoting our events, support services and resources for persons experiencing mental illness.