

P E E R F E S T

APRIL 25-28  **CORPUS CHRISTI, TX**

IT'S A TEXAS THING!



Hogg Foundation *for* Mental Health

ADVANCING RECOVERY AND WELLNESS IN TEXAS

April 25, 2016

Dear PeerFest Participants:

Welcome to Corpus Christi for PeerFest 2016! The theme for this inaugural event is “It’s a Texas Thing!” We are pulling out all the stops to make this experience one to remember. Over the next few days you will have the opportunity to immerse yourselves in a rich array of sessions and activities that address mental health and wellness holistically. In addition, there are opportunities for creative self-expression that will allow you to leave your own personal “footprint in the sand.”

Recovery is often defined as “a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.” We are gathered here in Corpus because we firmly believe that recovery is possible. We are excited and humbled to have this opportunity to provide a space for Texans at different stages of their recovery journeys to share their wisdom, network, and learn from each other.

On a personal note, I would like to thank the members of the Consumer Planning Committee, without whose talents, energy and resourcefulness this event would not have been possible. Thanks to them, our understanding of how to design an event that appeals to a community of peers has grown leaps and bounds. Also, I’d like to thank the staff of the Hogg Foundation for their hard work and support.

Above all, I also hope you take advantage of whatever down time you have to build lasting friendships and a network of peer supports from the group of amazing people you’ll have the chance to meet.

Respectfully,

Dr. Octavio N. Martinez, Jr.
Executive Director
Hogg Foundation for Mental Health

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BUC DAYS AND PEERFEST 2016

Since 1938, the Buccaneer Commission, a non-profit organization, has annually staged the Buccaneer Days festival in Corpus Christi in support of bringing entertaining, educational and cultural events to the Coastal Bend. Since 1996, the proceeds from Buc Days benefit the Buccaneer Foundation, which awards college scholarships annually to area youth.



Held on the Corpus Christi bayfront, this culturally diverse event grabs the attention of 51% of Corpus Christi, over 258,000 people. This springtime event has something for everyone, including a Pro Rodeo, a Carnival, a Rodeo BBQ Tailgate Party, and their largest event, the Buc Days Illuminated Night Parade (pictured above). PeerFest is excited to partner with Buc Days for our Opening Celebration on Monday, April 25, 2016, at the festival.

www.peerfest.org

To view pictures from PeerFest: <https://utexas.box.com/peerfestpictures>
To share pictures from PeerFest, email pics to peerfestpictures@gmail.com



#PeerFest2016



hfpeerfest



peerfest

PEERFEST

April 25, 2016

Hello Peers!

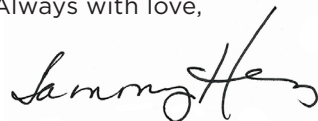
I am so excited to see all of you here. This is a dream a long time in the making and seeing it come to fruition is gratifying and heartwarming. Over three years ago, we convinced the Alternatives planning committee to hold the National Alternatives Conference in Texas. For the first time in its history, in December 2013, the conference was held in Austin, Texas. Over 300 people from all over Texas attended the conference with financial support from the Hogg Foundation. The energy and inspiration experienced at that event prompted us to begin the process of creating a Texas-based event like Alternatives for Texans with lived mental health experience.

In August 2015, foundation staff convened a planning committee of twenty-five persons with lived mental health experiences who expressed interest in being part of planning such an event. In assembling the planning committee, particular attention was paid to diversity in terms of mental health recovery experiences, ethnicity, race, age, sexual orientation, gender, gender identity and geography. The committee met in the fall of 2015 to begin the planning process and the most remarkable thing is that all of the planning has been done in the spirit and action of a fully participatory process where the entire committee weighed in on the design of this extraordinary event. Hogg started with a very short list of requirements (holding to Hogg's vision and mission, staying within a certain budget, etc.). All other decisions were made by the committee. Decisions include: type of event, structure, location, length, budgeting, marketing, committee stipends and travel, application process and selection, proposal process and selection, scholarships and so much more. Subcommittees were set up, chairs elected and tasks divided.

This planning committee has met several times over the last nine months to plan and implement the BEST event for YOU! We want to introduce as many people as we can to recovery. We want YOU to experience wellness in this nurturing environment. We want YOU to feel supported by and connected to your fellow peers. We want YOU to have opportunities for play, fun and adventure. We want YOU to learn and try new things. We hope YOU take advantage of all PeerFest has to offer and take care of yourself in the process. And most of all, we want to celebrate. We want to celebrate recovery, each other, peer support and wellness. Take every opportunity over the next four days to celebrate with us!

Let's advance recovery and wellness in Texas together!

Always with love,



Tammy Heinz
Program Officer and Consumer & Family Liaison
Hogg Foundation for Mental Health

WELCOME TO PEERFEST 2016!



PEERS GOT TALENT!

We know you got it! Come and show off your gifts! Recite a poem! Sing a song! Make us laugh! On Wednesday, April 27, from 7 p.m. – 9 p.m., we will be holding the Peers Got Talent! event. Each participant is given up to 5 minutes to perform. Sign-up at the event table beginning Monday and ending at 8:15 p.m. on Wednesday. Space is limited. Sign up now!

DOOR PRIZES

You have a chance to win a door prize during the Opening Day Celebration at Buc Days. Door prizes will also be awarded during lunch and dinner on Tuesday and Wednesday and Thursday morning during the Closing Celebration. Special thanks to all of the exhibitors who donated door prizes!

GENDER NEUTRAL RESTROOMS

The PeerFest conference organizers are committed to an inclusive event. We have made arrangements for a gender-neutral restroom to be

available throughout the event. No assumptions, no stereotypes, no gender roles. Just toilets. This restroom is located in the pool area.

SCENT-FREE CONFERENCE

We want to create a comfortable environment for all who attend PeerFest. We recognize a few individuals have odor sensitivities. So, please save that Eau de Funke cologne or Fruitfully Fresh body butter for your next date or social outing. The exceptions are events and activities (noted in the event program) that specifically explore aromatherapeutic concepts.

NETWORKING

Our hope is that you will use this opportunity to make new friends, to discover the world of peer support, and to become part of a larger peer community. Please exchange phone numbers and email addresses, trade business cards, make your own social plans together and try to make at least one new friend each day while you're here!

PHOTOS AND VIDEOS

Say cheese or queso! Throughout the event we will be taking candid snapshots of event participants. We want to capture your experience and collect lasting memories and impressions of PeerFest 2016! During some meals the images captured will be displayed on the big screen so be on the lookout for your picture. We encourage participants to take pictures and video of some event activities. PeerFest reserves the right to use images taken at the event with your photograph on social media and/or in future marketing materials. PeerFest organizers are not responsible for individual participants' use of your image. You can view and download these pictures here: <https://utexas.box.com/peerfestpictures>. You can send pictures you take as an attachment to this email: peerfestpictures@gmail.com.

COMFORT SUITE

The Comfort Suite is a room that provides a pleasant, aromatic, peaceful, calming, supportive environment for event participants who want a break, relaxation, or to receive support. Experienced peers are available around the clock during PeerFest. To access the Comfort Suite or to talk with a peer, please call 512-872-0325.

CREATIVITY SPACE

Our Creativity Space will offer ten tables full of arts and crafts supplies and journaling materials for participants to nurture wellness through creative expression. Hours: M: 1:30-9pm; T/W: 9am-9pm; Th: 9am-12pm. Stop by and take a moment to create, draw, paint, and set your inner artist free!

CEUs FOR CPSs

Twenty Continuing Education Units (CEUs) have been approved by Via Hope for Certified Peer Specialists. Upon registration, you will sign in and at the end of the event, you must sign-out for your CEUs to be valid. All participants will receive a Certificate of Attendance and with your signature, your CEUs are validated.

PHOTO BOOTH

There is a designated spot for selfies, group shots, videos, etc. in the Longboat Room. Bring your picture taker and try out our PeerFest selfie frame! Remember to share your pics with us by emailing them to peerfestpictures@gmail.com and we will get them in the daily slide shows!

LOCAL ATTRACTION TOURS

Your registration includes one local attraction tour to either the USS Lexington Battleship or the Texas State Aquarium. You must sign-up in advance for these excursions as space is limited.

SCHEDULE AT A GLANCE

DAY 1: MONDAY, APRIL 25

1:30-4:00Registration
[PLEASE PLAN TO ARRIVE IN HOTEL LOBBY
NO LATER THAN 4PM]

4:00-4:15Walk to Buc Days Festival
[MEET IN HOTEL LOBBY]

4:15-5:00Opening Celebration!

5:00-7:00Buc Days Carnival

7:00-9:00Networking Reception
[HOTEL EMERALD BEACH-SHORELINE
CONVENTION CENTER]

DAY 2: TUESDAY, APRIL 26

HOTEL EMERALD BEACH-SHORELINE CONVENTION CENTER

8:00-9:00Breakfast

9:00-9:30Come Together

9:30-9:45Break/Setup*

9:45-11:00Morning Workshop Sessions 1

11:00-11:15Break/Snacks

11:15-12:30Morning Workshop Sessions 2

12:30-12:45Break/Setup*

12:45-1:45Lunch

1:45-2:00Break/Setup*

2:00-3:15Afternoon Workshop Sessions 1

3:15-3:30Break/Snacks

3:30-4:45Afternoon Workshop Sessions 2

4:45-5:30Break*

5:30-6:30Dinner

6:30-6:45Break/Set-up*

6:45-8:00Evening Workshop Sessions 1

8:00-8:15Break

8:15-9:30Evening Workshop Sessions 2

DAY 3: WEDNESDAY, APRIL 27

HOTEL EMERALD BEACH-SHORELINE CONVENTION CENTER

8:00-9:00Breakfast

9:00-9:30Come Together

9:30-9:45Break/Setup*

9:45-11:00Morning Workshop Sessions 1

11:00-11:15Break/Snacks

11:15-12:30Morning Workshop Sessions 2

12:30-12:45Break/Setup*

12:45-1:45Lunch

1:45-2:00Break/Setup*

2:00-3:15Afternoon Workshop Sessions 1

3:15-3:30Break/Snacks

3:30-4:45Afternoon Workshop Sessions 2

4:45-5:30Break*

5:30-6:30Dinner

6:30-6:45Break/Set-up*

6:45-8:00Evening Workshop Sessions 1

8:00-8:15Break

8:15-9:30Evening Workshop Sessions 2

DAY 4: THURSDAY, APRIL 28

HOTEL EMERALD BEACH-SHORELINE CONVENTION CENTER

8:00-9:00Breakfast

9:00-10:30Closing Celebration

10:30-10:45Break*

10:45-12:00Morning Workshop Sessions 1

12:00-12:15Break*

12:15-1:15Lunch

1:15-OnwardTravel Home

*WE ENCOURAGE NETWORKING, BUT PLEASE EXIT THE MEAL SPACE PROMPTLY TO ALLOW THE HOTEL TO QUICKLY SET-UP FOR THE NEXT ACTIVITY.

SESSIONS BY DAY

DAY TWO: TUESDAY, APRIL 26, 2016

TIME	LOCATION	SESSION TITLE
9 am - 9 pm	Kokomos	Creativity Space
9:45 - 11:00 am	Sand Dollar	Exploring the Mutual Relationship
	Driftwood	Ways to Change Negative Beliefs About Yourself
	Catamaran	Guided Imagery and Affirmation: A Wellness Tool to Utilize on Your Recovery Journey
	Seabreeze	Violence and Mental Health: Why is Mental Health the Scapegoat and What Can We Do?
	Beach Volleyball Court	Bump! Set! Spike! Our Psych: The Connection of Physical and Mental Wellness (Beach Volleyball)
	Back Deck of Hotel	Mindful Walk on the Beach
	Kokomos	My Juicy Journal: Discover the Juice to be found in Journaling! Get Unstuck!
9:45 - 12:30 pm	Beachcomber	Movie: Silver Lining Playbook
9:45 - 12:45 pm	Hotel Lobby	Texas State Aquarium
	Hotel Lobby	USS Lexington Battleship
	Hotel Lobby	Walk on the Seawall
	Hotel Lobby	Walk to the Water Street Market
11:15 - 12:30 pm	Sand Dollar	Traditional Japanese Wellness Tools: Introduction to Morita
	Seabreeze	Dreaming on Purpose
	Driftwood	Walking in Faith: Connecting Spirituality with Healing and Recovery
	Kokomos	Mini SoulCollage® Workshop
	Catamaran	Improv for Trauma Recovery: A More Playful Approach to Life
	Back Deck of Hotel	Beach Yoga for Beginners
	Beach next to Volleyball Court	E.M.S. on the Beach
1:45 - 4:45 pm	Hotel Lobby	Texas State Aquarium
	Hotel Lobby	USS Lexington Battleship
	Hotel Lobby	Walk on the Seawall
	Hotel Lobby	Walk to the Water Street Market

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Listen and Learn

Learn by Doing

Let's Talk About

Play and Connect

SESSIONS BY DAY

DAY TWO: TUESDAY, APRIL 26, 2016

TIME	LOCATION	SESSION TITLE
2:00 - 3:15 pm	Driftwood	Promoting Mental Health Recovery for Justice-Involved Individuals
	Seabreeze	Essential Oils 101: Fundamentals for Using Therapeutic Grade Essential Oils to Improve Your Life
	Catamaran	Drumming Our Way To Wellness And Community
	Sand Dollar	Dreaming on Purpose
	Beach next to Volleyball Court	Parachute Games
	Back Deck of Hotel	Mindful Walk on the Beach
2:00 - 4:45 pm	Beachcomber	Movie: Silver Lining Playbook
3:30 - 4:45 pm	Sand Dollar	Trauma-Informed Care: Why Does It Matter?
	Seabreeze	Go Ahead and Change Your Mind! A Workshop on Neuroplasticity and Lifelong Learning
	Driftwood	Introduction to Wellness Recovery Action Planning (WRAP) / 5 Key Concepts of WRAP
	Back Deck of Hotel	Mindful Walk on the Beach
	Beach next to Volleyball Court	Beach Yoga for Beginners
	Catamaran	Drumming Our Way To Wellness And Community
6:45 - 8:00 pm	Sand Dollar	The Veteran And His Family Overcoming Reentering The Community
	Seabreeze	Knives and Forks: Weapons or Wellness Tools?
	Driftwood	Change Your Handwriting - Change Your Life!!!!
	Catamaran	Dance as Personal Medicine - Enhancing Self-Care
6:45 - 9:45 pm	Beach next to Volleyball Court	Sun and Sunset Sandcastles on the Beach
	Hotel Lobby	Walk on the Seawall
6:45 - 9:45 pm	Hotel Lobby	Walk to Water Street Market
	Hotel Lobby	Walk to the Water Street Market
7:00 - 9:30 pm	Beachcomber	Film: Healing Voices Premiere
8:15 - 9:30 pm	Sand Dollar	Essential Oils 101: Fundamentals for Using Therapeutic Grade Essential Oils to Improve Your Life
	Seabreeze	Traditional Japanese Wellness Tools: Introduction to Morita
	Driftwood	Exploring the Alphabet LGBTQIA+ Soup: Language, Laughter and Lessons
	Back Deck of Hotel	Mindful Walk on the Beach

Listen and Learn Learn by Doing Let's Talk About Play and Connect

DAY THREE: WEDNESDAY, APRIL 27, 2016

TIME	LOCATION	SESSION TITLE
9 am - 9 pm	Kokomos	Creativity Space
9:45 - 11:00 am	Driftwood	Knives and Forks: Weapons or Wellness Tools?
	Sand Dollar	Traditional Japanese Wellness Tools: Introduction to Naikan
	Catamaran	Drumming Our Way to Wellness and Community
	Seabreeze	Cultural Humility: Having Difficult Dialogues Across Difference
	Kokomos	The Wellness Toolbox as a Work of Art
	Beach next to Volleyball Court	Sun and Sunset Sandcastles on the Beach
9:45 - 12:30 pm	Back Deck of Hotel	Mindful Walk on the Beach
	Beachcomber	Movie: Inside Out
9:45 - 12:45 pm	Hotel Lobby	Texas State Aquarium
	Hotel Lobby	USS Lexington Battleship
	Hotel Lobby	Walk on the Seawall
	Hotel Lobby	Walk to the Water Street market
11:15 - 12:30 pm	Sand Dollar	Traditional Japanese Wellness Tools: Introduction to Naikan
	Seabreeze	Go Ahead and Change Your Mind! A Workshop on Neuroplasticity and Lifelong Learning
	Driftwood	Mental Health and the Politics of Disclosure
	Catamaran	Drumming Our Way to Wellness and Community
	Beach Next to Volleyball Court	Parachute Games
	Back Deck of Hotel	Beach Yoga for Beginners
1:45 - 4:45 pm	Hotel Lobby	Texas State Aquarium
	Hotel Lobby	USS Lexington Battleship
	Hotel Lobby	Walk on the Seawall
	Hotel Lobby	Walk to the Water Street Market
2:00 - 3:15 pm	Driftwood	Creating a Peer Business to Help Other Peers
	Seabreeze	Aromatherapy & Emotions - Essential Oils as Tools for Emotional Healing
	Catamaran	The Power of Dance: Releasing Your Doubts to Elevate Your Spirit
	Sand Dollar	Change your Handwriting - Change Your life!!!!
2:00 - 3:15 pm	Kokomos	Mini SoulCollage® Workshop

Listen and Learn Learn by Doing Let's Talk About Play and Connect

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SESSIONS BY DAY

DAY THREE: WEDNESDAY, APRIL 27, 2016

TIME	LOCATION	SESSION TITLE
2:00 - 3:15 pm	Beach next to Volleyball Court	E.M.S. on the Beach
2:00 - 4:45 pm	Beachcomber	Movie: Inside Out
3:30 - 4:45 pm	Sand Dollar	Recovery Coaches and Certified Peer Specialists Working Within a Collaborative Support Structure
	Seabreeze	"Helping Others Recover = Helping Myself Recover"
	Driftwood	Ways to Change Negative Beliefs About Yourself
	Back Deck of Hotel	Mindful Walk on the Beach
	Beach next to Volleyball Court	Sun and Sunset Sandcastles on the Beach
6:45 - 8:00 pm	Beach Volleyball Court	Bump! Set! Spike! Our Psych: The Connection of Physical and Mental Wellness (Beach Volleyball)
	Catamaran	Dance as Personal Medicine - Enhancing Self-Care
	Kokomos	My Juicy Journal: Discover the Juice to be found in Journaling! Get Unstuck!
7:00 - 9:00 pm	Shoreline Convention Center	Recovery is Possible, With or Without Peer Support
8:15 - 9:30 pm	Longboat	On Stage: Peers Got Talent!
		Aromatherapy & Emotions - Essential Oils as Tools for Emotional Healing

DAY FOUR: THURSDAY, APRIL 28, 2016

TIME	LOCATION	SESSION TITLE
9:00 - 12:00 pm	Kokomos	Creativity Space
10:45 - 12:00 pm	Sand Dollar	The Liberating Power of Forgiveness
	Driftwood	Helping Others Recover = Helping Myself Recover
	Catamaran	The Power of Dance: Releasing Your Doubts to Elevate Your Spirit
	Seabreeze	Veteran PTSD: Fact and Fiction
	Beach next to Volleyball Court	Sun and Sunset Sandcastles on the Beach
	Beachcomber	Improv for Trauma Recovery: A More Playful Approach to Life
	Back Deck of Hotel	Mindful Walk on the Beach

Listen and Learn
Learn by Doing
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SESSION SUMMARIES

LISTEN AND LEARN

WAYS TO CHANGE NEGATIVE BELIEFS ABOUT YOURSELF

JANET PALEO
ANNA H. GRAY, ME, CPS

2 SESSIONS The power of negativity and the power of positivity are moving forces that impact us, the world, plants and even the water we drink. Learn about the effect of these forces while gaining an understanding of how we must alter the energy we carry. Discover ways to bring significant changes to yourself and your world.

INTRODUCTION TO WELLNESS RECOVERY ACTION PLANNING (WRAP)/ 5 KEY CONCEPTS OF WRAP

JOHN KING, CPS
GINNY MORGAN, CPS
TAMMIE JOHNSON, CPS

1 SESSION Maybe you've heard about WRAP but want to learn more about what it is and how the process guides you towards living a life in recovery. Using the outline provided by the Copeland Center, this session will introduce the WRAP program specifically focusing on the five key recovery concepts. Come learn more about this self-designed process that focuses on prevention and wellness before committing to taking the full class.

ESSENTIAL OILS 101: FUNDAMENTALS FOR USING THERAPEUTIC GRADE ESSENTIAL OILS TO IMPROVE YOUR LIFE

MONICA SAWYER

2 SESSIONS What are essential oils and how do they work with your body? This session will offer tips and tricks on how to use essential oils safely and easily to support physical and emotional wellness. Whether new to the concept or well-seasoned, participants will be introduced to helpful information about the use of oils as a valuable resource for improving life.

AROMATHERAPY AND EMOTIONS: ESSENTIAL OILS AS TOOLS FOR EMOTIONAL HEALING

MONICA SAWYER

2 SESSIONS This session will discuss the science behind essential oils and how oils can be a valuable tool for emotional support. Participants will hopefully leave this session encouraged with some practical tips on how and which specific essential oils can be used as a tool to help manage emotional situations and unwanted emotions.

KNIVES AND FORKS: WEAPONS OR WELLNESS TOOLS?

ANN LOCASIO, CPS

2 SESSIONS Eat Real Food! It's as simple as that. Many people think it's challenging. While it takes

some practice, it isn't that hard and the health and well-being that result make it more than worth it. One in three females will get cancer in their lifetimes, and one in two males. That's literally a coin toss! But diet goes a long way to prevent this. Mental health can improve dramatically as well with a healthy diet low in refined sugar and carbs. Many peers want to follow a good eating plan, but straightforward nutritional information is hard to get. In this interactive session peers will discuss "Nutritional Best Practices" and be encouraged to identify at least ONE to start practicing and the support they will need to accomplish the goal.

GO AHEAD AND CHANGE YOUR MIND! A WORKSHOP ON NEUROPLASTICITY AND LIFELONG LEARNING

MARIA FELIX-ORTIZ, PhD

2 SESSIONS The brain is an amazing organ! Some studies suggest that we can "change our mind" and improve our health by the way we think about certain situations. Discussions will include recent discoveries on the neuroplasticity of the brain including Arden's FEED approach to brain health and Dweck's suggestions for maintaining a growth mindset. Come work with peers to develop an individual plan to pursue a health goal over the next six months, including strategies suggested by Dweck and Arden.

TRADITIONAL JAPANESE WELLNESS TOOLS: INTRODUCTION TO MORITA

ROBERT STRAYHAN, MD

2 SESSIONS This session will introduce participants to the basic concepts of a wellness tool developed by a Japanese professor of psychiatry named Morita. Participants will become familiar with the core aspects of Morita therapy and what distinguishes it from traditional "therapies." You'll learn the specific methods to apply the principles of coexisting with unpleasant feelings and mindfulness into your daily life.

TRADITIONAL JAPANESE WELLNESS TOOLS: INTRODUCTION TO NAIKAN

ROBERT STRAYHAN, MD

2 SESSIONS This session will introduce participants to the basic concepts of a wellness tool called Naikan, created by a Japanese lay priest named Yoshimoto. Participants will become familiar with the core aspects of Naikan and what distinguishes it from traditional "therapies." You'll learn the specific methods to integrate Naikan self-reflection practices into your daily life.

THE LIBERATING POWER OF FORGIVENESS

WENDY LATHAM, BSSW
CARINA LATHAM, CPS

1 SESSION This session will cover

the healing power of forgiveness woven between the emerging brain science on the neuroplastic response of the brain and the body's immune system. Participants will hear personal stories of a mother and daughter who have walked the path of forgiveness together.

“HELPING OTHERS RECOVER = HELPING MYSELF RECOVER”

**VICTOR FEARS
DESTINY RICHARDSON
VIRGIL WILLIAMS**

2 SESSIONS Adults have been talking about recovery for a while but how do we introduce this process to transition-age youth (TAY)? This session will highlight the development and implementation of an innovative peer support training program designed for TAY. Youth presenters and the program coordinator will discuss the components of the Peer Wellness Specialist Training Program and how competencies and skills are being applied to mentoring activities with high school students.

LET'S TALK ABOUT

WALKING IN FAITH: CONNECTING SPIRITUALITY WITH HEALING AND RECOVERY

**TERRI LUNDY
VICKY COFFEE-FLETCHER, LPC
WENDY LATHAM, BSSW**

1 SESSION Studies have shown that spirituality can help improve and enhance one's mental health. This session will encourage participants to explore and share how their faith has been helpful or possibly has hindered their journey toward recovery. The presenters will openly share their personal stories of how spirituality plays a key role in their daily walk toward healing their souls and strengthening their spirits along the journey. We want to create an open space where participants can identify ways to connect spirituality with recovery either individually or within a faith-based community.

TRAUMA-INFORMED CARE: WHY DOES IT MATTER?

**TEENA ADLER, CPS
ANNA H. GRAY, MED, CPS**

1 SESSION Everybody is talking about trauma-informed care but does it really matter? How does experiencing trauma impact my mental health? This session will introduce the idea that perhaps what we deal with in our mental health experiences may be adaptations as

a result of trauma. Participants will explore the role trauma might play in one's own recovery journey towards mental health and wellbeing.

VIOLENCE AND MENTAL HEALTH: WHY IS MENTAL HEALTH THE SCAPEGOAT AND WHAT CAN WE DO?

IMANI EVANS

1 SESSION This session will be an open-ended conversation about the relationship—real, assumed, or implied—between violence and serious mental illness. The context for the conversation is the series of mass shootings that have dominated the media over the past few years. Participants will be invited to share their own thoughts and experiences on the stigmatizing effect of the commonly drawn link between mental illness and violence, and will be given advice on how to critically interpret media reporting on high-profile violent incidents.

VETERAN PTSD: FACT AND FICTION

MICHAEL BECK

1 SESSION While many are aware of Post-Traumatic Stress Disorder (PTSD) and the veteran, participants will explore how veterans of all eras are influenced by the training they received and how that training can be magnified by PTSD. This session will also delve into military sexual trauma, the impact on persons who have been traumatized and effective ways to deal with trauma.

EXPLORING THE MUTUAL RELATIONSHIP

STEPHEN SELLERS, CPS

1 SESSION Exploring Mutuality is a group discussion designed for anyone interested in sharing, and/or learning about the key components that create a relationship that embodies sharing with another in a “mutual” way. The facilitator will guide the group through topics such as, judgment, worldview, being uncomfortable, and being present.

PROMOTING MENTAL HEALTH RECOVERY FOR JUSTICE-INVOLVED INDIVIDUALS

**LYNDA FROST, JD, PHD
JOHN KING, CPS
WENDY LATHAM, BSSW**

1 SESSION This interactive session is designed to identify challenges and promote a recovery orientation for individuals with mental health challenges in prisons, jails, and forensic units of state psychiatric hospitals. The focus is on identifying action steps we can each take away to improve opportunities for all justice-involved individuals.

THE VETERAN AND THEIR FAMILY: REENTRY INTO THE COMMUNITY

DONALD SEAMSTER, CPS

1 SESSION This discussion is intended to highlight some of the obstacles military members and their families encounter as they make the transition from a military lifestyle back to a civilian lifestyle. We will

discuss the different challenges military personnel and their families face and strategies to support this critical transition period.

RECOVERY IS POSSIBLE, WITH OR WITHOUT PEER SUPPORT

[BILINGUAL SESSION]

**ELSA ROMAN, CPS, CLYL
ANNA H. GRAY, MED, CPS**

1 SESSION The journey to recovery is possible and for many of us we found it by accident. What would have happened if there had been someone to show us the way and tell us what could be expected down the road? We used to find our way without Google maps and now we use Google maps to go across town. Could Peer Support be the Google maps of recovery?

RECOVERY COACHES AND CERTIFIED PEER SPECIALISTS WORKING WITHIN A COLLABORATIVE SUPPORT STRUCTURE

**FLORA RELEFORD, ALWF, CPS, PRC
EILEEN ROSEN, ALWF, CPS
GARRY LEWIS, CPS, PRC
JOE POWELL
SHANE WHALLEY, LMSW
STEPHEN SELLERS, CPS
TINA SIMPSON PERRY, CPS, PRC**

1 SESSION This session's panelists represent a diverse group of seasoned peers offering a variety of experiences. Come hear how Peer Recovery Coaches and Certified Peer Specialists are working together in a collaboration of recovery and healing support. Participants will learn successful strategies and approaches to promote recovery and wellness.

EXPLORING THE ALPHABET LGBTQIA+ SOUP: LANGUAGE, LAUGHTER AND LESSONS

SHANE WHALLEY, LMSW

1 SESSION What do all those letters mean? Why do we still need to be talking about this after marriage equality? Isn't this a private matter that we shouldn't bring up with the people we work with? In 2016, do these identities still have negative consequences for people? How do I best support, be an ally to members of the LGBTQIA+ communities? In this interactive workshop we will explore these questions and hopefully have some fun in the process!

CULTURAL HUMILITY: HAVING DIFFICULT DIALOGUES ACROSS DIFFERENCE

SHANE WHALLEY, LMSW

1 SESSION All of us have many labels that are given to us and some of them may be very important to us. Some of the labels have meaning and consequences for us and some have meaning and consequences in society. In this workshop we will talk about some of the barriers for having honest conversations about identities and labels when there are differences between us. We will discuss why it can be important to acknowledge ways that we are different and how to have culturally humility.

MENTAL HEALTH AND THE POLITICS OF DISCLOSURE

WENDY LATHAM, BSSW

1 SESSION This session is an open dialogue about the politics

of disclosing lived mental health experience in the workforce. Even within mental health and substance abuse environments there can be positive and negative implications to be considered. Especially important for peer specialists, who by the nature of their job, must disclose.

CREATING A PEER BUSINESS TO HELP OTHER PEERS

**JANET PALEO
ANNA H. GRAY, MED, CPS
MAGDALENA CABALLERO-PHILLIPS, ALWF, CPS
NICK HOLSTEIN, CPS
TUESDAY MARLER, ALWF, CPS**

1 SESSION Come learn about starting a peer-run business to help peers. Hear from individuals who have started businesses including lessons they learned along the way. We will explore new peer support initiatives and opportunities available at the federal and state level. If you are interested in starting a peer business, you won't want to miss this session!

LEARN BY DOING

THE WELLNESS TOOLBOX AS A WORK OF ART

JAMES LEMON, ALWF, CPS

1 SESSION As an ALWF this presenter has unqualified respect for the WRAP model and has found it useful to create a tangible form of the Wellness Toolbox metaphor. Materials for up to 10 participants will be provided and additional participants will assist their peers in the creation of a cedar toolbox. Much of the process will be assembled using screws and wood glue and decorated using wood burning tools. Time permitting, we will debrief on how the experience of working together was perceived, sharing of finished creations and discussion of what sort of objects might be placed in the toolbox.

DREAMING ON PURPOSE

CHRISTINA CARNEY, CPS

2 SESSIONS Dreams offer us a glimpse into our inner worlds where the normal rules of conscious living no longer apply. We will explore why it can be beneficial to work with our dreams and experiment with different tools to do that work.

THE POWER OF DANCE: RELEASING YOUR DOUBTS TO ELEVATE YOUR SPIRIT

CLARICE ANTHONY, CPS

2 SESSIONS This session will explore creative and interpretative dance, how it can be incorporated in your life and provide opportu-

SESSION SUMMARIES [CONTINUED]

nities to practice this wellness tool to enhance your own inner dancer. This session offers an alternative approach to connect peers with their innate ability to move freely and expressively. Come dance your way to a more therapeutic and spiritual enhancement within yourself.

CHANGE YOUR HANDWRITING—CHANGE YOUR LIFE!!!!

DEBORAH ROSE

2 SESSIONS Problems in your life? Struggling with decisions? Feel like giving up? Anxiety? Confused about your career path? Want to change something about your personality? Relationship problems (bring their handwriting)? Need insight and guidance that is based on science? No worries! After undergoing Formation Therapy and seeing that changing her handwriting DID change her life, Deborah decided to share this insight and tool with others, becoming a certified therapist herself.

DRUMMING OUR WAY TO WELLNESS AND COMMUNITY

PAUL L. WARREN, PSYD
SHARON JAN HUGHES, MSSW, LCSW

4 SESSIONS Does marching to the beat of your own drum sound fun? This session will explain the wellness benefits of drumming while participating in a facilitated wellness drum circle. Participants will experience how the drums and percussion instruments can be used to encourage expression of feelings, experience empowerment and how to communicate in the universal

language of music. No experience or instruments needed!

MY JUICY JOURNAL: DISCOVER THE JUICE TO BE FOUND IN JOURNALING! GET UNSTUCK!

ALLISON KRAMER

2 SESSIONS A journal can be an absolutely safe, delightful and irresistible place to spend your creative time. Come have fun & get inspired to finally have the visual journal you've always wanted. In this session you'll learn when, why, where, and how to journal. You'll also explore what's stopping you from journaling and how to dissolve those journaling blocks. Participants will leave with five quick tricks to journal in five minutes or less as well as a "re-start button" to get back on track if you miss a day. This session is for anyone looking for a new way to express themselves creatively. Come find your creative spark!

MINI SOULCOLLAGE® WORKSHOP

CAROLYN MARSALIS, MED
TANIA VONA, CPS

2 SESSIONS Join us in this mini version of an Introduction to SoulCollage®. Born out of the work of Carl Jung, SoulCollage® is an introspective, integrative and intuitive process that brings forth experiential realization. This interactive process is a non-conventional yet extremely useful tool which can be utilized to gain personal insight and connect to one's own inner guidance. SoulCollage® can

be profoundly therapeutic, fun and everything in between!

DANCE AS PERSONAL MEDICINE

MICHELLE MATA

2 SESSIONS Personal medicine is not something you take; it is something you do that brings a smile to your face and fun to your life. Personal medicine looks different for everyone and can include swimming, drawing, gardening, playing an instrument, or dancing. Dancing gets you up and active and is good for your heart, increases your emotional well-being, reduces stress and helps you connect with people. This session is for everyone and you do not need to know how to dance to learn some basic dance steps to some popular line-dancing songs. Don't be surprised when you come and find out that your personal medicine just might be dancing!

GUIDED IMAGERY AND AFFIRMATION: A WELLNESS TOOL TO UTILIZE ON YOUR RECOVERY JOURNEY

STEPHANY BRYAN, CPS

1 SESSION In need of a little relaxation, peace of mind or rest for your soul? This workshop will provide you with the opportunity to experience an alternative wellness tool and skill. If you experience flashbacks, nightmares, sleep or concentration problems, hypervigilance, anxiety, panic, irritability, temper eruptions, emotional numbness, shame, isolation or loneliness, give this workshop a try.

PLAY AND CONNECT

IMPROV FOR TRAUMA RECOVERY: A MORE PLAYFUL APPROACH TO LIFE

CARRIE KOCH

2 SESSIONS Improvisational theater is based on key principles that apply beautifully to recovery from trauma. Project Make-Believe teaches these principles in a non-performance based, safe environment so you can learn and practice the tools to help manage the effects of your trauma in your life. In this playful, interactive session we'll demonstrate how Cognitive Behavioral Therapy and improv work beautifully together to help you live your life to the fullest—on your own terms, not dictated by your fears. You'll interact with your peers and support one another to take small risks with huge rewards.

MOVIE: SILVER LININGS PLAYBOOK

NICK HOLSTEIN, CPS

2 SESSIONS *Silver Linings Playbook* is a 2012 American romantic comedy-drama film written and directed by David O. Russell, adapted from the novel *The Silver Linings Playbook* by Matthew Quick. The film stars Bradley Cooper and Jennifer Lawrence, with Robert De Niro, Jacki Weaver, Chris Tucker, Anupam Kher, and Julia Stiles in supporting roles. Cooper plays Patrick "Pat" Solitano,

Jr., a man with bipolar disorder who is released from a psychiatric hospital and moves back in with his parents, played by Robert De Niro and Jacki Weaver. Determined to win back his estranged wife, Pat meets recently widowed Tiffany Maxwell, portrayed by Jennifer Lawrence, who offers to help him get his wife back if he enters a dance competition with her. The two become closer as they train and Pat, his father, and Tiffany examine their relationships with each other as they cope with their problems.

MOVIE: INSIDE OUT

NICK HOLSTEIN, CPS

2 SESSIONS *Inside Out* is a 2015 American, 3D computer-animated comedy-drama adventure film produced by Pixar Animation Studios and released by Walt Disney Pictures. The film was directed by Pete Docter and Ronnie del Carmen and the screenplay was written by Doctor, Meg LeFauve and Josh Cooley from a story by Doctor and del Carmen. The film is set in the mind of a young girl named Riley Andersen (Kaitlyn Dias), where five personified emotions—Joy (Amy Poehler), Sadness (Phyllis Smith), Fear (Bill Hader), Anger (Lewis Black), and Disgust (Mindy Kaling)—try to lead her through life as her parents (Diane Lane and Kyle MacLachlan) move the family from Minnesota to San Francisco and she has to adjust to her new life.

FILM: HEALING VOICES

NICK HOLSTEIN, CPS

1 SESSION *Healing Voices* is a new feature-length documentary which

explores the experiences commonly labeled as "psychosis" through the real-life stories of individuals working to overcome extreme mental states, and integrate these experiences into their lives in meaningful ways. The film follows three subjects—Oryx, Jen, Dan—over a period of nearly five years and features interviews with notable personalities, including: Robert Whitaker, Dr. Bruce Levine, Will Hall, Marius Romme, and others. Discussion to follow film screening.

ON STAGE: PEERS GOT TALENT

NICK HOLSTEIN, CPS

1 SESSION It's your chance to be in the spotlight! Come to this exciting event, where our healing recovery experiences and ideas are shared with fellow peers through an evening of artistic and creative fun. Let your fellow peers listen to you sing, recite poetry, play an instrument or any other form of artistic expression. Sign-up for your five-minute slot at registration! All are welcome! Refreshments provided.

LOCAL ATTRACTION: USS LEXINGTON BATTLESHIP

NOTE: PEERFEST PARTICIPANTS MAY SELECT EITHER THE USS LEXINGTON TOUR OR THE TEXAS STATE AQUARIUM TOUR AS A PART OF THEIR REGISTRATION.

4 SESSIONS WWII aircraft carrier and naval museum with airplanes, an IMAX theater showing historic films & more. If the sheer size of the aircraft carrier USS LEXINGTON BATTLESHIP doesn't drop your jaw, the adventure inside definitely will! All who board this WWII era Essex class carrier will marvel at her enormity and revel in her legend. Up every ladder and down every passageway, stories of heroism and liberation unfold. Wartime sights and sounds pull you into the action of combat at sea. From the F-18 Hornet on her Flight Deck to the Dental Clinic and the Engine Room below, the Blue Ghost is a monument of naval history. Transportation provided.

NOTE: THIS EXCURSION HAS LIMITED ACCESSIBILITY FOR PERSONS WITH PHYSICAL DISABILITIES. PLEASE REGISTER FOR THIS TOUR STARTING AT REGISTRATION.

YOU MUST BE SIGNED UP TO GO WITH THE GROUP AS THERE ARE LIMITED SPACES AT EACH TIME. AFTER YOU HAVE SIGNED UP FOR THE TOUR, PLEASE MEET IN THE HOTEL LOBBY AT THE DESIGNATED TIME AND LOOK FOR THE PERSON HOLDING THE "USS LEXINGTON" SIGN TO DEPART FOR THE TOUR.



LOCAL ATTRACTION: TEXAS STATE AQUARIUM

NOTE: PEERFEST PARTICIPANTS MAY SELECT EITHER THE USS LEXINGTON TOUR OR THE TEXAS STATE AQUARIUM TOUR AS A PART OF THEIR REGISTRATION.

4 SESSIONS Come explore and experience the ocean depths in one of the premier aquariums in the nation: The Texas State Aquarium! Learn about ocean life, develop a greater appreciation for our oceans, and support wildlife conservation. Transportation provided. Please



THE USS LEXINGTON AND TEXAS STATE AQUARIUM

SESSION SUMMARIES [CONTINUED]

register for this tour starting at registration. You must be signed up to go with the group as there are limited spaces at each time. After you have signed up for the tour, please meet in the hotel lobby at the designated time and look for the person holding the "Aquarium" sign to depart for the tour.

E.M.S. ON THE BEACH

VICKIE ANN POWERS, CPS

2 SESSIONS An interactive functional activity with a spin on the acronym E.M.S. which stands for Emotional, Mental, Spiritual Realms of Your Body. Just think of E.M.S as WRAP on the beach.

PARACHUTE GAMES

LINDA GUERRERO

2 SESSIONS Utilizing a large circular parachute, participants will learn and experience working together as a large group for mutual growth, learning and wellness. Meet on the beach next to the volleyball net and wear comfortable beach clothes.

BUMP! SET! SPIKE! OUR PSYCH: THE CONNECTION OF PHYSICAL AND MENTAL WELLNESS (BEACH VOLLEYBALL)

SHANNON CARR, CPS

2 SESSIONS In this session, participants will learn how mental health and physical health can connect to possibly reduce symptoms and increase mental wellness. Enjoy

playing and officiating beach volleyball while also developing knowledge and skills that can be added to your personal recovery strategies. Game on!

NOTE: PEERFEST PARTICIPANTS MAY WEAR COMFORTABLE BEACH CLOTHING! MEET AT THE VOLLEYBALL NET ON THE BEACH.

WALK ON THE SEAWALL

4 SESSIONS The walk on the Seawall is an impressive waterfront walk and promenade which is unique to Corpus Christi. We will stroll along the 1.5 mile seawall and enjoy Corpus Christi Bay on McGee Beach and rest in one of the miradores del Mar. There is always something happening at the Seawall and we will experience this together. Take in the beauty of the sea, the local people, the flora and fauna as well as the sea creatures who live along here. Bring your camera and join us to explore the wonder of this area. After you have signed up for the walk, please meet in the hotel

lobby and look for the person holding the "Seawall Walk" sign.

SUN AND SUNSET SANDCASTLES ON THE BEACH

TUESDAY MARLER, ALWF, CPS

4 SESSIONS Need we say more? Peers and simple fun in the sun. Either start the day with some time on the beach or end it with the Gulf Coast sunset. Either way, you'll catch us unwinding as we reflect and share our energy through touch and the sand. We've got the supplies. You bring the fun and a towel. Meet on the beach next to the volleyball net. Wear comfortable beach clothes.

WALK TO THE WATER STREET MARKET AND SHOP

4 SESSIONS The Walk to the Water Street Market is brimming full of unique shops, museums and interesting points of interest such as the South Texas Music Walk of Fame.

Take in the Texas Surf Museum, or the Treehouse Art Collective. There are also a lot of wonderful places to grab something to eat. This excursion will give you a flavor of Corpus and the people that live here. Bring your wallet to get those one of a kind gifts to take back home with you. After you have signed up for the walk, please meet in the hotel lobby and look for the person holding the "Market Walk" sign.

MINDFUL WALK ON THE BEACH

8 SESSIONS Come join us for a walk along the beach and take in the beauty of the ocean. As we walk along the shore, we will take the time to notice all of nature. We will mindfully feel the salt air against our skin, listen to the birds cry in the distance and be mindful of the warmth of the sun or the light of the moon on our face. This is just the thing to relax you and who knows what we will discover. Meet on the back deck of the hotel at the designated time. Wear comfortable beach clothes.



THE EMERALD BEACH HOTEL

EXHIBITORS & VENDORS



Austin Area Mental Health Consumers (Austin Area MHC)
AUSTIN, TX
www.austinmhc.org

Bags Of Hope Over Texas
ORANGE, TX
<https://www.facebook.com/groups/291073567745840/>



Can Recycle Plus
HOUSTON, TX
<http://canrecycleplus.wix.com/crushoutstigma>

Community Hope Projects Inc.
McALLEN, TX
www.hopefamilyhealthcenter.org

DisabilityRights TEXAS

Disability Rights Texas
AUSTIN, TX
<http://www.disabilityrightstx.org>



Emotional CPR (eCPR)
ARLINGTON, TX
www.emotional-cpr.org



HARRIS COUNTY
FELONY MENTAL HEALTH COURT

Felony Mental Health Court
Spring, TX
<https://www.justex.net/courts/Drug/MentalHealth/>



The Hope Concept Wellness Center

The Hope Concept Wellness Center
FORT WORTH, TX
<http://www.thehopeconcept.com/>



Hope Family Health Center
McALLEN, TX
www.hopefamilyhealthcenter.org



HUG ME Ink
SAN ANTONIO, TX
www.hugmeink.org



Illy Bee's
CORPUS CHRISTI
www.facebook.com/illybees

KEEP IT ESSENTIAL

Keep it Essential / doTERRA International
CORPUS CHRISTI
<http://www.Keepitessential.com>

NAMI Dallas
National Alliance on Mental Illness

NAMI Dallas
DALLAS, TX
www.namidallas.org

NAMI Texas
National Alliance on Mental Illness

National Alliance on Mental Illness Texas
AUSTIN, TX
www.namitexas.org

Oxford House

Oxford House
CORPUS CHRISTI, TX
<http://www.oxfordhouse.org/userfiles/file/>



Project Make-Believe
HOUSTON, TX
www.projectmakebelieve.com



Prosumers International
SAN ANTONIO, TX
www.prosumersinternational.org



superior healthplan

Superior Health Plan
CORPUS CHRISTI, TX
<http://www.superiorhealthplan.com/>

TEXAS CATALYST FOR EMPOWERMENT

Texas Catalyst for Empowerment
SAN ANTONIO, TX
www.empowermentfortexans.org

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www.CorpusChristiBooks.com

viaHOPE
TEXAS MENTAL HEALTH RESOURCE

Via Hope
Austin, TX
www.viahope.org

CONSUMER PLANNING COMMITTEE

TEENA ADLER

is a CPS from Dallas who has volunteered in the mental health field since 2009, using her ongoing recovery from lived mental health experiences to help transform policies, service systems and recovery programs. Teena currently volunteers for DBSA-Dallas as a support group facilitator and NAMI Dallas as a board member, public speaker, support group facilitator, and state trainer. Upon completing her social work associate degree this May, Teena plans to pursue a bachelor's in social work.

KATE ANDERSON

is a CPS who works for Austin State Hospital. Her character is built upon a lifetime of experiences which have helped her cultivate a thoughtfulness, inner strength and resiliency in all that she does. She understands the type of barriers peers face when navigating various systems and is committed to supporting individuals as they work through their own experiences. Her tenacity for tackling projects and love of learning make a positive contribution to every team she joins.

STEPHANY BRYAN

is a CPS and WRAP Facilitator from Austin who has spent more than fifty years on her journey towards recovery and wellness. She has also spent twenty-two years advocating for improvements and advising on federal, state and local mental health policies and services. Stephany lives "The Four Agreements"—an inspirational code for life, personal development, behavior, communications and relationships. She lives life passionately, avoiding judgement, abuse, suffering and regret. Stephany joined the Hogg Foundation for Mental Health in 2008 as a program officer and consumer and family liaison.

MAGDALENA CABALLERO-PHILLIPS

is an ALWF trainer and CPS from Fort Worth who brings over 15 years' experience in mental health, substance abuse, trauma recovery, crisis intervention, and information and referral. She began her career in mental health at MHA of Tarrant County as their Peer Support Coordinator, further developing six programs, including WRAP and a Warm Line service. As the founder and CEO of The Hope Concept Wellness Center, Lena has focused her attention on WRAP as the core service.

RHONDA DOUGLAS

is a CPS from Round Rock who has completed additional trainings through Via Hope. She is civically engaged with multiple organizations as a speaker and co-facilitator. Rhonda believes PeerFest 2016 has continued to help support her personally and professionally. She hopes

that every attendee will take away something encouraging from the event.

IMANI K. "IKE" EVANS

is a public affairs representative at the Hogg Foundation for Mental Health where his roles include overseeing the foundation's social media presence, marketing communications, media outreach, and assisting with implementing the foundation's overall communications strategy. He is the lead editor of the Mental Health Daily, a daily e-news service and website, and the host of Into the Fold, the Hogg Foundation's bi-weekly podcast covering a wide range of mental health issues.

ANNA H. GRAY

is a CPS from San Antonio who combines her master's in education and ongoing recovery from lived experience of mental health concerns to impact service systems and policy. She is a

HELPFUL TERMS AND TITLES

ALWF	Advanced Level WRAP Facilitator	www.copelandcenter.com
CLYL	Certified Laughter Yoga Leader	www.laughteryoga.org/english/training
CPS	Certified Peer Specialist	www.viahope.org
DBSA	Depression Bipolar Support Alliance	www.dbsalliance.org
eCPR	Emotional CPR	www.emotional-cpr.org/
iNAPS	International Association of Peer Supporters	www.inaops.org
MHA	Mental Health America	www.mentalhealthamerica.net/
NAMI	National Alliance on Mental Illness	www.nami.org/
PRC	Peer Recovery Coach	www.tcbap.org
SAMHSA	Substance Abuse Mental Health Administration	www.samhsa.gov/
WHAM	Whole Health Action Management	www.integration.samhsa.gov/health-wellness/wham/wham-training
WRAP	Wellness Recovery Action Plan	www.copelandcenter.com

co-founder and executive director of PROsumers International which provides training, coaching and professional development services for peers, including the flagship program: Focus for Life. Recovering, resilient and thriving, Anna stands for all people to have full lives.

TERRI HARRIS

is a California native traveling the path of recovery since 1999, relocating to Waco, Texas in 2010. Working with a caring, attentive psychiatrist, she has drastically changed her life and treatment plan. Transforming from being over-medicated, Terri moved to being guided and encouraged to practice alternatives, with diet, meditation and essential oils, in lieu of some medications, and reducing dosages of others. Terri connected with a NAMI affiliate, learned eCPR principles, and has worked as a peer support specialist.

TAMMY HEINZ

is an ALWF and CPS from Austin who is passionate about recovery and inspiring hope in her peers through mindful wellness. Her personal recovery was launched in 1997 when Mary Ellen Copeland introduced WRAP to consumers in Vermont. Tammy first introduced recovery and wellness through WRAP to Texas peers. She earned a master's degree in community mental health and is now a program officer and consumer and family liaison with the Hogg Foundation for Mental Health, offering opportunities for recovery, wellness, peer support, education and now PeerFest to her peers.

NICHOLAS HOLSTEIN

is a playwright/screenwriter and CPS from San Antonio. He holds a bachelor's degree in sociology from UTSA, is the Co-Founder/President of H.U.G. M.E. Ink, President for the Texas Catalyst for Empowerment, Texas Representative on the National Council for Peer Supporters, Youth Chair for iNAPS Annual Conference and on the Arts/Youth Commit-

tees for the 2016 Alternatives Conference. He also teaches youth the joy of theatre. Nick's passion is mental health education through the arts.

JILL JENDRZEY

is an ALWF and CPS from San Antonio who attributes her recovery to WRAP and peer support. She is a contract trainer for Via Hope providing foundational CPS and endorsement trainings. She also trains for the University of Texas—El Paso for SAMHSA's Recovery to Practice initiative for psychiatrists. Jill finds human resiliency and ongoing learning inspirational, as well as butterflies. She earned her master's degree in Adult Education and Human Development from Texas A&M University. Her hope for PeerFest is that participants will find space to make new connections supporting their own recovery journey.

LAURA KHALIL

is an artist and performer in Austin, and her favorite wellness tool is creative expression. She identifies as a queer femme of color/mixed race (among other things!) and is interested in the intersectionalities of identity, mental health and wellness. Laura is new to the peer movement.

JOHN KING

is a CPS and WRAP Facilitator from Beaumont who believes that everyone can live a fulfilling and productive life, no matter their diagnosis. He uses his skills as a facilitator and trainer to take the message of recovery beyond the confines of the traditional mental health setting. Firmly believing in the value of WRAP, John facilitates WRAP classes for the Jefferson County Drug Intervention Court / Probation Department. John also serves on several statewide working groups and councils.

ANNE KURTZ

is a CPS from Houston who earned an associates of arts degree in interior design in 1970, then

completed her bachelor of arts in psychology and counseling, and her master of divinity degree in clinical pastoral education. She provides hospital chaplaincy and pastoral counseling at the Texas Medical Center, Houston, TX. Anne has several years of experience working in a felony mental health court setting. Anne is also a recovery coach, play therapist and trauma-informed counselor. Welcome Peers!

CARINA LATHAM

is a CPS from Austin who came into the world with a bang and has been spreading her quirky brand of compassion, honesty and healing ever since. She has lived experience with a parent that suffered a severe and total breakdown while Carina was in junior high school, resulting in Carina's courageous decision to move away from home and live with extended family for three years. As her parent moved into recovery, Carina moved home and began work at Austin State Hospital.

WENDY LATHAM

is a social worker from Austin who has survived dark and terrible trials of incest, multiple rapes, the sex industry, domestic abuse, combat trauma and the evils of polypharmacy, involuntary benzo addiction and misdiagnosis. Wendy survives because she stubbornly refuses to give in and thrives because of the lessons taught by her daughter about forgiveness, her passionate love for her family and her vow to end all suffering by applying person-centered systems change to all aspects of the public health system.

MICHELLE LEE

is from Austin and new to the peer movement, but continues to be passionate about listening to others and providing support for fellow peers. She has been active in the Asian American community as an organizer, and brings an

CONSUMER PLANNING COMMITTEE [CONTINUED]

understanding of the stigma of mental health issues within the Asian American community. She believes that issues our society faces are all intertwined—capitalism, environmental destruction, and a breakdown of community bonds. Only in becoming active and participating can we bring about change.

JAMES “JIM” LEMON

is an ALWF, a CPS, and a long time woodworker and outdoorsman from Lufkin who has relied upon physically tangible Wellness Tools to pursue his ongoing recovery. Custom homebuilding, turning wooden bowls, building boxes for raised bed gardening, creating art to reflect internal healing journey and the crafting of cedar wellness tool boxes in a workshop setting are all current strategies for maintaining his wellness.

JOSE MAGDALENO

is a CPS from El Paso who proudly served in the US Army (Vietnam era) and was awarded the Silver Star for gallantry in action. Struggling with PTSD, he began volunteering as a peer at El Paso VA Healthcare; then hired full-time to train volunteers towards certification as peer specialists. Jose facilitates veteran groups on mental health and substance use. He has served on numerous committees with Via Hope and he chairs the inclusion committee for PeerFest. Jose’s passion is to help others through his lived experiences and enhance wellness and meditation through yoga.

TUESDAY MARLER

is an ALWF, CPS, and CEO from Mauriceville who has been providing peer support since 2004 and served as coordinator for two entities, Spindletop Center and ETBHN. She founded and runs Day of

Grace and Bags of Hope over Texas. She loves coffee and books and her greatest wellness tools are reading, setting goals, and painting, all of which give her hope when words elude her. She believes one’s past can either define or refine and she chooses the latter.

GINNY MORGAN

is a CPS and WRAP Facilitator from Beaumont who has forty-five years of lived experiences that she shares at many different levels. She believes in a journey of recovery filled with personal responsibility through education. Ginny is currently employed at Spindletop Center as the rights protection officer and certified peer specialist. Ginny also serves as Executive Director of the Beaumont Wellness and Recovery Hope Center, a peer-run organization. Ginny has served on many statewide councils and commissions.

JANET PALEO

is a person with lived experience from San Antonio who started her career as a consumer advocate in public mental health services in 1996. She currently serves as the Director of Recovery Based Services for the Texas Council of Community Centers and participates in numerous statewide and national boards and committees. She is a recipient of numerous awards, including the Texas Governor’s Trophy Award and the 2010 SAMHSA Voice Award (shared with First Lady Rosalynn Carter).

FLORA RELEFORD

is an ALWF, CPS and PRC from Arlington who has over three decades of experience with Texas county, state, and federal health and wellness agencies. She uses her emotional wellness, whole health, and healing arts experience to support the journey of others in their transformation using

a variety of traditional and alternative healing modalities. Flora is the Texas ECPR coordinator and national trainer, Usui Reiki Master/Teacher, Life Coach, ALWF, ACPS, PRC, CHW, NLP, and mentor. She also serves on the Via Hope CPS Advisory Council as membership chairperson.

EILEEN ROSEN

is an LPC, ALWF and CPS from Austin who strives to live her life with integrity and mindfulness. She also earned her master’s in education and is an eCPR trainer. In the past Eileen served as consumer coordinator for Via Hope, Texas Mental Health Resource and as executive director for Depression and Bipolar Support Alliance of Texas. She enjoys comedy and music and performed as a troupe member with comedy groups such as Esther’s Follies and the Better Than TV Players.

SHARI STOVALL

is an ALWF from Wimberley. Her most powerful wellness tool is hanging out with her grandkids. She is passionate about fellow Texans having a depth of varied wellness tools that help them on their journey . . . a journey full of joy. She can’t wait to meet you!

PRESENTERS/FACILITATORS

CLARICE ANTHONY

is a CPS from Houston who is a compassionate peer leader and educator who believes expressing oneself creatively is a conduit towards positive change. She works at Harris Center of MH and IDD as a consumer educator, providing peer services to promote a holistic view of wellness, resiliency and self-empowerment. Her interests include the arts, meditation, travel, laughing, walking in nature, spending time with friends, family, eating well, and embracing a profound, loving experience with her significant other.

MICHAEL BECK

is a Marine Corps veteran from Henderson involved in advocating for mental health rights for veterans. Michael supports veterans and programs focused on PTSD, crisis intervention, family adjustment, military sexual trauma (men and women), homelessness, legal issues related to mental health, and medical issues related to the VA. In 2014, Michael provided testimony before the Texas Senate Veterans Committee in support of Military Veterans Peer Network and the challenges of VA services and supports in rural areas.

CHRISTINA CARNEY

is a CPS from Austin who is a creative warrior with a passion for social justice and healing. Her work has included victim advocacy for survivors of domestic and sexual violence, multimedia storytelling and performance, and workshop design and facilitation. Christina currently works as a peer at Austin State Hospital (ASH) where she has initiated numerous creative projects and started a women’s support group for survivors of trauma.

SHANNON CARR

is a CPS from Austin, a motivational speaker and serves as Executive Director for Austin

Area Mental Health Consumers (AAMHC). AAMHC provides peer services for adults experiencing mental health conditions, substance use and homelessness. She attended Howard University in Washington, D.C., majoring in social work with a minor in sign language before she had to leave school to care for her mother. Shannon is married, the proud mother of four, and travels and performs with her gospel group.

VICKY COFFEE-FLETCHER

is a licensed professional counselor from Austin who has committed thirty years to enhancing mental health resources and supports. She has a passion for ensuring the mental health system of care includes consumer, youth, and family representation as well as culturally competent care. Vicky joined the Hogg Foundation for Mental Health in 2007, and leads foundation initiatives to improve the mental health of youth and families and the African American community.

VICTOR FEARS

coordinates the Peer Wellness Specialist Training Program (PWS) in Houston. As a community involvement coordinator, he has been instrumental in developing and implementing activities for the PWS Training Program. Victor has the unique ability to bring young people, family members and service providers to the table in meaningful ways that lead to program success. Victor brings his corporate management expertise to the public health arena to help impact the lives of young people of Houston in a positive way.

MARIA FELIX-ORTIZ

is a PhD and an associate professor of psychology at the University of the Incarnate Word in San

Antonio, Texas, and has conducted pioneering research in substance use and resiliency and in mutual support/empowerment groups. She serves on numerous boards and advisory councils and is a member of the American Psychological Association and a charter member of NIH’s Hispanic Science Network on Drug Abuse.

LYNDA E. FROST

is a JD, PhD, from Austin who serves as the director of planning and programs at the Hogg Foundation for Mental Health, where she oversees major initiatives and grant programs, strategic and operational planning, and program and grants management staff. Dr. Frost is an experienced administrator and attorney with legal expertise in human rights, juvenile justice, criminal law and mediation. She serves as an assistant Vice President in the Division of Diversity and Community Engagement at The University of Texas at Austin.

LINDA GUERRERO

is a retired elementary teacher of thirty-six years, a CPS and a member of Prosumers International of San Antonio since 2014. She provides peer support and facilitation of peer groups at Haven for Hope, Center for Health Care Services, and Methodist Healthcare. She continues her growth and journey in recovery through education, personal and spiritual growth and development. She enjoys singing, dancing, playing with her five kittens and cats, nature and volunteering.

SHARON JAN HUGHES

is a licensed clinical social worker in practice with her husband, Dr. Paul Warren, in southwest Fort Worth. As trained drum circle facilitators, they enjoy introducing community groups to drum circles and recreational music making.

PRESENTERS/FACILITATORS [CONTINUED]

TAMMIE JOHNSON

is a CPS and WRAP Facilitator at the Hope Wellness & Recovery Center in Beaumont. Misdiagnosed at the age of 18, she spent 20 years struggling with her mental illness. After a correct diagnosis, Tammie has a new zest for life. Tammie uses her lived experiences to help herself by helping others.

CARRIE KOCH

serves as Executive Director of Project Make-Believe in Houston and discovered improvisation as a professional development opportunity. Carrie is a multiple-trauma survivor and has been diagnosed with major depression, anxiety and complex PTSD. The tools she learned in improvisation help her participate more fully in her life. She designed a class that fuses the principles of Cognitive Behavioral Therapy with play to tap into one's creative resources, focused on honing the tools of improvisation in a safe and fun environment.

ALLISON KRAMER

is an artist and life coach at Creative Life Spark in Austin. She loves sharing art journaling techniques with others as a form of expression, creativity and relaxation. Allison is experienced teaching all ages the same objective: lots of play and fun. Using visual journaling, she inspires her students to feel empowered. Tired of being STUCK in your head? Learn how to release all the goodies (the juice) up there and come art journal with Allison.

GARRY D. LEWIS

is a CPS, PRC, WRAP Facilitator and peer coordinator for the Spindletop Hope Center in Beaumont. From his lived experience, he shares

information about recovery and wellness, facilitates groups, and lets others know recovery is possible and inspires peers that they can recover too!

ANN LOCASIO

is a CPS in Austin who has worked in the past at ASH. She has an undergraduate degree in journalism (currently edits the newsletter called the Peer Pioneer), a master's in divinity, and has taken graduate psychology classes. She practices nutrition and Chinese medicine. Ann is also working on getting her first book published, taking long walks in Austin, playing Top Golf, Pictionary or Ticket to Ride, cooking healthy meals at home, hosting dinner parties, telling jokes, or hanging out at her favorite Austin coffee shop.

TERRI LUNDY

is a survivor. When she wakes up in the morning she says, "Come on Lord, it's me and you!" Terry lives in Austin and enjoys walking, crocheting, participating in her church choir, praise team and Sister's Network, a breast cancer survivor's group. Terri's experience comes from being a minister's wife, mother, sister, caretaker and person in recovery. She has participated in the Austin Area African American Behavioral Health Network. Terri is new to the recovery movement and is excited about learning more ways she can encourage and support her peers.

CAROLYN MARSALIS

is a certified health and life coach with a master's in education. She served on the NAMI Lubbock Consumer Council and the Texas Catalyst for Empowerment Board and became a SoulCollage® facilitator in 2015.

MICHELLE MATA

is from San Antonio, a mother of two adult children, Shawn and Kimberly, and has a four-legged fur grand-pup named Tank. She is a mental health wellness advocate, peer mentor, NAMI In Our Own Voice presenter and state trainer. She conducts workshops and share her life experiences, raising awareness about the power and influence of language. Michelle believes that everyone holds the gift to inspire and empower and helps people find their "joy" in life by having them use their Personal Medicine.

JOE POWELL

is President/CEO of Association of Persons Affected by Addiction (APAA) in Dallas. A founding board member of Faces and Voices of Recovery, Joe serves in leadership roles on various boards and advisory committees throughout the country. He is considered a nationally recognized subject matter expert and vocal advocate in the recovery community.

VICKIE ANN POWERS

is a CPS and fitness professional from Houston. She is a certified personal trainer and has her bachelor's degree in kinesiology. Vickie has over twenty years of experience in the health and wellness industry.

DESTINY RICHARDSON

is a second year petroleum engineer major and a Houston Health Department community relations specialist. She is a member of the first peer wellness specialist (PWS) cohort. As a PWS graduate, she currently works under the Youth Empowerment Services (YES) with The Harris Center for Mental Health and IDD as a peer mentor. Destiny's innate creativity coupled with her lived

experiences gives her perspective that makes her approach to peer support unique.

ELSA ROMAN

was born in Texas and raised in Mexico. She graduated college with a bachelor's degree in industrial engineering in 2000 and returned to McAllen in the Rio Grande Valley to live. After being diagnosed with a mental health condition and starting treatment, Elsa began to educate herself about her condition and began her recovery journey. Elsa first heard about peer support in 2014 and was offered a peer support specialist position. She became a CPS and is now a full-time peer specialist and group facilitator at Hope Family Health Center. Elsa is also a certified laughter yoga leader.

DEBORAH ROSE

is from Garland and is the owner of The Handwriting Therapy Center and Investigative Solutions Group, Unlimited, a private investigative firm. Handwriting formation therapy was impactful for Deborah and her children who had been diagnosed with mental health conditions. After undergoing Formation Therapy and realizing that "Changing Your Handwriting DID Change Your Life", Deborah became a certified therapist herself. With training from Lisa Nichols (movie, "The Secret"), Deborah has a complete tool chest to help people from all walks of life achieve success.

MONICA MCLEOD SAWYER

is from Corpus Christi and is an essential oil educator and wellness advocate with doTERRA® International, the largest peer network of essential oil users in the world. Monica started KeepItEssential.com as an essential oil resource and hosts classes and conferences focusing on physical health and emotional empowerment. Monica also enjoys working as a graphic designer and magazine publisher for her own company, McLeod Creative

and The One Bride Guide Magazine. Monica's true love is her family and knows that essential oils provide the bonding, support and wellness she's always dreamed possible.

DONALD SEAMSTER

is a CPS and peer mentor at Austin Area Mental Health Consumers. He facilitates WRAP groups, provides one-to-one peer support, and advises on supportive housing and supportive employment. He is a member of Via Hope's Peer Support Advisory Council. Donald is a retired Army sergeant with twenty years of service and a retired police sergeant with Austin Community College Police Department. He holds a degree in law enforcement and is currently working on a degree in human services at St. Edward's University.

STEPHEN SELLERS

is a CPS from Lockhart who has been working as a peer specialist at ASH since October 2012. He facilitated an ongoing book donation, generating thousands of books for ASH, led the creation of a peer lounge space at now utilized for daily groups, and co-created a meditation group now available throughout ASH. Stephen is a lifelong activist, artist, musician, walker, talker, grower, critical thinker, son, brother, friend and human being. He is currently working on a large scale industrial art project and producing experimental music.

TINA SIMPSON-PERRY

is a CPS, PRC, WHAM and WRAP Facilitator from Beaumont, married and mother of three children in long-term recovery. She has over thirty years of lived experience with a co-occurring diagnosis (MH/SU). She is currently a Peer Supervisor for the Beaumont Outpatient Clinic at the Spindletop Center. Tina is also a Recovery Coach master trainer (trainer of trainers).

ROBERT STRAYHAN

is a medical doctor licensed to practice medicine in the state of Texas and is certified in psychiatry by the American Board of Psychiatry and Neurology. He is certified by the ToDo Institute, under the guidance of Gregg Krech, in Japanese psychology. He has experienced a week long Naikan intensive and has participated in the educational and experiential aspects of Morita Therapy.

TANIA VONA

is a CPS and WRAP Facilitator from Round Rock. She is a whole health specialist for Austin Travis County Integral Care under the project of Chronic Disease Management.

PAUL WARREN

is a clinical psychologist in private practice in southwest Fort Worth. He is also a guitarist, percussionist, and songwriter who loves music of all kinds. (Ask him about his vinyl collection.) Dr. Warren and his wife, Jan, are trained drum circle facilitators who enjoy bringing this fun wellness practice to community groups.

SHANE WHALLEY

is a licensed social worker in Austin and is the Peer and Family Leadership Unit Manager of Via Hope. Shane brings experience as an educator, program developer and mentor in a variety of areas, using social justice frameworks as his guide. Shane has a passion for making society a more equitable place for all people.

VIRGIL WILLIAMS

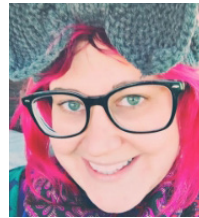
is a first-year Texas Southern University student and a Houston Health Department (HHD) community relations specialist. Virgil spearheads mentoring activities for HHD at a local high school and has developed several workshops for his mentees, including intimate partner violence and healthy relationships.

CONSUMER PLANNING COMMITTEE

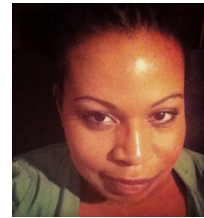
AND PRESENTERS/FACILITATORS



TEENA ADLER



KATE ANDERSON



CLARICE ANTHONY



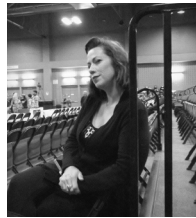
MICHAEL BECK



STEPHANY BRYAN



MAGDELENA CABALLERO-PHILLIPS



CHRISTINA CARNEY



SHANNON CARR



VICKY COFFEE-FLETCHER



RHONDA DOUGLAS



IMANI EVANS



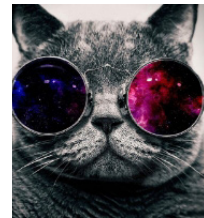
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LINDA FROST



ANNA GRAY



TERRI HARRIS



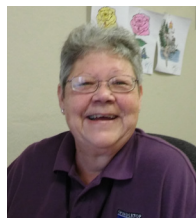
TAMMY HEINZ



NICHOLAS HOLSTEIN



JILL JENDRZEY



TAMMIE JOHNSON



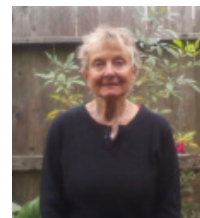
LAURA KHALIL



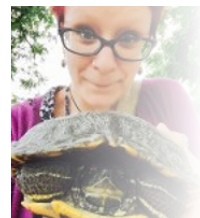
JOHN KING



ALLISON KRAMER



ANNE KURTZ



CARINA LATHAM



MICHELLE LEE



JIM LEMON



GARRY LEWIS



ANN LOCASIO



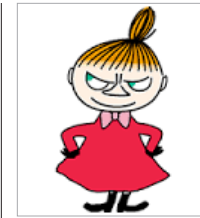
TERRI LUNDY



JOSE MAGDALENO



CARRIE KOCH



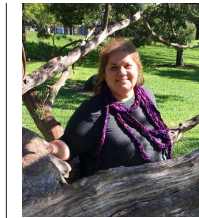
WENDY LATHAM



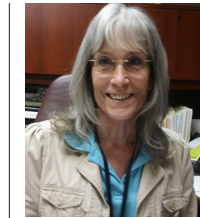
TUESDAY MARLER



CAROLYN MARSALIS



MICHELLE MATA



GINNY MORGAN



JANET PALEO



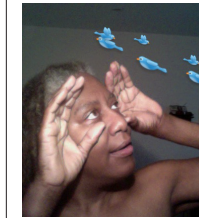
PAUL WARREN & JAN HUGHES



JOE POWELL



FLORA RELEFORD



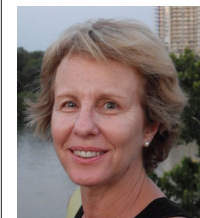
VICKIE ANN POWERS



ELSA ROMAN



DEBORAH ROSE



EILEEN ROSEN



MONICA SAWYER



DON SEAMSTER



TINA SIMPSON



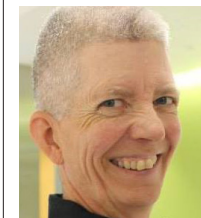
STEPHEN SELLERS



SHARI STOVALL



TANIA VONA



SHANE WHALLEY

NOTES

www.peerfest.org

To view pictures from PeerFest: <https://utexas.box.com/peerfestpictures>
To share pictures from PeerFest, email pics to peerfestpictures@gmail.com



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NOTES

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WITH APPRECIATION: Countless people have touched the creation of this experience and we personally would love to thank every one of you, including our planning committee members, the entire Hogg family, all Hogg staff, UT undergraduate and graduate students at Hogg, presenters/facilitators, exhibitors, graphic designer, travel agents, hotel staff, and our families and pets (for allowing us grace while we worked so many hours). Please know you are appreciated and have made this an unbelievable experience for so many people! The Hogg operations team has been working behind the scenes for months to carry out the logistical details for the design that the planning committee created. Thank you Hogg Foundation Operations Team and specifically, Crystal Viagran!

ABOUT THE HOGG FOUNDATION

The Hogg Foundation for Mental Health advances recovery and wellness in Texas by funding mental health services, policy analysis, research, and public education. The foundation was created in 1940 by the children of former Texas Governor James S. Hogg and is part of the Division of Diversity and Community Engagement at The University of Texas at Austin.



Hogg Foundation *for* Mental Health

ADVANCING RECOVERY AND WELLNESS IN TEXAS