

# Alternatives 2021



## Alternatives 2021 (Virtual) Conference: *Connecting, Organizing, Activating!*

### **WELCOME TO ALTERNATIVES 2021!**

The National Coalition for Mental Health Recovery (NCMHR) and the 2021 Alternatives National Conference Advisory Team are pleased to welcome you to **Alternatives 2021: *Connecting, Organizing, Activating!***

The mission of the [National Coalition for Mental Health Recovery](#) is to “ensure that consumer/survivors have a major voice in the development and implementation of health care, mental health, and social policies at the state and national levels, empowering people to recover and lead a full life in the community.”

The Alternatives conference is life-changing on many levels! We invite you to connect, learn, and grow together; participate in powerful advocacy by attending [Action Groups](#); attend the compelling [keynote sessions](#) and [workshops](#); seek ways to create through the arts; and, on each of the Thursday evenings, enjoy the absorbing films and participate in the Q&A. Share your talent at the Open Mic on Saturday night, July 10, and dance on Saturday night, July 17. (For details of the evening activities, [click here](#).) Spend time with others who share your vision of a better world and your passion for new ideas. Support one another while sharing your stories of wisdom, strength, and hope; and—most importantly—know that there is a place for you here! We wholeheartedly welcome you to Alternatives 2021!

**All of the links to join conference events are [available now!](#)**

#### **Our Heartfelt Thanks...**

Alternatives conferences require the collaboration and hard work of many people. We would like to express our special thanks to the following individuals and organizations that contributed their time, ideas, and support to make Alternatives 2021 a success:

- All who are generously contributing their time and energy to make the conference a success by presenting keynotes and workshops, being Zoom hosts or facilitators, serving as greeters in Open Rooms, and offering evening activities and morning yoga.
- All who contributed financial support, for making the conference possible! Thank you to our sponsors! In addition, a significant number of people who registered for the conference made individual contributions. We thank you!
- All those who served on the Alternatives 2021 National Conference Planning Team and the conference subcommittees, those who worked on the conference documents, and those who provided tech support, for contributing skills, resources, and insights!

# Alternatives 2021

**Alternatives 2021 National Conference Planning Team:** Deb Trueheart, FL (Chair); LaVerne Miller, NY; Anthony Scott, TN; Kevin Fitts, OR; Jennifer Randall-Thorpe, LA; Ruth Gonzales, CA; Tiara Springer-Love, NY; Robbie Lettieri, NY; Nick Holstein, TX; Steve Samra, TN; Anna Pate Glover, NC; Flora Releford, TX; Gayle Bluebird, NC; Michelle Dyson, DC; Kristina Sawyckyj, WA

**Closed captioning** is available for all conference sessions. After you join the session, click on the CC at the bottom of the screen and turn on “enable auto-transcript.” There is an arrow on the right that allows you to select how you want to see the subtitles.

**Recording:** Most sessions will be recorded. If you would rather not be identifiable, either turn off your camera or change your name; do whatever makes you feel comfortable. Recordings of conference sessions will be available at the Alternatives conference website after the conference.

**Phone number to call** for tech issues and general questions throughout the conference: 202-642-4480 or email [info@ncmhr.org](mailto:info@ncmhr.org)

## **Warmlines:**

If you are feeling distressed and would like peer support at any time during the conference, please feel free to contact the following warmlines that have offered to be available.

Gainesville Peer Respite: **352-559-4559**

David Romprey Oregon Warmline: **800-698-2392**

Or you could find a warmline in the directory: <https://warmline.org>

## **Continuing Education (CE) units:**

Alternatives has received approval from NASW (National Association of Social Workers) for up to 8 CE hours for workshop attendance. You can attend any workshop live for CE credit. Complete the conference evaluation (which will be emailed to you on the last day of the conference). Then you can download your certificate which will have the NASW CE approval number. We will keep a record of who attends each of the conference workshops.

To receive your CE credit for Alternatives conference attendance, take your record of all the sessions you attended, attach the Certificate of Attendance from the conference, and send both to your certifying organization.

# Alternatives 2021

## Consider the following to take care of yourself during the conference:

- Pace yourself, and don't try to do everything.
- Prepare some snacks and meals ahead of time.
- Remember to eat and to drink water throughout the day.
- Visit the Open Zoom Room or Discord to connect with others if you wish.  
(links in conference details)

## Conference Comfort/Discomfort Agreement

- Take care of yourself.
- Be respectful.
- Value [“curiosity over judgment.”](#)
- Keep an open mind.
- Lean into discomfort.
- If you can, listen actively.

**\*Please be sure to check the time zone when joining events\***



**TO ACCESS A DOWNLOADABLE PDF WITH ALL THE LINKS TO JOIN CONFERENCE EVENTS CLICK [HERE](#).**

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**THANK YOU TO OUR 2021 CONFERENCE SPONSORS!**



**NASMHPD**

NATIONAL ASSOCIATION OF STATE MENTAL  
HEALTH PROGRAM DIRECTORS



**NACBHDD** National Association of County  
Behavioral Health & Developmental  
Disability Directors  
The voice of local authorities in the nation's capital



UNITARIAN UNIVERSALIST MENTAL HEALTH  
NETWORK



DISABILITY RIGHTS CALIFORNIA



HELPING TO UNITE BY GENERATING  
MENTAL EMPOWERMENT INK



COPELAND CENTER FOR WELLNESS AND  
RECOVERY  
DONATING IN MEMORY OF JAY MAHLER

*Sponsorship in the name of  
the Gonzales family*



Advocates for  
Human Potential, Inc.



National Association for  
Rural Mental Health



WELLNESS RECOVERY ACTION PLAN  
*Renewing Your Wellness Your Way*



Consumer Council System of Maine  
A Voice for Consumers of Mental Health Services

[www.maineccsm.org](http://www.maineccsm.org)



GEORGIA MENTAL HEALTH CONSUMER NETWORK

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