

## About Our Day and Our Speakers

Mental illnesses affect women and men differently. Some mental health disorders are unique to women, more common in women or express themselves differently in women and men. Unipolar depression is twice as common in women. Anxiety disorders and eating disorders are also more prevalent in this population. The World Health Organization has said that “gender differences occur particularly in the rates of common mental disorders ... [that] affect approximately 1 in 3 people in the community and constitute a serious public health problem.”

The 2008 Community Mental Health Conference will listen to women’s voices discussing the mental health issues of women and girls. The speakers and discussion groups will address these questions across the life cycle and will present the facts that girls, the parents of girls and men who care about women need to know.

This year’s speakers are nationally recognized experts on women’s health issues. The discussion groups will be led by professionals who have studied and treated the different aspects of women’s mental health concerns. The 2008 Conference once more promises to be a most enjoyable and informative event.

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If you want to know more about women’s mental health issues — whether you are a professional, consumer, family member or part of the concerned public — you should attend the 2008 Community Mental Health Conference.

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### Panel of Experts



**Dr. Laura Miller**, is the Director of the award-winning Women’s Mental Health Program at the University of Illinois – Chicago and an Associate Professor of Psychiatry at UIC. Dr. Miller has published extensively in the area of women’s health, particularly on the subject of the assessment and treatment of depression during and after pregnancy.



**Mary Jo Barrett, MSW**, is the Executive Director and co-founder of the Center for Contextual Change, a Chicago area nationally recognized facility for the treatment of trauma, violence and the effects of abusive behaviors. Ms. Barrett is on the faculties of the School of Social Service Administration at the University of Chicago, the Chicago Center for Family Health and the Family Institute at Northwestern University.



**Tracy Harris** is an internationally-renowned flutist, a Yamaha Performing Artist who has performed across the United States. Ms. Harris suffers from schizoaffective disorder which she has lived with for over 20 years, eloquently written about in the book, *The Music of Madness*, and spoken about on National Public Radio. Ms. Harris will perform a recital, with her sister-in-law Russian pianist Svetlana Harris, at a Foundation benefit at Beth Emet on May 31, 2008.

### Closing Remarks



**Rev. Sarah Sarcher Butter** is the Senior Pastor of the First Presbyterian Church of Wilmette. Rev. Butter holds a Master of Divinity degree from Princeton Theological Seminary and an MBA from Northwestern Kellogg School of Management.

## Discussion Groups

- **What About Me? The Sandwich Generation** — Ann Ohlrogge Johnson, LCPC, LMFT, Exec. Dir., Samaritan Counseling Center; Tamara Newell, LCSW, Dept. of Psychiatry, Evanston Northwestern Healthcare
- **Through a Gender Lens: Women and Addiction** — Sylvia Lackey, LCSW, CADC, MC.ED, The Family Institute at Northwestern University; Kate Mahoney, LCSW, Exec. Director, PEER Services
- **Parenting Girls in the New Millennium** — Renee Summers, MSW, LCSW, BCD; James Walsh Ph.D., Associate Chair of School Psychology Program, The Chicago School of Professional Psychology
- **Through the Looking Glass: Women and Anxiety** — Dr. Danielle Black, The Family Institute at Northwestern University; Sandra Rosenberg, LCSW, ACSW, BCD
- **Sexual Function: Signs of Mental Health Issues** — Laura Grimes, LCSW. Constance Sheehan, LCSW, The Family Institute at Northwestern University
- **Baby Blues: Perinatal and Post-Natal Depression** — Dr. Laura Miller, M.D. University of Illinois Chicago, Department of Psychiatry, Womens Mental Health Program; Rebecca Christopherson, APN, CNP, U I C Dept. of Psychiatry; Joan Mudd, Jenniver Mudd Houghtaling Postpartum Depression Foundation
- **Relationship First Aid: What’s Normal, What’s Not?** — Mary Jo Barrett, MSW, Exec. Dir. Center for Contextual Change; Anita Mandley, MSW, LCPC, Dir. Adult Services, Center for Contextual Change
- **Trauma with a Big T: Tools for Recovery** — Jamie Riley, Psy.D. Associate Clinical Director, The Youth Campus; Sharon Risch, Ph.D., Kate L. Goldhaber, Ph.D., The Family Institute at Northwestern University
- **Navigating the Transitions of Divorce** — Karen Grais Meyer, LCSW; Carroll Craddock, Ph.D.
- **Living With Chronic Illness** — Dr. Daniel Loiterstein, M.D. Asst. Professor Depts. of Internal Medicine and Psychiatry, Rush Medical College
- **Use of Spirituality in Mental Health Recovery** — Kate Phiben Ph.D., Samaritan Counseling Center; Rabbi Joe Ozarowski. D. Min., Chaplain, Jewish Healing Network
- **Forming Alliance: Educating Men to Become Allies With Women** — Michael Fogel, Psy. D., ABPP; Wendy M. Schiffman, Psy.D., Dept. of Forensic Psychology, The Chicago School of Professional Psychology

## Seventh Annual Community Conference



NAOMI RUTH COHEN  
CHARITABLE FOUNDATION

## Women's Voices

Understanding  
Mental Health  
Issues of  
Women and Girls

*A Conference  
Open to Everyone Who  
Wants to Know More  
About Mental Illness*

Sunday  
June 1, 2008  
12:45 p.m.–5:30 p.m.

Beth Emet the Free Synagogue  
1224 Dempster  
Evanston, Illinois

## 2008 Conference Sponsors

Advocate Health Care  
 AgeOptions  
 Alexian Brothers Center  
 for Mental Health  
 Am Shalom  
 Am Yisrael  
 American Foundation  
 for Suicide Prevention  
 Anshe Emet Synagogue  
 The ARK  
 Art of Living Foundation  
 Beth Emet The Free Synagogue  
 Beth Tikvah Congregation  
 Bethesda Worship Center  
 Better Existence with HIV (BE-HIV)  
 Between Friends  
 C.G. Jung Center  
 Catholic Charities LOSS Program  
 Center for Contextual Change  
 Chicago Foundation for Women  
 Chicago School of  
 Professional Psychology  
 Chicago Sinai Congregation  
 Child & Adolescent Bipolar  
 Foundation  
 Childcare Network of Evanston  
 Children's Advocacy Center  
 College of Lake County  
 Columbia College Chicago  
 Community Counseling Centers  
 of Chicago  
 Congregation Beth Am  
 Congregation Beth Or  
 Congregation B'nai Jehoshua  
 Beth Elohim  
 Congregation Emanu-El B'ne Jeshurun  
 Congregation Ezras Israel  
 Congregation Kol Ami  
 Congregation Or Shalom  
 Congregation Rodfei Zedek  
 Congregation Solel  
 Congregation Sukkat Shalom  
 Depression and Bipolar  
 Support Alliance  
 Elmhurst College  
 Emanuel Congregation  
 Erika's Lighthouse  
 Evanston Child & Adolescent LAN  
 Evanston Commission on Aging  
 Evanston Community Foundation  
 Evanston Mental Health Board  
 Evanston NAACP  
 Evanston Northwestern Healthcare

*Evanston Sentinel*  
 Evanston Substance Abuse  
 Prevention Council  
 Evanston/Skokie Valley Senior Services  
 of North Shore Senior Center  
 Families for Depression Awareness  
 Family Focus Evanston  
 The Family Institute at  
 Northwestern University  
 The Family Service Center  
 Wilmette/Glenview/Northbrook  
 First Presbyterian Church of Wilmette  
 Foundation for Human Potential  
 Fourth Presbyterian Church  
 Health & Medicine Policy  
 Research Group  
 Highland Park High School  
 Hillels of Illinois Regional Programs  
 Housing Options  
 Illinois Psychological Association  
 Immanuel Lutheran Church  
 Interfaith Action of Evanston  
 JCARES  
 Jennifer Mudd Houghtaling  
 Postpartum Depression Foundation  
 Jewish Child & Family Services  
 Jewish Community Centers  
 of Chicago  
 Jewish Federation of  
 Metropolitan Chicago  
 Jewish Healing Network of Chicago  
 Jewish Reconstructionist  
 Congregation  
 Jewish Vocational Service  
 The Josselyn Center  
 K.A.M. Isaiah Israel  
 Lake Street Church of Evanston  
 Lakeside Congregation for Reform  
 Judaism  
 The Lilac Tree: Resources for  
 Divorcing Women  
 LINKS - Northshore Youth  
 Health Service  
 Maine Center  
 Mental Health America of Illinois  
 Mental Health Association  
 of the North Shore  
 Metropolitan Family Services  
 Midwest Palliative & Hospice  
 Care Center  
 Moriah Congregation  
 Mt. Zion Apostolic Church  
 NAMI - Cook County North Suburban  
 NAMI of Greater Chicago

National Association of Social Workers  
 - IL Chapter  
 New Trier Township High School  
 Niles Family Service  
 North Shore Congregation Israel  
 North Suburban Synagogue Beth El  
 Northminster Presbyterian Church  
*NorthShore Magazine*  
 Northwest Center Against  
 Sexual Assault  
 Northwest Suburban Jewish  
 Congregation  
 OCD Chicago  
 Office for Hispanic Catholics  
 Open Studio Project  
 Organizacion Latina de Evanston  
 Pathways to Promise  
 PEER Services, Inc.  
*Pioneer Press*  
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 Recovery, Inc.  
 Response Center  
 Resurrection Behavioral Healthcare -  
 St. Francis  
 Rush University Medical Center  
 The Samaritan Counseling Center  
 Second Baptist Church  
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 Catholic Church  
 St. Nicholas Parish  
 Treatment & Research Advancements  
 - National Association for  
 Personality Disorder (TARA)  
 Temple Beth Israel  
 Temple Beth-El  
 Temple Chai  
 Temple Jeremiah  
 Temple Judea Mizpah  
 Temple Sholom  
 Thresholds  
 Trilogy, Inc.  
 University of Illinois at Chicago  
 Women's Mental Health Program  
 Union for Reform Judaism  
 Unitarian Church of Evanston  
 Vineyard Christian Church  
 West Suburban Temple Har Zion  
 Willow House  
 WilPower, Inc.  
 Womenscare Counseling Center  
 Youth Organizations Umbrella (YOU)  
 YWCA Evanston/North Shore

## Schedule of Events

11:45–12:45 p.m.

### Registration:

Exhibits Open



12:45 p.m.

### Welcome:

Bekki Harris Kaplan,  
 Executive Director,  
 Beth Emet Synagogue

12:50 p.m.

### Opening Remarks:

Marilyn Cohen,  
 Naomi Ruth Cohen  
 Charitable Foundation

1:00 p.m.

### Panel:

Dr. Laura Miller, Ph.D.  
 Mary Jo Barrett, MSW  
 Tracy Harris

### Question and Answers

3:00 p.m.

### Break:

Light sandwiches served  
 Exhibits Open

3:45 p.m.

### Discussion Groups

5:10 p.m.

### Concluding Remarks:

Rev. Sarah Sarcher Butter

## Registration Form

Please return this form to:  
**Beth Emet The Free Synagogue**  
 1224 Dempster Street • Evanston, IL 60202

Name: \_\_\_\_\_

Organization: \_\_\_\_\_

Billing Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

My two choices for the breakout discussion session are:

\_\_\_\_\_

\_\_\_\_\_

### Registration Fee:

\$25 before 5/25/08 \$ \_\_\_\_\_

\$30 after 5/25/08 \$ \_\_\_\_\_

### Fee for Social Work and LCPC CEU's:

5 CEU's, \$10 \$ \_\_\_\_\_

I am unable to attend but would  
 like to make the following donation: \$ \_\_\_\_\_

Total Payment \$ \_\_\_\_\_

### Payment required at time of registration

(by mail, fax, or register online at [www.naomicohenfoundation.org](http://www.naomicohenfoundation.org))

### Method of Payment:

Check (payable to Beth Emet Synagogue)

Please charge my credit card – Note: The 3 digit  
 security code from back of credit card is required: \_\_\_\_\_

Visa

MasterCard

Name of Cardholder: \_\_\_\_\_

Card #: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Scholarships Available

For further information

call 847.869.4230 x335 or fax to 847.869.7830