

Discussion Groups

- 1. Bipolar 101: Understanding the Disease**
Bezalel Dantz MD.
- 2. Early Onset and Recognition**
Bill Gilmer MD.
- 3. Pharmacology of Bipolar Illness:
Bridging the Laboratory and the Office**
David Hamilton MD.
- 4. Complementary Strategies: Living With Bipolar**
David Daskovsky Ph.D.
- 5. Neuroscience of Brain and Bipolar**
Nancy Hansen Merbitz, Ph.D.
- 6. Spirituality and Recovery**
Nanette Larson BA.CRSS & Rabbi Peter S. Knobel Ph.D.
- 7. Ambiguous Loss:
A Perspective for Family Caregivers**
Fred Miller MD. Ph.D.
- 8. Dual Diagnosis- Substance Use and Bipolar**
Kate Mahoney LCSW & Reginald Richardson Ph.D.
- 9. Living Successfully With Bipolar:
Personal Recovery Stories**
Facilitated by Peter Illing LCSW
- 10. Loving and Living With Someone With Bipolar**
Amy West Ph.D.
- 11. Helping Parents Raise a Child With Bipolar**
Barbara Howard LCPC CADC
- 12. Crisis Management**
Brett Plyler MD & Sue and Tom Laue
- 13. "Soft Bipolar":
A Variant on the Bipolar Spectrum**
Ira Emkin LCSW
- 14. DBT/ Mindfulness:
Acceptance to Managing Intense Emotions**
Alison Larkin LCSW
- 15. Introduction to Chronotherapy:
A Treatment for Bipolar Disorder**
John Gottlieb MD.

Please visit our website for information about the discussion groups and learning objectives:
www.naomicoheninstitute.org

Tenth Annual Community Conference



OVERCOMING THE STIGMA OF MENTAL ILLNESS BIPOLAR DISORDER: PROGRESS AND PROMISE

This conference welcomes all individuals interested in learning about Bipolar Disorder and decreasing the stigma of mental illness



Date: June 5, 2011
Time: 12:30 p.m.—5:30 p.m.
Beth Emet the Free Synagogue
1224 Dempster St.
Evanston, Illinois 60202

About Our Day and Our Speakers

Welcome to the tenth anniversary of the Naomi Ruth Cohen Institute Annual Community Conference.

In 2002 we held our very first conference entitled "Understanding Manic Depressive (Bipolar) Illness." At that time the illness was estimated to affect 2.5 million Americans, yet was little understood and often untreated. Today, Bipolar Disorder is more fully understood and while there are more effective treatments available, it now affects approximately 5.7 million Americans, or about 2.6% of the U. S. population age 18 and older. It is the sixth leading cause of disability in the world.

What has happened in the last decade? What treatment options are now open? Are we now better able to predict and diagnose the illness? What do we know now that we didn't know in 2002 about the symptoms and nature of Bipolar Disorder? Has the stigma attached to Bipolar Disorder been reduced in any way?

This year's Conference will address these questions—and more. Nationally recognized experts on Bipolar Disorder who have studied and treated the illness will discuss the latest information and their insights. Some of our speakers will share their personal challenges and success as persons living with Bipolar Disorder. Our format will allow us to engage in honest and critical dialog about the illness and associated stigma.

This event would not be possible without the ongoing support of our donors, conference sponsors and speakers, to whom we are deeply grateful. Thank you for joining us for what promises to be an informative and inspiring event.

--Larry and Marilyn Cohen



Paul E. Keck, Jr., MD, is the Craig and Frances Lindner Professor of Psychiatry and Neuroscience at the University of Cincinnati (UC) College of Medicine. He is also President -CEO of the Lindner Center of HOPE, a state-of-the-science, UC-affiliated comprehensive mental health center in Mason, Ohio. Dr. Keck has conducted extensive research in bipolar disorder and clinical psychopharmacology, and is the recipient of numerous honors for teaching and for his work on bipolar disorder. The author of over 350 scientific papers in leading medical journals, Dr. Keck is in the top ten of the most cited scientists in the world publishing in the fields of psychology and psychiatry.



Mark A. Reinecke, Ph.D. is Professor of Psychiatry and Behavioral Sciences and Chief of the Division of Psychology at Northwestern University's Feinberg School of Medicine. Dr. Reinecke's research and clinical interests center on understanding and treating depression and suicide among children and adolescents. He was a principal investigator on the Treatment of Adolescents with Depression Study (TADS), is widely published and has lectured and taught internationally. Dr. Reinecke is a Distinguished Fellow and former president of the Academy of Cognitive Therapy; a Diplomat of the American Board of Professional Psychology (ABPP) in Clinical Psychology and Clinical Child and Adolescent Psychology; and is a Fellow of the American Psychological Association (Divisions 12, 53, & 54) and the Association for Psychological Science.



Nanette Larson, BA, CRSS is the Director, Recovery Support Services, for the Illinois Department of Human Services (DHS)/Division of Mental Health (DMH). In this statewide leadership position, Ms. Larson is responsible for development and implementation of a statewide recovery-oriented service delivery system within the Illinois public mental health system. She is also a nationally recognized leader in the mental health consumer recovery movement, providing numerous presentations across the country to diverse audiences on recovery, resilience and related topics. Ms. Larson is a person with bipolar disorder.

Closing Remarks

Erasing the Distance generates awareness, disarms stigma, and ignites the healing process by creating and performing theatrical productions based on the true stories of people's experiences with mental illness. Since its founding in 2005, their theatrical productions have been seen by over 25,000 people. At our Conference, Founder and Executive Artistic Director, Brigid O'Shaughnessy will perform the story of our closing speaker, Rev. Cheryl Magrini.



Rev. Cheryl T. Magrini, Ph.D., is Minister of Christian Education and Spiritual Formation at the First United Methodist Church located at the Chicago Temple in downtown Chicago. She has spoken at academic conferences and retreats, has taught at Garrett-Evangelical and the Lutheran School of Theology and has been published in several religious journals. Dr. Magrini is a person with bipolar disorder.

Schedule of Events

2011 Conference Participating Organizations

11:30 a.m. - 12:30 p.m. Registration
View Exhibits & Posters

12:30 p.m. Welcome
Lawrence M. Cohen
Founder, Naomi Ruth Cohen
Institute for Mental Health
Education

12:35 p.m. Recognition and Awards

12:40 p.m. Remarks
Rabbi Peter S. Knobel
Rabbi Emeritus, Beth Emet
Synagogue

12:50 p.m. Panel Presentations
Dr. Paul E. Keck Jr.
Dr. Mark Reinecke
Nanette Larson

**Please Note: There will be a five minute rest room
break before the Questions and Answers**

Questions and Answers
Moderator
Dr. Carroll Cradock

**2:50 p.m. Break/Snack Break in the
Crown Room**
View Exhibits & Posters

3:30 p.m. Discussion Groups
Meet in assigned rooms

5:00 p.m. Closing Remarks:
Erasing the Distance
Rev. Cheryl Magrini



This program is underwritten by the Naomi Ruth Cohen Institute, a 501(c)(3) non-for-profit corporation. The Institute promotes educational programs such as this conference and supports organizations engaged in mental health research, education, self-help, anti-discrimination and advocacy. Contributions to be Institute may be sent to The Chicago School at 325 N. Wells St. Chicago, IL 60654

Advocate Medical Group Behavioral Health
Aitz Hayim Center for Jewish Living
Alexian Brothers Center for Mental Health
Am Shalom
Am Yisrael
Anshe Emey Synagogue
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Office of Hispanic Catholics
Beth Emet The Free Synagogue
Beth Shalom B'nai Zaken Ethiopian Hebrew
Congregation
Center for Contextual Change
Chicago Lights Center for Whole Health
at Fourth Presbyterian Church
Chicago Medical School
Chicago Psychiatry Associates
Chicago Sinai Congregation
City of Evanston
CJE Senior Life
Columbia College Chicago
Columbia College, Department of Dance
Movement Therapy and Counseling
Community Counseling Centers of Chicago
Community Mental Health Board
of Oak Park Township
Congregation Beth Am
Congregation Beth Judea
Congregation B'nai Jehoshua Beth Elohim
Congregation B'nai Tikvah
Congregation B'nai Torah
Congregation Emanu-El B'ne Jeshurun
Congregation Ezras Israel
Congregation Or Shalom
Congregation Rodfei Zedek
Congregation Solel
Congregation Sukkat Shalom
Depression & Bipolar Support Alliance
Depression & Bipolar Support Alliance
of Greater Chicago
Ebenezer AME Church
Elmhurst College
Elyssa's Mission
Emanuel Congregation
Erasing the Distance
Evanston Community Foundation
Evanston NAACP

Ezra Habonim Niles Township
Jewish Congregation
Family Focus Evanston
Family Institute
at Northwestern University
Family Service of Winnetka-Northfield
First United Methodist Church
First United Methodist Church
at Chicago Temple
Haven Youth & Family Services
Hillels of Illinois Regional Programs
Illinois Association for Medication
Assisted Addiction Treatment
Insight Psychology Center
Institute on Disability and
Human Development
Institute for Juvenile Research,
Dept. of Psychiatry, University of Illinois
Jewish Child & Family Services
Jewish Community Abuse Resources
Education & Solutions
Jewish Community Centers of Chicago
Jewish Federation
of Metropolitan Chicago
Jewish Healing Network of Chicago
KAM Isaiah Israel
Lake Street Church of Evanston
Lindner Center of HOPE
Mental Health Association
of Greater Chicago
Mental Health America North Shore
Metropolitan Family Services
Mt. Zion Tabernacle Apostolic Church
NAMI Cook County North Suburban
NAMI of Greater Chicago
New Foundation Center
New Trier Township High School
Niles Family Services

Poster Presenters:

Alexandra Sipiara:
The Obstacle Course for Successful Treatment
of Bipolar Disorder

Erin Conway and Angela Webb:
Bipolar Disorder, Utilization of Treatment, and
Arrest Rates

North Shore Congregation Israel
North Shore University Health Systems
Northeastern University
OCD Chicago
Pathways to Promise
PEER Services
Recovery International
Response Center
Riveredge Hospital
Rosecrance Health Network
Rush University Medical Center,
Older Adult Programs
Samaritan Counseling Center
Second Baptist Church
Shalom Memorial Park &
Shalom Funerals
St. Athanasius Roman Catholic Church
St. Mary's Church
St. Nicholas Parish
St. Paul's Lutheran Church of Evanston
Supporting Illinois Brothers and Sisters
Temple Beth Israel
Temple Beth-El
Temple Chai
Temple Jeremiah
Temple Judea Mizpah
Temple Sholom
The ARK
The Josselyn Center
The Lilac Tree: Resources
for Divorcing Women
The Night Ministry
Turning Point Behavioral Health Center
Union for Reform Judaism
United Synagogue
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Weinstein Family Services
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Fax completed form to: 312.488.6311
Mail completed form to:
NRCInstitute at The Chicago School
325 N. Wells St Chicago, IL 60654

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Discussion Group

Please choose the discussion group of your choice

Registration Fees:

\$30 before 05/28/11 \$ _____
\$35 after 05/28/11 \$ _____
LCSW, LCPC, & CEU (5 CEU's)
Additional Fee \$10 \$ _____
IAODAPCA CEU's (4 CEU's) **No Charge**
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Payment required at time of registration

Method of Payment

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nrcinstitute@thechicagoschool.edu or
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