

Innovative Solutions for Building Recovery with Alternatives to Psychotropic Medication

September 20 & 21, 2012

Hilton Garden Inn
5 Park Street
Freeport, Maine

Sponsored by the
Co-Occurring Collaborative
Serving Maine with funding by
the Office of Substance Abuse,
Department of Health and Human Services



Innovative Solutions to Building Recovery with Alternatives to Psychotropic Medication

A Two-Day Event

September 20 & 21, 2012
8:15 am – 4:00 pm, both days

Largely because of the unprecedented marketing by the pharmaceutical industry as well as the transition of behavioral health to primary care venues, spending for psychiatric drugs has increased to over \$40 billion in sales in 2010. Concurrently, the use of psychotherapy has declined and community behavioral health intervention has fallen or remained flat. Are these patterns justified by the clinical trial evidence?

This conference answers that question but more importantly offers effective, empirically demonstrated non-medical solutions for behavioral and emotional problems typically treated only with psychotropics. In the spirit of evidence-based medicine's inclusion of patient values as well as the movement toward health homes, this conference brings together the foremost experts in the field to present viable alternatives to medication, as well as guidelines to raise the bar of care equal to the available science.

Target Audience

Nurses, social workers, marriage/family counselors, psychologists, consumers, psychiatrists, MDs, PCPs, pharmacists, alcohol and drug counselors, physician's assistants, allied health professionals, family members, and other interested stakeholders.

Conference Goals

- ▶ Provide an overview of the effects of the dominant use of psychotropic medications on the practice of behavioral healthcare in both primary care and behavioral health settings

- ▶ Present current research findings on the short and long term effectiveness and consequences of the use of psychotropic medications, as well as on psychological, psychosocial and self-help alternatives

- ▶ Highlight experiences of consumers and providers who have demonstrated that non-medical interventions can be more effective both in fostering recovery and in reducing overall costs of behavioral health care

- ▶ Explore alternative directions for the future that maximize the use of client strengths and natural supports and minimize the use of medications as a first intervention

Speakers

Robert Whitaker, Author/Researcher
Psychiatric Drugs: Problems and Solutions

James Greenblatt, MD
Integrative Medicine for Behavioral Health

Joanna Moncrieff, MD
Demystifying Psychiatric Drugs

Barry L. Duncan, PsyD
Patient's Bill of Rights

David Oaks
*Human Rights Imperative for
More Choice in Behavioral Health*

David Cohen, PhD, LCSW
*A Systematic Critical Review of Psychiatric
Drug Withdrawal Strategies*

A. Kathryn Power, MEd
SAMHSA Priorities and Presence in Region 1

Mary Kelly
Panel member with lived experience

Bill Nemitz, Columnist
Panel moderator

Breakout Sessions

Sera Davidow & Sarah Mouser
Hearing Voices Groups

Troy Henderson & Jeffrey Irving
*Self-help: A Complementary
Approach for DIY Mainers*

Frank Chessa, PhD
*Ethical Issues: Conflict of Interest
and Treatment Choices*

Frederic Craigie, Jr., PhD
*Heart and Soul: Spiritual Care in
the Journey of Recovery*

Kelly Staples & Katharine Storer, MSW
*Using Peer Support to Move Toward
the Lives We Want*

John Yasenchak, EdD, LCPC, LADC, CCS
Yoga as an Adjunct to Psychotherapy

Miles Simmons, MD
*Functional Medicine in Mood
and Anxiety Disorders*

Jane Linsley, LICSW, LADC
*Integrating Open Dialogue™ Into
a Residential Setting*

8:15 – 8:30

WELCOME

Guy Cousins, LCSW, LADC, CCS, Director Office of Substance Abuse, Acting Director Office of Adult Mental Health Services/DHHS

8:30 – 9:45

OPENING PRESENTATION:

Psychotropic Medications: Problems and Solutions

Robert Whitaker, Author/Researcher

In his book, *Anatomy of an Epidemic*, Robert Whitaker investigates the astonishing rise in the number of people enrolled in government disability due to mental illness over the past 20 years. He will share his research on how psychiatric medications affect the long-term course of schizophrenia, depression and bipolar disorders—based on a review of the scientific literature. Additionally, he will highlight innovative programs in Europe producing good outcomes that might be models for reforming care in the United States.

9:45 – 10:00

BREAK

10:00 – 11:15

Integrative Medicine for Behavioral Health

James Greenblatt, MD

Alternatives found in integrative medicine have begun to address the limitations of current psychiatric medications in the treatment of behavioral health conditions. Specifically, evidence based research of cholesterol and essential fatty acids in nutrition and its effects on brain function will provide examples to explore how integrative medicine approaches support behavioral health.

11:15 – 12:30

Demystifying Psychiatric Drugs

Joanna Moncrieff, MD

The exploration of the different ways how psychiatric drugs work will expand our understanding of the behavioral health symptoms and recovery. The standard disease-centered model that assumes that drugs correct underlying chemical imbalances will be contrasted with the idea that they work in a drug centered way by inducing altered mental states, which suppress symptoms. Evidence supporting the drug-centered model will be presented, and its clinical implications will be discussed.

12:30 – 1:30

LUNCH

1:30 – 2:45

Patient's Bill of Rights

Barry Duncan, PsyD

With the unprecedented rise in the rate of prescriptions for psychotropic medication, this session defines a Patient Bill of Rights that is consistent with evidence based medicine. He translates the Bill of Rights into prescription guidelines that ensure patient preferences are followed and that we first do no harm.

2:45 – 3:00

BREAK

3:00 – 4:00

PANEL PRESENTATION: *Implications for Practice*

Panelists: Mary Kelly, Barry Duncan, Miles Simmons, Joanna Moncrieff
Moderator: Bill Nemitz, Columnist

Panelists from a variety of perspectives of psychiatric services and experiences will engage with the audience in a thought-provoking conversation. This question and answer session will explore the implications of what this means to the future direction of psychiatric healthcare.

8:15 – 8:30

WELCOME

8:30 – 9:30

OPENING PRESENTATION:***Human Rights Imperative for More Choice in Behavioral Health***
David Oaks

David Oaks, a fearless consumer activist and advocate, will provide a human rights perspective on the need for more non drug choices in behavioral health care. Oaks will explore the psychiatric survivor perspective and give examples from groups that represent the survivor voice.

9:30 – 9:45

BREAK

9:45 – 10:45

Psychotherapy as a First Intervention
Barry Duncan, PsyD

This session explores the short term benefits and risks of psychotherapy versus medication comparisons for persons diagnosed with depression, anxiety, and psychosis. A research validated early warning system to improve outcomes regardless of client preference for psychotherapy or medication is highlighted.

10:45 – 11:45

How and Why to Stop Taking Psychotropic Medications
David Cohen, PhD, LCSW

An up-to-date critical review of psychiatric drug withdrawal, tapering, and dose reduction strategies described in the medical literature, and recommendations for client-centered work around drug withdrawal issues.

11:45 – 12:30

LUNCH

12:30 – 1:00

SAMHSA Priorities and Presence in Region 1**A. Kathryn Power, MEd, SAMHSA Regional Administrator**

An introduction to SAMHSA and a look at some of its strategic initiatives, this session will highlight SAMHSA's position on alternatives to medication, and how it supports recovery oriented practice.

1:00 – 1:15

BREAK

1:15 – 2:30

WORKSHOPS/BREAKOUT SESSIONS A**A1: Hearing Voices Groups** – Sera Davidow, Sarah Mouser

This session will explore the history and perspective of the Hearing Voices movement. Attendees will have the opportunity to discuss myths and misconceptions about the experience of hearing voices and to compare and contrast the Hearing Voices perspective with the medical model approach.

A2: Self-help: A Complementary Approach for DIY Mainers – Troy Henderson, Jeffrey Irving

This session will look at the DIY attitude of low income rural Mainers, that is Do-It-Yourself, and how it can promote recovery. We will discuss Marshall Rosenberg's work of helping people become more resilient by connecting to what is alive in them. Self-help training and workshop resources will be shared including such models as Pathways to Recovery, Living Well, and Whole Health Action Management.

A3: Ethical Issues: Conflict of Interest and Treatment Choices – Frank Chessa, PhD

Frank Chessa will discuss the recent media, regulatory and political attention to conflicts of interest among clinicians and the allegation that these influence treatment choices. He will discuss the definition of conflict of interest and the ethical implications of conflicts of interest. Lastly, he will outline current efforts at reform and discuss their potential effectiveness.

- A4: Heart and Soul: Spiritual Care in the Journey of Recovery** – Frederic Craigie, Jr., PhD
A very substantial body of literature attests to the significance of various spiritual perspectives and practices for health and well-being. Increasingly, the conversation has turned to the specifics of how the resources of spirituality may be incorporated in person-centered medicine. This session will discuss a three-fold model in which the personal centeredness and groundedness of clinicians, the clinical encouragement of patients' spiritual resources, and the organizational cultivation of spirited leadership and "soul" work in concert to support healing and wholeness for patients and clinicians alike. We will pay particular attention to themes of transcendence (helping people to let go of uncontrollable life experiences) and purpose (helping people to identify and give expression to personal life values).

2:30 – 2:45

BREAK

2:45 – 4:00

WORKSHOPS/BREAKOUT SESSIONS B

- B1: Using Peer Support to Move Toward the Lives We Want** – Kelly Staples, Katharine Storer, MSW
Participants will learn the value of peer support in a person's recovery process. Intentional Peer Support Skills will be demonstrated through facilitator role play to show how they can be used in various relationship based conversations. This will be an interactive workshop and the audience will be encouraged to share scenarios for the facilitators to "work through" or to demonstrate with volunteers from the audience. Laughter will be encouraged.
- B2: Yoga as an Adjunct to Psychotherapy** – John Yasenachak, EdD, LCPC, LADC, CCS
In this session, the theory and history of yoga will be described as well as its therapeutic value in practice. Participants will learn breathing techniques and other mindfulness skills to be used not only with clients, but as a form of self care.
- B3: Functional Medicine in Mood and Anxiety Disorders** – Miles Simmons, MD
This session will outline an integrative model of assessment and intervention in mood and anxiety disorders. Dr. Simmons will describe the basic components of an integrative treatment plan including nutritional interventions, as well as provide information on readily available blood tests that can be used as nutritional markers. The session will highlight essential nutrients for brain pathway functioning.
- B4: Integrating Open DialogueSM Into a Residential Setting** – Jane Linsley, LICSW, LADC
Open DialogueSM is an innovative approach to acute psychiatric crises developed in Tornio Finland that has demonstrated remarkable patient outcomes. The approach can be thought of as a double helix that meshes a new style of psychotherapy with an integrated system of care delivered primarily in the community. Jane Linsley will discuss her work of integrating the Open Dialogue approach with the already strength based clinically informed programming occurring at Gould Farm. Gould Farm is a community that is formed around the workings and sustaining the features of a 650-acre farm where staff and "guests" work and live together while raising their own livestock, growing and harvesting their own produce and maple syrup, and making their own daily baked goods, thereby creating and supporting emotional and psychosocial recovery.

4:00 – 4:15

CLOSING REMARKS

Speakers

Frank Chessa, PhD, is Director of Clinical Ethics at Maine Medical Center. He is formerly an Assistant Professor of Philosophy at Bates College and has held teaching positions at The University of Nevada, Las Vegas, The United States Naval Academy and Georgetown University. Frank received his Doctorate at Georgetown University in 1999 and publishes in the area of health care ethics and environmental ethics. Some of his publications are “Wanted, Dead or Alive: The Ethics of Vital Organ Donation (letter)” in the Hastings Center Report; “Building Bioethics Networks in Rural States: Blessings and Barriers” in Ethical Issues in Rural Health; “The History and Theory of Ethics” in Weiner’s Pain Management; “Endangered Species and the Right to Die” Environmental Ethics, McKibben’s Enough: Staying Human in an Engineered Age” in the Journal of Medical Ethics, and; “Allowing Natural Death – Not so fast” (letter) Hastings Center Report. He has chaired the IRB at Bates College and is an IRB member at Maine Medical Center. He has been serving on ethics committees and on various ethics-related boards and taskforces for more than 25 years.



David Cohen, PhD, LCSW, holds degrees in psychology and social work from McGill, Carleton, and UC-Berkeley. An independent practitioner since 1982, he has elaborated self-help and professional help methods for clients undergoing withdrawal from psychiatric drugs. He has taught and led research projects in Canada, France, and the US and published over 120 articles. A Professor at the School of Social Work at Florida International University in Miami, he designed the CriticalThinkRx free curriculum. He seeks to develop lines of critical thought and practice as alternatives to biopsychiatric conceptions of distress and misbehavior and of the efficacy and safety of prescribed psychotropics.



Frederic C. Craigie, Jr., PhD, is a faculty member at the Maine-Dartmouth Family Medicine Residency in Augusta, Maine. He also holds appointments as Associate Professor of Community and Family Medicine at Dartmouth Medical School and Visiting Associate Professor at the Arizona Center for Integrative Medicine (AzCIM) at the University of Arizona College of Medicine. Dr. Craigie has a longstanding interest in spirituality and health care. Over the last 25 years, he has written and presented extensively about the healing and life-giving roles of spirituality in patient care, in the experience of health care providers, and in the life and culture of health care organizations. With the Arizona Center for Integrative Medicine, Dr. Craigie has taught about spirituality and health care for the Fellowship and Integrative Medicine in Residency programs since 2001. He received a John Templeton Spirituality and Medicine Award for Primary Care Residency Training Programs (in conjunction with George Washington University Medical Center, Institute for Spirituality and Health) in 2002. He is also the founder of a pastoral care program at the Residency’s affiliated hospital, the organizer of an annual Maine symposium on spirituality and health care since 1987, and has served for many years as associate editor of a professional journal devoted to Christian faith and mental health. His book, *Positive Spirituality in Health Care: Nine Practical Approaches to Pursuing Wholeness for Clinicians, Patients, and Health Care Organizations*, was published in 2010.

Sera Davidow is a planning member of the Hearing Voices USA working group, and is a trainer for Hearing Voices facilitators. She has also served as the Director of the Western Mass Recovery Learning Community (RLC) since its conception five years ago, as well as being a trainer with the Massachusetts Certified Peer Specialist Team. She

identifies openly as having lived experience with psychiatric diagnoses and trauma and incorporates wisdom gained from her experiences into all that she does.



Barry L. Duncan, PsyD, director of the Heart and Soul of Change Project, is the author of 15 books and over 100 articles and chapters addressing systematic client feedback, consumer rights, the power of relationship, and a risk benefit analysis of psychotropic medications. His work regarding consumer rights and client privilege has been implemented across the US and in 20 countries including national implementation in couple and family centers in Norway. Dr. Duncan has appeared on the Oprah Winfrey show and numerous other national television programs. His latest article, with David Antonuccio, proposes “A Patient Bill of Rights for Psychotropic Prescription.”



James Greenblatt, MD, pioneer in the field of integrative medicine, has treated patients with mood disorders and complex eating disorders since 1988. An acknowledged integrative medicine expert, Dr. Greenblatt has lectured throughout the United States on the scientific evidence for nutritional interventions in psychiatry and mental illness. His books, *Answers to Anorexia* and *The Breakthrough Depression Solution*, draw on his many years of experience and expertise in integrative medicine and treating eating as well as mood disorders. Dr. Greenblatt's knowledge in the areas of biology, genetics, psychology, and nutrition as they interact in the treatment of mental illness has led to numerous interviews by the media on television as well as in written articles for consumer audiences. Dr. Greenblatt is the Founder and Medical Director of Comprehensive Psychiatric Resources, a private integrative psychiatric practice. Dr. Greenblatt also serves as an Assistant Clinical Professor at Tufts Medical School. After receiving his medical degree and completing his psychiatry residency at George Washington University, Dr. Greenblatt went on to complete a fellowship in child and adolescent psychiatry at Johns Hopkins Medical.

Troy Henderson is a certified Intentional Peer Support Specialist and has been active in peer services in Maine. He volunteers as an educator, mediator, facilitator, leader and advocate. Troy has represented Maine in the Co-Occurring State Integration Initiative nationally and in the initiative's committee structure.



Jeffrey Irving is a certified Intentional Peer Support Specialist and has been facilitating peer support groups for many years, leading DBSA and Pathways to Recovery Groups.

Mary Kelly has a BA in sociology and social welfare from Bloomsburg University. She has achieved certification as a peer specialist in Pennsylvania where she has also been active with NAMI's "In Your Own Voice" program and the group facilitation program. Mary has trained in the recovery movement in the areas of wellness coaching, personal care, DBT, and psychiatric advanced directives. She has presented at conferences and workshops on aspects of recovery and wellness.

Jane Linsley, LICSW, LADC, is the Clinical Director Gould Farm in Monterey, MA. She is a graduate of Smith School for Social Work and in addition has an addictions certification with a specialty in trauma. She has worked on SAMHSA's Woman Trauma and Addictions grant. Currently she has been integrating the philosophy and skills of Open Dialogue into Gould Farm the country's oldest residential therapeutic community. She has worked at Gould Farm since 2004 and has provided clinical leadership as since 2006.



Joanna Moncrieff, MD, is a Senior Lecturer at University College London, and practicing psychiatrist who works for the North East London Foundation Trust. She is the author of many academic papers on drug treatment in psychiatry, and several books including *The Myth of the Chemical Cure*. She is a co-chair person of the Critical Psychiatry Network, a group of psychiatrists critical of the dominance of biological approaches in mental health services.

Sarah Mouser plays an active role in the Peer Recovery Movement. Sarah is a Certified Peer Specialist in Massachusetts, who believes people with lived experience have the ability to influence change in the traditional mental health medical model. She is a trained facilitator for Hearing Voices Groups. Sarah identifies as being labeled with psychiatric diagnoses and having lived experience with trauma in her life. Sarah is also a voice hearer.



Bill Nemitz has worked as a journalist in Maine since 1977, when he became a reporter for the *Central Maine Morning Sentinel* in Waterville after graduating from the University of Massachusetts at Amherst with a bachelor's degree in journalism and communications. He moved to Portland in 1983, working first as a reporter for the *Evening Express* and later as a city editor and assistant managing editor/sports for the *Portland Press Herald* and *Maine Sunday Telegram*. His work has taken him to Iraq, Afghanistan, Ireland, New York City, Haiti and the Gulf Coast. Nemitz is a past president of the Maine Press Association and teaches journalism part-time at St. Joseph's College of Maine in Standish. He currently serves as a chairman of the board of trustees for the Salt Institute for Documentary Studies in Portland. He has also lectured on a number of journalism topics at the American Press Institute in Reston, Va. In 2004, the Maine Press Association named Nemitz Maine Journalist of the Year for his reporting on the Maine Army National Guard's 133rd Engineer Battalion in Iraq. In 2007, he received the Distinguished Service Award from the New England Newspaper Association.



David W. Oaks is executive director of MindFreedom International, an independent nonprofit coalition for human rights and alternatives in mental health founded in 1986. As a student at Harvard on scholarship, David experienced psychiatric institutionalization five times. Through peer-run alternatives, David recovered and graduated with honors in 1977. He has been an international community organizer of mental health consumers and psychiatric survivors ever since. He is on the boards of Oregon Consumer/Survivor Coalition and United States International Council on Disability. With his wife Debra, he lives in Eugene, Oregon, and loves camping and gardening.



A. Kathryn Power, MEd, is the Regional Administrator, Region One for the Substance Abuse and Mental Health Services Administration (SAMHSA), an operating division of the U. S. Department of Health and Human Services (DHHS). In that role, she represents the Administration at the regional level in fulfilling the agency's mission of reducing the impact of mental illness and substance abuse on America's communities. She provides authoritative advice and assistance on behavioral health policies and innovations for use in the delivery and financing of prevention, treatment and recovery services, develops regional perspectives on SAMHSA initiatives, and is a visible advocate for individuals with mental illnesses and substance use disorders within the federal government and across the region. Prior to her appointment as Regional Administrator, Power served for over eight years as the Director, Center for Mental Health Services (CMHS), at SAMHSA. During her tenure, she received three HHS Secretary's Distinguished Service awards for her outstanding efforts in disaster response, elimination of seclusion and restraint, and creation of the federal partners in transformation.



Miles Simmons, MD, is a Board Certified Psychiatrist. His services include Holistic Psychiatry, Functional Medicine, Psychopharmacology, Psychotherapy, Thought-Field Therapy/ Emotional Freedom Techniques (EFT) and Tappas Accupressure Technique. In addition to his work at True North in Falmouth, Maine and his private practice, Dr. Simmons has managed treatment units in private and public psychiatric hospitals, consulted in residential treatment centers and served in community mental health centers for over 22 years.

Kelly Staples is the Recovery Training Coordinator for the Division of Community Partnerships in the Office of Adult Mental Health Services, Maine DHHS, where she has worked for over five years. Kelly manages and is the lead trainer of the Certified Intentional Peer Support Specialists Training Program. Prior to her work with DHHS, Kelly worked for a Maine mental health agency developing the state's only Peer Crisis Respite program in collaboration with Shery Mead. Kelly has two sons, one a freshman at U-Maine and another serving in the United States Marine Corps. She is also the legal guardian for her seven-year-old godson. In her free time, Kelly enjoys doing crafts, spending time with friends and exploring Popham Beach.

Katharine Storer, MSW, is a master's level social worker who has worked for the State of Maine for over 10 years. She is currently the Recovery Practices Coordinator and a facilitator in the Certified Intentional Peer Support Specialists Training Program. Katharine enjoys spending time with her cat and dog as well as exploring nature. Some of her favorite activities include camping, fishing and small engine repair.



Robert Whitaker is a journalist and author of four books. Much of his writing has focused on psychiatry, the pharmaceutical industry, and medical histories. His first book, *Mad in America: Bad Science, Bad Medicine and the Enduring Mistreatment of the Mentally Ill* was named by *Discover* magazine as one of the best science books of 2002. His second, *The Mapmaker's Wife: A True Tale of Love, Murder and Survival in the Amazon*, was named by the American Library Association as one of the best biographies of 2004. In 2008, Crown published *On the Laps of Gods: The Red Summer of 1919 and the Struggle for Justice that Remade a Nation*, which was awarded the Anthony J. Lukas work-in-progress prize. His newest book, *Anatomy of an Epidemic: Magic Bullets, Psychiatric Drugs, and the Astonishing Rise of Mental Illness in America*, won the Investigative Reporters and Editors book award for best investigative journalism in 2010.



John Yasenachak, Ed.D., LCPC, LADC, CCS, Certified Yoga Instructor, is an Assistant Professor in the Graduate Counseling and Human Relations Program at Husson University. He is also a licensed clinical counselor, licensed substance abuse counselor, certified clinical supervisor and certified yoga instructor. Born and raised in the coal region of northeastern Pennsylvania he moved to Maine in 1989 from Cambridge, Massachusetts, where he worked as a clinician at The Cambridge Hospital. For twenty years prior to arriving at Husson, John was clinical supervisor for the Penobscot Nation Counseling Services and adjunct assistant professor in counselor education at the University of Maine. John completed his doctorate in counselor education at the University of Maine, and also holds a master's degree in philosophy from Fordham University and masters in counseling psychology from Slippery Rock State University. John is currently serving as President of the Maine Counseling Association.

Hotel

For conference hotel accommodations, contact the Hilton Garden Inn, Freeport, at 207.865.1433. A limited number of rooms are available on a first-come, first-served basis and must be reserved by August 18, 2012. When booking, ask to receive the preferred CCSME conference rate of \$149. Hotel information can be found on the web at www.freeportdowntown.HGI.com.

Accommodations

The site is wheelchair accessible. A sign language interpreter and/or other accommodations are available upon request made no later than three weeks prior to this event. Please let us know if you have special dietary restrictions.

Refund Policy

Cancellations received in writing by email, fax or mail no later than two weeks before the event will be refunded minus a \$50 administrative fee. Cancellations less than two weeks before the event and no shows are charged the full registration fee.

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Certificates will be emailed upon completion of a post-event online evaluation. No partial credit will be given for this activity. Contact hours, other than CMEs, are included in the registration fee.

- 12 contact hours for nurses
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- 12 contact hours pending by the Maine Board of Alcohol and Drug Counselors
- CMEs: The University of New England College of Osteopathic Medicine (UNECOM) has requested that the AOA Council on Continuing Medical Education approve this program for a maximum of 12.0 AOA Category 2A Credits. Approval is currently pending. UNECOM designates this educational activity for a maximum of 12.0 AMA PRA Category 1 Credits and 12.0 UNE contact hours for non-physicians.
- 12 Category I contact hours for Psychologists are provided. CCSME is a pre-approved sponsor and provider of Professional Education Activities for Psychologists
- Certificate of attendance for 12 contact hours for social workers, licensed clinical professional counselors, and other professionals

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Unable to register on line? Complete and mail or fax this form with your check or purchase order.

REGISTRATION

Innovative Solutions for Building Recovery with Alternatives to Psychotropic Medication

- DATE** Two-day conference, September 20 & 21, 2012
TIME 8:15 am - 4:00 pm, both days • Registration begins at 7:45 am
PLACE Hilton Garden Inn, 5 Park Street, Freeport, Maine
COST \$229 CCSME Members / \$259 Non-Members / \$50 CME (only)
Group rate (three or more): 20% discount on each ticket

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**Choose your breakout sessions.
Circle your first and second choices.**

Sessions A • 1:15 – 2:30 pm

1st choice: A1 A2 A3 A4

2nd choice: A1 A2 A3 A4

Sessions B • 2:45 – 4:00 pm

1st choice: B1 B2 B3 B4

2nd choice: B1 B2 B3 B4

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