



PROMOTING WELLNESS  
THROUGH SOCIAL JUSTICE

# ALTERNATIVES 2010

CALL FOR  
PRESENTATIONS

SEPTEMBER 29 – OCTOBER 3, 2010  
ANAHEIM, CALIFORNIA

The National Empowerment Center announces that Alternatives 2010, the national mental health conference organized by and for mental health consumers/survivors, will be held in Anaheim, California, at the Hyatt Regency Orange County from September 29 – October 3, 2010.

The 2010 Alternatives conference theme is "Promoting Wellness Through Social Justice," and California is an ideal location. For 40 years, California's mental health consumer/survivor movement has worked to promote civil rights and social justice, resulting in groundbreaking legislation such as the Mental Health Services Act. California has also long been known as the center of the wellness and holistic health movements, which seek to integrate mind, body, and spirit and to empower people to have a stronger voice and greater choice regarding their health and well-being.

Wellness and social justice are inseparable and interwoven; likewise, each individual is deeply connected to a greater collective. This year's conference will focus on strategies to increase the wellness and the health of individuals and communities through taking action for social change. We will learn about strategies to restructure mental health systems to be recovery-oriented and community-based; to protect our civil and human rights; to exercise our power of choice in health approaches, and to build more accepting, inclusive, and diverse organizations and communities. Together, we will maximize our individual and collective strengths, potential, and creativity to make wellness and social justice a reality for all.



Funding for this conference was made possible in part by Grant No. SM56680 from the Substance Abuse and Mental Health Services Administration. The views expressed in written conference materials or publications and by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.

**Alternatives 2010 is funded by:**

U.S. DEPARTMENT OF HEALTH AND  
HUMAN SERVICES  
Substance Abuse and Mental  
Health Services Administration  
Center for Mental Health Services  
• [www.samhsa.gov](http://www.samhsa.gov)

# TOPICAL AREAS

## FOR WORKSHOPS & INSTITUTES

**W**e invite everyone to consider becoming a presenter; first-time presenters are especially welcome. Learning from each other is a clear example of self-help, mutual support, and the principles of recovery in action!

Each Alternatives Conference offers in-depth technical assistance on consumer/survivor-delivered services and self-help/recovery methods. The Alternatives 2010 Advisory Committee, which includes consumer/survivor leaders from across the nation, is seeking proposals for presentations in the following areas, although proposals need not be limited to the following subjects:

**Systems Restructuring:** A focus on social justice principles is essential to building a recovery-oriented, community-based mental health system. *This category may include presentations on:* Medicaid reform; identifying financing mechanisms for peer-run programs; influencing policy and planning; legislative topics such as the Americans with Disabilities Act (ADA) and the Fair Housing Act; rights protection; seclusion and restraint, involuntary treatment, working with the Protection and Advocacy (P&A) system, peer-run advocacy programs; grassroots organizing; consumer-provider partnerships; state offices of consumer affairs; media outreach; public awareness campaigns; and community dialogue.

**Honoring Diversity:** Social justice and wellness are deeply connected to honoring and celebrating the magnificent diversity of our communities and our experiences. *This category may include presentations on:* stigma and discrimination; cultural competence, linguistic competence; trauma-informed programs and services; outreach strategies to underrepresented groups in the consumer/survivor movement, including youth, ethnic/racial minorities and other groups; GLBTIQ (gay, lesbian, bisexual, transgender, intersex, questioning) issues; immigrant issues.

**Social Inclusion and Community Membership:** To truly achieve social justice, people with psychiatric disabilities should have equal access to opportunities to create meaningful lives in the communities of their choosing. *This category may include presentations on:* the unique needs of returning veterans and their families; implementing the *Olmstead* Decision; model housing and employment programs; certified peer specialists; peer support; peer-run crisis services, suicide prevention; faith-based communities; rural/urban issues; community development; model community partnerships; innovative approaches to domestic violence, substance abuse.

**Capacity-Building:** As we build our capacity as individuals and community members, we become more effective at working for social justice. *This category may include presentations on:* leadership development; supported education and entrepreneurship; job and life coaching; harnessing technology for social change (web development, online support groups, social networking media such as YouTube, Twitter, and Facebook); evidence-based practices and model consumer-run programs; program sustainability; program evaluation; fundraising and grant proposal writing; public speaking and communication skills; effective parenting; financial wellness/money management.

**Wellness and Integrated Care:** Wellness is more than the absence of disease; it is a multi-dimensional and holistic approach to living. *This category may include presentations on:* peer-led wellness programs; wellness coaching; culturally competent approaches to wellness; connecting with nature; community wellness; self-care/self-management; shared decision-making; physical wellness/integrative health approaches; alternative and complementary approaches (acupuncture, nutrition, herbs, reiki) spiritual healing and spiritual practices (meditation, tai chi, yoga, visualization, shamanism); Wellness 10X10 initiatives; prevention strategies.

**Individual and Collective Wellness through the Arts:** Creative expression is a potent wellness tool and a powerful vehicle for social change. *This category may include presentations on:* poetry, performance, techniques, journaling, newsletters, blogs, comedy/humor, storytelling/biography, dance, music, drama/theater; visual arts, film and video; collaborative arts projects (murals, street theater) and creating social justice through the arts.

### SELECTION CRITERIA:

Presentations emphasizing the participation of attendees and ability to replicate ideas will be given priority consideration. Reviewers will evaluate proposals according to the following:

- Relevance of the presentation to the conference theme and suggested subject areas.
- Expertise and experience of presenters.
- Opportunities for participants to develop new skills and/or replicate a successful program.
- Indication that the lead presenter is a consumer/survivor.
- Clear outline and learning objectives of the presentation.
- Opportunities for engaging attendees actively in the presentation.

# 2010 APPLICATION FOR WORKSHOPS & INSTITUTES



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I understand that all presenters must pay the full conference registration fee and are also responsible for all travel and lodging expenses. A limited number of scholarships are available for consumers; visit the Alternatives 2010 website for details on raising funds to attend Alternatives.

**Title of Presentation** (exactly as it should be printed in the conference materials):

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Please indicate format:  75-Minute Workshop  3-Hour Institute (limited number available)

Topical area of program (choose from list): \_\_\_\_\_

My presentation is directed towards:  Peer specialists  Researchers  Program directors  Social workers  
 Advocates  Introduction to the consumer/recovery movement  Other \_\_\_\_\_

Lead presenter: (consumer/survivor) \_\_\_\_\_

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

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

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_ E-mail: \_\_\_\_\_

**Have you presented at an Alternatives Conference previously?**  Yes  No

If yes, please specify topic(s) and year(s) \_\_\_\_\_

Please list any other convention or gatherings at which you have presented this topic:

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Co-presenter(s)	Phone	E-mail
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

## PROPOSALS MUST BE RECEIVED BY MAY 6, 2010

Apply online, by e-mail, or mail one (1) copy of:

- Completed application form
- 50 word abstract of presentation.
- One-page outline of presentation. List the measurable learning objectives and how you will engage participants in the learning. Describe the teaching methods to be used (video, powerpoint, lecture, group discussion, etc.)
- Brief biography (no more than 50 words) for each presenter.

**Online:** [www.power2u.org/alternatives2010](http://www.power2u.org/alternatives2010)

**Mail:** Alternatives 2010 Presentation Proposal  
Horizon Meetings, P.O. Box 500209  
Austin, TX 78750

**E-mail:** [Lisa.Gallo@horizonmeetings.com](mailto:Lisa.Gallo@horizonmeetings.com)

**Phone:** (888) 776-1286 x101