

MENTAL HEALTH AMERICA
ANNUAL CONFERENCE



2018 CALL FOR PROPOSALS

MHA
Mental Health America
#B4Stage4

www.mentalhealthamerica.net/annualconference

MENTAL HEALTH AMERICA ANNUAL CONFERENCE



When it comes to mental health, is the United States languishing in the past, or are we fit for the future?

The old days of institutions are gone; jails and prisons have proven once again that they're not the answer. But as we begin a new round of investments in mental health services sparked by the passage of the 21st Century Cures Act, are we truly ready to allow each of us to take responsibility for our own mental health, and re-organize our health, educational, social services, housing, and employment systems to support that effort?

Mental Health America's 2018 Annual Conference, taking place in Washington, DC June 14-16, 2018 will tackle this very question – how can we be fit for the future for mental health?

Our Fit for the Future theme will explore what we can do personally as individuals to keep ourselves healthy in the 21st Century – how data and personal narratives are increasingly connecting exercise and nutrition to overall mental health, and how leaders in the nutrition, sports and fitness fields are using this information to promote overall health and well-being and the impact it's had on the mental health of millions.

We will dive into programs that are already making use of cutting edge 21st Century technologies, treatments, and research – as well as those that will emerge soon to benefit those with mental health needs.

We will offer new tools and techniques that are enabling professionals and peers to launch innovative and collaborative practices that brighten the future of mental health care for all – including those with serious mental health concerns.

And we will talk about what we must still do to enact 21st Century policy solutions to support all these efforts – to demonstrate how designing and implementing effective prevention, early intervention, and recovery-oriented policies that promote innovation can make a real difference Before Stage 4 – just as we do with every other chronic disease.

MHA will not settle for the answers of the past in mental health care and treatment.

We believe in taking charge of a brighter future—where there is always **hope**.

Learn more at www.mentalhealthamerica.net/annualconference



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1 CONFERENCE 4 TRACKS

At our Fit for the Future event, we will offer a traditional mixture of keynote speakers, plenary discussions and workshop panels. All workshop panels will fall within four dedicated “fitness” tracks:



TRACK 1: Personal FITNESS

What can individuals do for themselves to stay healthy for the future, focusing on exercise, nutrition and overall mental wellness?



TRACK 2: FIT Programs

What are some of the most promising innovations in research and programming currently available or will be available to the field in the coming years?



TRACK 3: FIT Practices

How is collaboration, integration, accountability, and outcomes-based thinking in providing services changing the way we treat mental illnesses?



TRACK 4: FIT Policy

What are the opportunities to build on the foundation of mental health reform in 2018 and beyond? How do we seize and act upon them for meaningful change?

We’re looking for cool concepts and bold ideas, cutting-edge innovations, and evidence-based initiatives in all tracks. We’re looking for programs and practices that are, frankly, more innovative than you’d typically get at the big, traditional conferences that also offer content to practitioners, advocates, family members, and people with lived experience.

Because our conference is different – more hands-on, more diverse in its audience, more intimate, more dynamic, more energetic, more fun – we want all our participants to leave with a better understanding about what great, new things they can do when they go home to improve the mental health of our population.



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CALL FOR WORKSHOP PROPOSALS

WORKSHOP FORMAT

To be considered, workshop presentations must:

- Be applicable to at least one of the four dedicated tracks;
- Be interactive;
- Allow time for group discussion;
- Fit within a 90-minute timeframe; and
- Be conducted with no more than three presenters.

IMPORTANT DATES

SUBMISSION DEADLINE

November 30, 2017

ACCEPTANCE NOTIFICATION

January 19, 2018

SAMPLE PRESENTATION TITLES

Samples only, not indicative of final agenda.

PERSONAL FITNESS

How Exercise and Clean Eating Helps Mental Health

Gut Feelings – The Connection Between the Microbiome and Mental Health

The Role of Food and Nutrition in Psychiatric Treatment

FIT PROGRAMS

Digital Therapy - The Effectiveness and Implementation of Mental Health-Focused Applications

Mental Health in the Workplace: Creating a More Emotionally Intelligent Supervisor

The Role of Schools: Promoting the Mental Health of Each Child, or “Just Another Brick in the Wall?”

FIT PRACTICES

21st Century Practice – Integrating Peers into the Professional Workforce

Training the Workforce of the Future: What Medical Schools Need to Learn

2027: A Mental Health Space Odyssey: Where Practice Innovations Will Lead Us During the Next 10 Years

FIT POLICY

Fit to be Tied? How to Influence Policy Makers to Advance Mental Health Parity

Dust in the Wind: Making Jails and Prisons a Distant Memory for People with Mental Illnesses

HIPAA or Horror? Privacy Policies that Work in a Digital Age



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SUBMISSION INSTRUCTIONS AND GUIDELINES

ONLINE SUBMISSIONS ONLY

The webform is the preferred method. If you have trouble completing the form, please email your application to Erin Wallace at ewallace@mentalhealthamerica.net.

MHA may duplicate tracks depending on time and quality of submissions.

Additional consideration will be given to any MHA affiliate that submits a breakout proposal that highlights programs and/or perspectives within the breakout categories.

REVIEW AND SELECTION PROCESS

The process to accept workshops is very selective. There are a very limited number of slots available, and **the final decision is at the discretion of MHA.**

Please note: All workshop presenters are responsible for all travel-related expenses, including transportation and hotel accommodations. Do not submit a proposal if you cannot accept responsibility for travel-related expenses.

Plenary sessions and keynotes will be determined solely by MHA. If a submission warrants a plenary session instead of a workshop, MHA will make that determination and inform the submitter. If similar proposals are submitted, it is at the discretion of MHA to combine speakers/presentations. If you are not selected, please feel free to consider re-applying next year.

There will also be pre-conference sessions on June 13, 2018 for MHA affiliates and invited guests only (schedule TBD). That agenda is determined internally and through a different process.

ACKNOWLEDGEMENT Upon receipt of your submission, you will receive an e-mail acknowledgement.

NOTIFICATIONS We will notify all submitters about the status of their submission by January 19, 2018.

FOLLOW-UP In the spring of 2018, MHA staff will contact presenters to discuss each workshop and bring together participants and moderators to discuss details via at least one telephone call. **This pre-call is required for participation.**

MHA staff will also help presenters ascertain audiovisual needs and ensure each breakout room is adequately set-up. Handouts are allowed but not required for each session. MHA is not responsible for the printing, collection or distribution of physical handouts and materials, which must be handled by the presenter(s). **All materials and presentation files must be finalized and submitted to MHA staff no later than May 31, 2018.**



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IF ACCEPTED

If accepted, presenters will receive a **free conference registration** and are welcome to attend the entire conference, including meals, receptions, and plenary events for June 14-16, 2018. Only MHA affiliates and invited guests can attend the pre-conference day on June 13, 2018.

As noted above, all workshop presenters are responsible for all travel-related expenses, including transportation and hotel accommodations.

MHA will arrange for a room block at the Hyatt Regency Washington Capitol Hill where presenters can receive a discounted rate.

QUESTIONS? CONCERNS? JUST WANT TO CHAT?

CONTACT INFORMATION

Erin Wallace

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APPLY NOW ▶

www.mentalhealthamerica.net/apply

THANK YOU FOR YOUR INTEREST AND GOOD LUCK!



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