

***Family Caregivers Planning for the Future:***  
*preparing for transition in caregivers of people with a disabling mental illness.*

**An educational conference sponsored by  
the Mental Health Association of Alameda County & the Proxy Parent Foundation**

**Saturday, March 20, 2010**

**8:30 a.m. to 4:30 p.m.**

***Merritt College, Oakland***

“Family Caregivers Planning for the Future,” will help family caregivers begin to plan and prepare for a future when they will no longer be able to provide care and assistance for a family member who has a disabling mental illness.

**Conference objectives:**

- Provide information about existing resources such as special needs trusts, private trustees and case management as well as government programs.
- Learn about new resources that may help, such as Wellness Recovery Action Plans and mutual support programs for persons with a disabling mental illness.
- Explore ways to reach a new understanding/rapprochement between family caregivers and a relative who has a disabling mental illness, so a joint planning process is possible.
- Assist siblings and other potential future family caregivers to understand and to relate well with their relative who has a disabling mental illness.

**PROGRAM**

8:30 a.m.	Registration and refreshments - Resource and Information tables open
9:00	Welcome – Marye Thomas, M.D. –Director, Alameda County Behavioral Health Care Services
9:15	Keynote – Carla Jacobs – Board Member at Large, Proxy Parent Foundation
10:00	Break
10:15	First Breakout Session (see list of topics below)
11:45 a.m.	Lunch (box lunches) - Resource and Information tables open
1:00 p.m.	Second Breakout Session – topics are repeated
2:30	Break
2:45	Third Breakout Session – topics are repeated
4:15	Opportunity to meet the presenters and for networking

**Breakout session topics – all topics will be repeated at least once**

1. ***Government Benefits, Estate Planning and Special Needs Trusts*** – Providing for assistance with special needs while safeguarding access to public entitlements. Resource people - Gary Chang, Esq. – Proxy Parent Foundation and Baron Miller, Esq.- Miller and Miller.

***(over)***

***Family Caregivers Planning for the Future - Program continued***

2. ***Investing for the Future*** – Maintaining flexibility to capture investment opportunities, yet provide reasonable parameters to ensure prudence and care in the management of trust assets. Resource people - James Carley, Oppenheimer; Tom Stevens, Los Angeles Capital Management and Tyler Dritz, Summa Group.
3. ***Wellness Recovery Action Plans (WRAP) and building personal support networks*** – Providing a framework for taking charge of one’s life and developing supportive relationships. Resource people - Khatera Aslami-Templen, PEERS and Margaret Walkover, ACBHCS\* Wellness Recovery Resiliency Hub.
4. ***Maximizing public resources – benefits and services*** – Finding and taking advantage of public benefits and services e.g., activity programs, vocational services and care management. Resource people – Janellen O’Hara, Mental Health Advocates Program and Michael Lisman, ACBHCS Adult Community Support Centers.
5. ***Personal Support Services, private case management and trustee services*** – Providing “family like” personal support services for people with mental illness. Resource people - Bruce Lewitt, Proxy Parent Foundation; John Buck, Turning Point and Sharon Toth, IMT Associates.
6. ***Achieving reconciliation and cooperation between caregivers and care recipients*** – Making planning for the future an opportunity for family members to come together. Resource person – Valerie Edwards, Mental Health Association of Alameda County.
7. ***Using existing community institutions for personal and social support*** – Getting involved with community groups churches, civic groups, service organizations, etc. Resource person – Gigi Crowder, ACBHCS Ethnic Services Manager.
8. ***Caring for the caregivers*** – Exploring ways that caregivers can de-stress and take care of themselves and each other. Resource people – Camille Callahan, Family Education and Resource Center; Liz Rebensdorf, NAMI East Bay and Marsha McInnes, NAMI Tri-Valley.
9. ***Coping with health issues that frequently affect people with disabling mental illness*** – Helping people with disabling mental illness to recognize and deal with treatable conditions such as diabetes so as to avoid physical disability and premature death. Resource person(s) – to be announced.

**For more conference information call 510-835-5010 or send email to [sjb@mhaac.org](mailto:sjb@mhaac.org)**

**\* ACBHCS = Alameda County Behavioral Health Care Services**

**Space is limited; register by returning the enclosed coupon or by calling the Mental Health Association at (510) 835-5010.**

## *Family Caregivers Planning for the Future*

### ----- **Registration Form** -----

Conference registration fee of \$25 per person includes box lunch and other refreshments. No one will be turned away for financial reasons; indicate below if you need to have the conference fee waived.

Please make your check payable to "MHAAC" and return with this coupon to: MHA of Alameda County, 954 60th St., #10, Oakland, CA 94608. You will receive confirmation by mail or email, including directions, advice about parking and about public transportation options.

My/our name \_\_\_\_\_

*(please print)*

Organization (if relevant) \_\_\_\_\_

Address \_\_\_\_\_

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

Phone: (     )     -                      Email address \_\_\_\_\_

*(please print)*

**Preferred breakout topics:** participants will be free to select which breakouts to attend at the conference; however, for planning purposes we'd like to know which three topics interest you the most right now – please list your top three breakouts by their numbers (as listed above) – #   #   #   - thank you!

Conference fee waiver – I/we cannot afford the conference registration fee, please waive it \_\_\_\_.