

MENTAL HEALTH ADVOCACY DAY

Monday, February 1, 2021 - 10:00 am-2:00 pm

“Our Mental Health in the Time of COVID”

Virtually by Zoom!!



We are looking forward to bringing a virtual component to Mental Health Advocacy Day in 2021. We hope that you will be involved. We will begin the morning with Welcome Addresses from State Leaders and a Keynote Plenary Session. The afternoon will be an opportunity for the community to share their mental health experiences and stories.



Keynote Speaker: Chackupurackai Mathai - “Embracing Our Lived Experience Leadership”

Description: Chacku will speak about embracing our lived experience and harnessing it to inform and empower our advocacy.

Biography: Chacku is an Indian-American, who first became involved in consumer/survivor/ex-patient advocacy and peer support when he was 16 years old. Chacku’s personal experiences with racism, xenophobia, racialized trauma, suicide attempts, and disabling mental health and substance use conditions, including psychosis as a youth and young adult, launched Chacku and his family towards a number of efforts to advocate for improved services, social conditions, and alternative supports in the community. He has since accumulated 35 years of experience in a variety of roles including youth leadership, community organizing/advocacy, direct service, training, peer support program leadership, as well as international, national, statewide, and local board governance and executive leadership roles.

REGISTER NOW - FOR THE DAY OF THE EVENT – FEBRUARY 1

ADVOCACY TRAINING:

1. NAMI Vermont Legislative Advocacy Training – Saturday, January 23, 2021 – 9 am-Noon – [Click here to learn more and register...](#)
2. Vermont Care Partners Legislative Advocacy Training – Weds., January 27, 2021 – 12-1:00 p.m. [Click here to Register](#) or [Learn More...](#)
3. Legislative Advocacy Training with Peter Mallary and Ed Paquin – Date TBA soon.



REGISTER TO SHARE YOUR STORY: Advocates will have 3-5 minutes to share their lived experience story, poem, or other insights from 12:30-2 pm. [Click here to register](#) to guarantee your spot.

WHO SHOULD ATTEND: Mental health advocates, peers, family members, professionals, providers, community members and mental health stakeholders.

2021 AGENDA: [Draft Agenda](#)

- Advocacy Training – 1-2 weeks prior to the event – three separate events (see above)
- 10:00 am ~ Welcome and Introductions (Peter Mallary, Julie Tessler, Laurie Emerson)
- 10:15-11:00 am ~ Welcome Address from State Leaders – Live and pre-recorded messages (to be invited)
 - Governor Phil Scott
 - Lt. Governor Molly Gray
 - Secretary of Human Services Mike Smith

- Senate President Pro Tempore Becca Balint (D-Windham)
- Speaker of the House Jill Krowinski (D-Burlington)
- Commissioner of Mental Health Sarah Squirrell (confirmed)
- Other State Legislative Leaders
- 11:00 am-11:45 am ~ Keynote Plenary Session: Chacku Mathai
- 11:45-12:30 pm ~ Lunch Break
- 12:30-2:00 pm ~ Sharing Stories – Live and pre-recorded (register above)
- Throughout the Week ~ Testimony at Key Legislative Committees (schedule available day of event)

If your organization would like to co-sponsor the event, [contact Laurie Emerson](#).

CO-SPONSORED BY:

Alyssum ~ Building Bright Futures ~ Burlington Housing Authority ~ Center for Health and Learning ~ Champlain Community Services ~ Clara Martin Center (CMC) ~ Counseling Service of Addison County (CSAC) ~ Disability Rights Vermont ~ Families First Inc. ~ Green Mountain Support Services ~ Health Care and Rehabilitation Services (HCRS) ~ Howard Center ~ Lamoille County Mental Health Services (LCMHS) ~ Lincoln Street ~ M.S. in Clinical Mental Health Counseling – Weekend Format, at Northern Vermont University ~ Me2/Orchestra ~ NAMI Vermont ~ National Association of Social Workers-VT ~ NFI Vermont, Inc. ~ Northeast Kingdom Human Services (NKHS) ~ Northwestern Counseling and Support Services (NCSS) ~ Postpartum Support International – Vermont (PSI VT) ~ Rutland Mental Health Services ~ Support and Services at Home (SASH) ~ Team Two Vermont ~ United Counseling Service of Bennington County, Inc. (UCS) ~ Upper Valley Services ~ Vermont Affordable Housing Coalition ~ Vermont Association for Mental Health and Addiction Recovery (VAMHAR) ~ Vermont Care Partners (Vermont Council of Developmental and Mental Health Services) ~ Vermont Center for Independent Living ~ Vermont Cooperative for Practice Improvement and Innovation ~ Vermont Department of Mental Health ~ Vermont Developmental Disabilities Council ~ Vermont Family Network ~ Vermont Federation of Families for Children's Mental Health ~ Vermont Mental Health Counselors Association ~ Vermont Psychiatric Survivors ~ Vermont Psychological Association ~ Vermont Recovery Network ~ Washington County Mental Health Services, Inc. (WCMHS)

ORGANIZED BY:



**The Vermont Association for
Mental Health & Addiction Recovery**

