

Pennsylvania Mental Health Consumers' Association (PMHCA)  
22<sup>nd</sup> Annual Conference – *Forging Communities: Embracing Wellness*  
Valley Forge Convention Plaza  
June 14 – 17, 2010

## Call for Presenters

### **Overview:**

The Pennsylvania Mental Health Consumers' Association Conference Workshop Committee is seeking proposals from individuals or groups who wish to present workshops at this year's conference. Presentations by consumers/survivors are particularly encouraged. Deadline for submission of workshop proposals is January 25, 2010. Individuals will be notified in February as to whether their proposal was selected.

### **Conference Focus:**

The theme of this year's conference is *Forging Communities: Embracing Wellness*. It is the intent of this year's conference workshops that participants realize the connection between individual wellness and the health of society as a whole.

During the conference planning process, many ideas emerged. A few of the themes that materialized are listed below and may serve as possible workshop theme suggestions.

- Exercising Our Unity
- Nurturing Wholeness
- Generating Hope
- From Hope to Action
- BE the Evidence
- Change Yourself, Change the World
- Be the Change You Seek

### **Who Will Attend:**

The majority of participants at conference are individuals who identify themselves as either current or former recipients of mental health services. Advocates, professionals, family members, peers, and anyone who supports the mental health movement will also be in attendance.

### **Workshop Formats:**

Workshops may include panels, single presenters, interactive workshops, co-presenters, or other formats. Workshop sessions are 75 minutes in length. Sufficient copies of handouts and other materials are the responsibility of the presenter(s).

The most requested workshop topics are:

- Recovery
- Cultural Competency
- Peer to Peer/Peer Support
- Alternatives/Holistic
- Employment
- Parenting
- Medication
- Specific Mental Illnesses such as Schizophrenia, Bipolar, Anxiety, etc.
- Spirituality
- Family Issues
- Housing
- Relationship/Friendship Building
- Advocacy
- Consumer/Peer-Run
- Internet/Computer

The above ideas are provided only as a guide. All workshop proposals will be considered.

**Proposal Submission Requirements:**

- Workshop Outline
- Presenter Biography
- 50 – 75 word abstract describing your workshop

Submit all workshop proposals to:

**Mail:**  
PMHCA  
4105 Derry Street  
Harrisburg, PA 17111  
Attention: Jen Hoch

**Fax:**  
717-564-4708  
Attention: Jen Hoch

**Email:**  
Jen@pmhca.org

**Workshop Expenses:**

- For each workshop selected, PMHCA will offer a \$75 discount on conference registration for **ONE** presenter only.
- Travel, lodging, accommodations, and meals (except those served during the conference) are the responsibility of the presenter.
- Any costs for copying or supplies for the workshop are the responsibility of the presenter.
- PMHCA does not pre-register attendees for workshops. Therefore, there is no accurate way to account for attendance. Presenters will receive a confirmation letter that states the details of their workshop room which will serve as a guide for the **maximum** number of attendees.

**Audio/Visual Equipment Requests:**

- All workshop rooms will be supplied with a flipchart and markers.
- A screen and table with electric connection can be provided upon request, at no cost to the presenter.
- Due to budgetary restraints and the high cost of equipment rental, PMHCA will **NOT** provide PowerPoint, computer/laptop, television, VCR/DVD, or other electronic equipment.
- If equipment is necessary for your workshop, you may bring your own or request it and PMHCA will bill you for the cost.
- Contact Jen Hoch (see above) at the PMHCA office for this year's hotel audio/visual equipment rental rates.