

Join us in Omaha at Alternatives 2009, as we are uniting our movement for change.

Although our movement can encompass a wide array of philosophies, we can unite around common goals: to guarantee that individuals diagnosed with mental illnesses have all the opportunities, rights and responsibilities available to everyone else, including the right to pursue a meaningful life and, to echo Nebraska's state motto, "equality before the law." We are also uniting around the promise of positive change. Over some four decades, our movement has steadily gained ground but there is much more to be done. Let's join hands to learn from each other and to move forward together.

ARTS DROP-IN CENTER...

A variety of art materials will be available for you to express your own creativity.

HEALTH AND WELLNESS FAIR...

This year's conference will feature a health and wellness fair. Check the website for additional details as they become available: www.Alternatives2009.org

MEDITATION ROOM...

When you find yourself stressed by the activities of the conference, you may wish to spend some time in the meditation room. Relax and de-stress by spending a few minutes meditating or just sitting quietly on a pillow listening to peaceful music. A great way to get refreshed.

CULTURAL DROP-IN CENTER...

The STAR Center will be hosting a series of participatory dialogues about cultural issues faced by consumers/survivors with the goal of reaching some consensus about next steps. The center will also be open as a resource center and for discussions about issues of concern to members of minority and diverse communities.

Host City Information

WE ARE DELIGHTED TO HAVE OMAHA HOST ALTERNATIVES 2009. Nestled along the Missouri River in the center of the United States, Omaha offers a unique brand of adventure. Founded in 1854, Omaha has always been a dynamic, energetic city continually transforming itself. Whether it was the Native American tribes, pioneers, railroad laborers or meat packers, everyone who came to call Omaha home helped shape its current cultural diversity, hard work ethic and friendly demeanor.

Named after a Native American tribe, Omaha means "Those going against the wind or current." Omahans proudly continue to live up to the name.

In recent years, the Omaha riverfront and downtown area have experienced tremendous growth, with over two billion dollars in new development. A one-of-a-kind \$22 million pedestrian bridge S-curves its way across the Missouri River; the signature, cable-stayed Bob Kerrey Bridge is one of the longest pedestrian bridge projects ever constructed, giving Omaha visitors a breathtaking view of the ever-changing skyline.



Currently the 42nd largest city in the United States, the metropolitan area is home to more than 800,000 people, who welcome visitors with open arms and authentic Midwestern hospitality. Information on visiting Omaha: www.visitomaha.com

Opening & Welcome Events

WEDNESDAY NIGHT OPENING CEREMONY AND WELCOME to Omaha, Nebraska, will include a host city and conference welcome and a keynote presentation by A. Kathryn Power, M.Ed., Director, Center for Mental Health Services, Substance Abuse and Mental Health Services Administration.

National Mental Health
Consumers' Self-Help Clearinghouse
1211 Chestnut Street, 11th Floor
Philadelphia, PA 19107

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Alternatives 2009

October 28 – November 1, 2009
Hilton Omaha
Omaha, Nebraska

Join Us!

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The theme of the conference is *Uniting Our Movement for Change*, and Omaha is an emblematic site: it is where, in 1865, the Union Pacific laid the first rails for its transcontinental railroad, which would unite the country. The theme of unity is also echoed in Nebraska's one-house legislature; in fact, Nebraska is the only state to elect legislators without party designation. It is also where East meets West at the 100th Meridian (in Cozad, Nebraska).

Socializing, Art & Fun

"Open Mic" and Ice Cream Social

The most FUN event of the Conference

Friday, October 30, 8 p.m. - 11 p.m. Sign-up begins at 7:30 p.m.

Individuals and groups are invited to perform, preferably on topics related to recovery or mental health (limited to five minutes, unless your performance inspires a standing ovation!). All types of performances are encouraged: dance, song, poetry, narrative, monologues (timed, please) and those hard-to-categorize "quirky" acts. Our emcee will be our always crowd-pleasing "Henrietta." Our audiences overflowed last year. Be there or be square! If you are interested in helping to facilitate this event, please contact Gayle Bluebird: gaylebluebird@aol.com.

Halloween Dance Party

Saturday, Oct. 31, 9 p.m. – 12 a.m.

Join us for the fun, wearing a costume (if desired).

Refreshments will be provided.

Invitation to Artists

ALTERNATIVES 2009 encourages artists to submit work that reflects their very personal stories or that raises consciousness about mental health issues. Selected artwork will be at a "virtual" art display through a PowerPoint presentation that will be shown as part of a gathering in the main ballroom.

If you would like to participate in this national "virtual" art display, E-MAIL UP TO TWO PHOTOS of your artwork to: tracimurry31@gmail.com.

The Alternatives 2009 Arts Committee requests that artists do their own self-review for appropriateness of material for a large, diverse audience of viewers with the understanding that the Committee reserves the right to make final selections.

Performers Needed

We will be offering reasonably priced meals (approximately \$14 each) with cabaret-style entertainment in the hotel's Liberty Tavern on Thursday, Friday and Saturday nights. We need talented performers who can provide easy-to-listen-to music: jazz, show tunes or instrumentals. A piano will be provided; bring guitars or other instruments. If you'd like to perform, please contact Gayle Bluebird at gaylebluebird@aol.com.

Invitation to Youth

Individuals involved in the youth movement are especially encouraged to attend Alternatives 2009. In order to create vital communities, we need all members of the community to be involved. We have a lot to learn from young people and look forward to meaningful engagement together. (Note: The term "youth" describes individuals aged 18 to 25; people younger than age 18 must be accompanied by a responsible adult.)



Funding for this conference was made possible in part by Grant No. SM56670 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.

Remember to...

- FILL OUT THE REGISTRATION FORM COMPLETELY and send with full payment by check, money order, or credit card. To get the lowest rates, register by Aug. 14, 2009. Note: Registrations received without payment or valid purchase order will not be processed.
- INDICATE ANY SPECIAL CONSIDERATIONS on your registration form and return it as early as possible. (DEADLINE: Sept. 18, 2009.) We may not be able to accommodate special considerations after the deadline.
- TO RECEIVE ADDITIONAL INFORMATION ABOUT SIGNING UP FOR AN EXHIBIT SPACE OR CAUCUS SESSION, visit our website, www.Alternatives2009.org, to obtain submission forms.
- MAKE HOTEL RESERVATIONS BY OCT. 2, 2009, TO RECEIVE THE DISCOUNTED CONFERENCE RATE. Call early for best availability of rooms, including accessible accommodations.
- MAKE ALL OF YOUR TRAVEL ARRANGEMENTS EARLY (bus, plane, train, reserving a rental car, etc.) to guarantee availability and the best rates.

Schedule at a Glance

HIGHLIGHTS:

- » Each morning will begin with a keynote session.
- » Daily luncheons provide attendees with an excellent opportunity for networking and uniting.

Wednesday, October 28, 2009

2:00 p.m. - 6:00 p.m. Registration
4:00 p.m. - 5:00 p.m. Newcomer's Orientation
6:30 p.m. - 8:30 p.m. Reception & Dinner: Opening Ritual/Welcome

Thursday, October 29, 2009

7:00 a.m. - 8:30 a.m. Breakfast
7:30 a.m. - 5:00 p.m. Registration
8:30 a.m. - 9:30 a.m. Keynote Session/Welcome from the
National Committee Members
10:00 a.m. - 11:30 a.m. Concurrent Sessions
11:30 a.m. - 5:30 p.m. Exhibits/Art Display Open
12:00 p.m. - 1:15 p.m. Luncheon
1:30 p.m. - 3:00 p.m. Concurrent Sessions
3:00 p.m. - 3:30 p.m. Refreshment Break
3:30 p.m. - 5:00 p.m. Concurrent Sessions
5:00 p.m. - 7:00 p.m. Dinner on Your Own
7:00 p.m. - 8:30 p.m. Caucus Sessions

Friday, October 30, 2009

7:00 a.m. - 8:30 a.m. Breakfast
8:30 a.m. - 9:30 a.m. Keynote Session
10:00 a.m. - 11:30 a.m. Concurrent Sessions
10:00 a.m. - 5:30 p.m. Exhibits/Art Display Open
12:00 p.m. - 1:15 p.m. Luncheon
1:30 p.m. - 5:00 p.m. Institutes
1:30 p.m. - 3:00 p.m. Concurrent Sessions
3:00 p.m. - 3:30 p.m. Refreshment Break
5:00 p.m. - 7:00 p.m. Dinner on Your Own
7:00 p.m. - 8:30 p.m. Caucus Sessions
8:00 p.m. - 11:00 p.m. Open Mic Night with Ice Cream

Saturday, October 31, 2009

7:00 a.m. - 8:30 a.m. Breakfast
8:30 a.m. - 9:30 a.m. Keynote Session
10:00 a.m. - 11:30 a.m. Concurrent Sessions
10:00 a.m. - 3:30 p.m. Exhibits/Art Display Open
12:00 p.m. - 1:15 p.m. Luncheon
1:30 p.m. - 3:00 p.m. Concurrent Sessions
3:00 p.m. - 3:30 p.m. Refreshment Break
3:30 p.m. - 5:00 p.m. Concurrent Sessions
5:00 p.m. - 7:00 p.m. Dinner on Your Own
7:00 p.m. - 8:30 p.m. Caucus Sessions
9:00 p.m. - 12:00 a.m. Costume Dance Party

Sunday, November 1, 2009

9:00 a.m. - 11:00 a.m. Brunch/Closing Session and Wrap-Up

2009 KEYNOTE SPEAKERS

Wednesday Welcome & Keynote

A. Kathryn Power, M.Ed., Director, Center for Mental Health Services, Substance Abuse and Mental Health Services Administration.

Thursday Keynote/Entertainment

David Granirer, a consultant, counselor and author, is the founder of Stand Up For Mental Health, a program teaching stand-up comedy to people with mental illnesses as a way of building self-esteem and fighting stigma and discrimination.

Friday Keynote

Russell D. Pierce, J.D., a native of Omaha, Nebraska, and a nationally renowned consumer advocate, writer and speaker, has served as a consultant to the Substance Abuse and Mental Health Services Administration Block Grant Program, as a member of the National Advisory Council to the Center for Mental Health Services, and as chair of its Subcommittee on Consumer/Survivor Issues.

Saturday Keynote

J. Rock Johnson, J.D., is a prominent consumer advocate in Nebraska and nationally. In addition to her efforts within the University of Nebraska-Lincoln Serious Mental Illness Research Group, J. Rock works with local, state, regional and national organizations to promote recovery and consumer involvement.

"Transforming Lives Through the Arts"

A Specially Designed
Pre-conference Training Institute
For Peer Specialists and other Peer Providers

October 28, 2009, from 9:00 a.m. until 4:30 p.m.
Limited to the first 100 registrants. Visit
www.Alternatives2009.org for more information.

2009 Registration Form

Please print legibly—registration forms that cannot be read will delay processing.

Complete & Submit via Mail or Fax...or Register Online at www.Alternatives2009.org

Name: _____ Nickname for badge: _____

Group/Organization: _____

Address { home work}: _____

City: _____ State: _____ Zip: _____

Phone: _____ E-mail: _____

Emergency contact: _____ Relationship: _____

Contact's primary phone: _____ Contact's alternative phone: _____

Special Considerations (must be requested by Sept. 18, 2009...diet, disability/accessibility needs, etc.

(please be specific): _____

HAVE YOU ATTENDED AN ALTERNATIVES CONFERENCE PREVIOUSLY: Yes No

T-Shirt Size: Small Medium Large X-Large Other _____

Conference Fees:

Includes all workshops, institutes, plenary sessions, caucuses and Wednesday, Friday and Saturday evening events. HOTEL ROOM IS NOT INCLUDED.

	early bird (June 30 - Aug. 14)	regular (Aug. 15 - Oct. 2)	onsite (Oct. 3 - onsite)
<input type="radio"/> Full Registration (includes Wednesday evening dinner; breakfast and lunch Thursday - Saturday; Sunday breakfast)	\$350	\$415	\$425
<input type="radio"/> One-Day Registration (includes workshops, institutes and food functions on one specific day) (indicate day): <input type="radio"/> Thursday <input type="radio"/> Friday <input type="radio"/> Saturday	\$135	\$150	\$165
<input type="radio"/> Wednesday Only	\$50	\$50	\$50

Total Registration Fee Due for Option(s) Selected \$ _____

Payment Options:

Refund Policy...Cancellations must be received in writing. If cancellation is requested before Sept. 30 you will receive a full refund, minus a \$35-per-person administration processing fee. After Sept. 30 registrations will not be refunded. Registrants who are no-shows for the conference will not receive a refund.

Registrations submitted without payment or a purchase order document from the sponsoring organization will NOT be processed. Payment or a PO is REQUIRED for registration.

Check/Money Order...Make payable to "Alternatives 2009/MHASP" and enclose with registration form)

Credit Card... (indicate which)... MasterCard VISA PO No. _____

Card: _____ Exp. Date: _____ 3-digit code: _____

Cardholder Name: _____

Billing Address: _____

City: _____ State: _____ Zip: _____

Signature: _____ Phone: _____

ONLINE: www.Alternatives2009.org

MAIL: Alternatives 2009
c/o Horizon Meetings, P.O. Box 500209
Austin, TX 78750

E-MAIL: Leah.Ghorashi@horizonmeetings.com

FAX: 512-336-1238

Are you interested in reserving space for an exhibit or caucus session?

Space is limited ...go to www.Alternatives2009.org and complete the Exhibit Application and/or Caucus Application form(s).

Workshops & Institutes

Join us for an array of 77 skill-building workshops and three institutes throughout the conference.

Topic areas will be:

- Peer-Led Programs
- Leadership Development
- Health
- Technology
- The Arts
- Diversity & Inclusion

Following is a representative sampling of topics from a vast range of 80 sessions that will be offered at this year's conference:

- Advocacy and Rights: History and Practice
- Parenting through Song: Instilling Recovery Values in Future Generations
- Certification in Emotional CPR: Assisting People through an Emotional Crisis
- Using Intentional Peer Support in Crisis Alternatives

Reservations & Conference Information

HOTEL RESERVATIONS... \$129 per night (special conference hotel rate — for single, double): (\$64.50/person per night for two sharing a room).

To make reservations, call the Hilton Omaha at 800-Hiltons (800-445-8667) or 402-998-3400 and ask for the Alternatives 2009 group rate. This discounted rate is available Oct. 24 – Nov. 3, 2009, for those who might like to stay longer in Omaha.

Hotel reservations must be made by Oct. 2, 2009, to get this special rate. The Hilton Omaha has many accessible rooms for people with physical disabilities.

PARKING... at the hotel will be \$9 per day.

NOTE... If you are from a non-profit organization, bring a copy of your non-profit form to waive part of the room tax.

The City of Omaha and The Hilton Omaha are smoke-free; smoking is not permitted in workplaces, restaurants and bars.

TRANSPORTATION...GETTING TO AND AROUND OUR HOST CITY

Where the East Coast meets the West Coast and the North meets the South, Omaha is the center of it all. Located in the heart of the Midwest at the junction of I-29 and I-80, Omaha is easily accessible by air or by car. Nine major carriers fly into Eppley Airfield.

Visit www.Alternatives2009.org for information on how to get to Omaha and the conference hotel via car, bus, train or airline — and how to enjoy getting around the city once you're there!

CITY INFORMATION... For information on visiting Omaha go to www.visitomaha.com.

EXHIBITS... Alternatives 2009 invites individuals, organizations, providers and businesses to participate in the conference exhibits. All exhibitors will be included in the official conference program. Complete an exhibit agreement at www.Alternatives2009.org by Sept. 18, 2009.

CAUCUS SESSIONS... Each year Alternatives provides a forum for networking and discussing important issues with peers from around the country. Caucus sessions will be 7 p.m. – 8:30 p.m. Thursday, Friday and Saturday evenings. To schedule a caucus session, complete a caucus application form at www.Alternatives2009.org by Aug. 28, 2009.

SCENT-FREE CONFERENCE... To respect the needs of all participants, please do not use perfume, cologne or strongly scented creams or cosmetics at the conference.

SPECIAL CONSIDERATIONS... Support staff and other resources will be available for those with special needs. If you will need any type of special assistance while participating in conference activities, please note in the "special considerations" section of your registration form and send by Sept. 18, 2009.