

North Sound Mental Health Administration
117 N. 1st Street, Suite 8
Mount Vernon, WA 98273

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Should you have any questions regarding the conference, please feel free to contact one of the following individuals:

Rebecca Pate 360-416-7013 x233
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OR

Barbara Jacobson 360-416-7013 x236
barbara_jacobson@nsmha.org

**PLEASE DETACH AND
RETURN YOUR
REGISTRATION NO LATER
THAN SEPTEMBER 26, 2008**

To register by phone call
360-416-7013 or
by fax 360-416-7017

Copies of this brochure are
also available on our website:

www.nsmha.org

2008 Recovery Conference Schedule

Tuesday

October 14, 2008

- | | |
|-------|--|
| 8:30 | Registration Sign In |
| 9:00 | Keynote: Crazy for Life
Practical Stigma Busting by
Victoria |
| 10:15 | Question & Answer Session |
| 10:45 | Break |
| 11:00 | NAMI presentation by
Beth Gould |
| 12:15 | LUNCH (catered
by McIntyre Hall) |
| 1:30 | Settle in for next session |
| 1:45 | Wilderness Tips for the
Comeback Trail: Surviving
to Thriving After Mental Illness |
| 3:15 | Question & Answer Session |
| 4:00 | Conference Ends |



*North Sound Mental Health
Administration*

*Proudly presents the FREE
2008 Recovery Conference*

*featuring renowned
Mental Health Educator, Consultant,
Actor and Writer*

Victoria Maxwell

*Tuesday, October 14, 2008
at McIntyre Hall
Skagit Valley College
Mount Vernon, WA*



VICTORIA MAXWELL
Crazy for Life Co.

Victoria Maxwell (Crazy for Life Co.™) Since being diagnosed with bipolar disorder and psychosis, Victoria has become one of North America's top speakers and educators on the 'lived' experience of mental illness and recovery and successful return to work strategies. In addition to being a mental health worker, Victoria has worked for over 20 years as an actress and writer for both film and stage. Her one-person shows, *Crazy for Life* and *Funny...You Don't Look Crazy?!* tour internationally and have garnered awards in both the United States and Canada.

Her company, ***Crazy for Life Co.™***, offers keynote performances and workshops to corporations and conferences worldwide helping professionals, individuals and families better understand the 'insider's' experience of mental illness. Programs and shows assist in identifying elements of effective therapeutic relationships, raise awareness of employee depression and enhance the return to work process. More importantly, they offer tools and hope to build recovery and reduce stigma of this, one of the very last taboos.



***-Crazy for Life-
 A True Story about
 Living with Mental
 Illness***

Crazy for Life is the true-life story written and performed by Victoria Maxwell, BFA, BPP*, a brave, humorous and compelling look at experiencing, surviving and coming to terms with mental illness. *Crazy for Life* takes audiences around the bend and back from meditation groups to the psych ward, from black depressions to manic psychoses. It both entertains and educates, dislodging stigmas and inspiring hope. Centered on Victoria's personal journey with bipolar disorder, anxiety and psychosis, the play is a celebration of the richness of life, the strength of the human spirit and the power of the human heart. Audience members walk away with an expanded vision of not what's improbable, but instead what is possible.

**Bachelor of Fine Arts/Bi-Polar Princess*

More info at www.victoriamaxwell.com

Wilderness Tips for the Comeback Trail

Victoria will use her signature humor, compassion and personal experience to give her 'insider's' view of living with and managing a mental illness. The seminar illuminates key roles traditional psychiatric treatment, medication, psychotherapy, alternative approaches and perspectives play in an individual's recovery as well the tools and power the individual has in the recovery process. Addressing the 5 vital areas of a person's being (Emotional, Physical, Spiritual, Intellectual and Behavioral) she provides simple yet powerful actions that will enhance the journey of recovery. Unique and practical, these tools are low cost and long lasting solutions to learning to thrive with a mental illness. Ultimately the session redefines the common derogatory stereotypes of mental illness to one of productiveness, empowerment and vitality.

NAMI Connection Recovery Support Group by Beth Gould.

The NAMI Connection Recovery Support Group presentation will introduce a new nationwide, peer-based mutual support group program coming to Washington State over the next few years. It has already arrived in Skagit Valley! The workshop will describe the program goals, support group format and opportunities for involvement. With 'Sincere, Uncritical Acceptance' at the heart of the program, all participants are welcomed with Dignity and Respect.

2008 Recovery Conference Registration
October 14, 2008
McIntyre Hall, Skagit Valley College, Mount Vernon, WA

Name: _____

Circle One: Mental Health Professional Consumer/Advocate/Family Member Community Member

Organization: _____

Full Mailing Address: _____

Phone: _____ Email: _____

Deadline: **September 26, 2008**

I have these special needs: _____

I have these special dietary restrictions: _____