

NorthCare Presents the
12th Annual U.P. Recovery Conference

THE MAGIC OF HOPE

Tuesday, May 1, 2018
Northern Michigan University Don H. Bottom University Center
1401 Presque Isle Ave., Marquette
8:45 a.m. ~ 3:30 p.m. Eastern

This Conference is Free of Charge!

KEYNOTE SPEAKER: **PHIL HEFNER-GARDIEPY**



Phil Hefner - Gardiepy

Phil Hefner-Gardiepy is currently working as the training coordinator at Northpointe Behavioral Health. In Phil's words, he is a friendly, ambitious, self – proclaimed passionista for reducing the stigma of mental illness. Phil is married and living a blessed life.

He has been the recipient of many awards during his career some include, the President Clinton Volunteer Award in 1999, Governors Service Award in 2001, Finalist CNN Hero's Award in 2007. Phil was also named Instinct Magazine's Man of the Year in 2008 and was named the U.P. Volunteer of the Year in 2011. He has also received recognition for his HIV/AIDS

work from Rosie O'Donnell and was in the National Council of Behavioral Health's Top 100 Mental Health First Aid Instructors in 2018.

We are so excited to have Phil as the Keynote Speaker at this year's Recovery Conference. He will bring all the energy and is known to captivate an audience and keep them wanting more.

AGENDA

- 8:45 -- 9:15am **Registration & Continental Breakfast**
- 9:15 -- 9:30am **Welcome** – Fran Mackay, Conference Chairperson
- 9:30-10:00 am **Key Note Speaker** – Phil Hefner - Gardiepy
- 10:00 – 10:10am **Break**
- 10:10 - 10:55am **Karaoke**
- 11:05-11:50am **WORKSHOPS**
Paint with a Pro Workshop – Stephanie Heise
(Guided canvas painting workshop)
Dare to Challenge OCD – Fran MacKay
Co-Occurring Disorders: Risk Assessment & Protective Factors – Ashley Jenema
Self – Care, Optional? – Stacie Mayland
The Magic in All of Us – Phil Hefner - Gardiepy
- 12:00 - 12:45am **Keynote Speaker** – Phil Hefner Gardiepy **& Lunch - Listen while you eat**
- 1:00 – 1:45am **WORKSHOPS**
Paint with a Pro Workshop – Stephanie Heise
(Guided canvas painting workshop)
Veterans: Navigating Life After Service – Jason Wellner
An Introduction into the Clubhouse Culture– Chelsea Monfils
The Autism Journey through Young Adulthood – Lucy Wilcox,
Laurie Cass and John Taylor.
The Magic in All of Us – Phil Hefner – Gardiepy
- 1:45 - 2:00pm **BREAK (Refreshments & Light Snack)**
- 2:10 - 3:00pm **Karaoke Round Two and Pet Therapy**
- 3:00 - 3:30pm **Closing Remarks/Evaluations and Raffle**

OUR CONFERENCE MISSION:

To strengthen the ongoing recovery movement in our community by focusing on empowering individuals, educating the community and building peer relationships and connections.

REGISTRATION

Who should attend: Individuals receiving services currently or in the past from a community mental health agency or substance use disorder provider; individuals recovering from a mental illness or substance use disorder, Peer Support Specialists, community behavioral health professionals, and anyone interested in learning more about mental illness, I/DD and/or substance use disorders.

To REGISTER:

**** Reminder:** *This conference is free of charge.* **

Call NorthCare Network at **1-888-333-8030** OR

Email Ashlee Kind at **akind@northcarenetwork.org**

*This conference is sponsored by the Michigan Department of Health and Human Services
and NorthCare Network*