

Real Voices-Real Choices: Expanding our Vision **Call for Presenters**

Conference to be held August 23-25, 2009 at Tan-Tar-A Resort and Conference Center, Lake of the Ozarks, Osage Beach, Missouri.

General Information

1. Workshops are 45 minutes
2. Proposals should be based on the following topics:
 - **Well-Being**
 - **Leadership**
 - **Rights and Responsibilities**
3. Presenters are encouraged to use Power Point for their presentations. Proposed presentations must be received by **April 30, 2009**.
4. Presenters are encouraged to use people-first language. Youth are strongly encouraged to submit presentations.

Instructions for Submitting a Presentation

1. Applications must be **typed** and received by **Thursday, April 30, 2009**.
2. Applications may be submitted in the following ways:
 - A. E-mailed to Helen Minth at hminth@sbcglobal.net
 - B. Postal service:
Attn: Helen Minth
Director, St. Louis Empowerment Center
3024 Locust, St. Louis, Mo. 63103
 - C. Fax: Attn: Helen Minth 314-652-6103.

Format for Application

1. Title of Presentation (10 words or fewer)

2. Presenter Information

- Provide:
 1. Name/Names (if Co-Presenting)
 2. Experience
 3. Contact information (affiliation, street address, phone, fax or e-mail)
- Brief Biographical Sketch (100 words or less)
- Explain why you would like to present at this conference (100 words or less).

3. Presentation overview

- a. Importance of topic
- b. Presentation method (lecture, interactive, poetry, etc.)
- c. Intended audience (mental health consumers, youth, family members, persons with developmental disabilities, persons in recovery or all of the above)
- d. Have you ever presented before? Where and When? Is this your first time? What equipment would you need for your presentation?
- e. Workshop description (150 words or less), please include outline.
- f. What will those attending your workshop learn? (150 words or less)

TOPICS OF SPECIAL INTEREST ARE (BUT NOT LIMITED TO):

Leadership

- **Building Networks**
- **Goal Setting**
- **Effective Advocacy**
- **Tapping into Resources**
- **Community Awareness**
- **Motivational Speaking**
- **Self-Actualization**

Well-Being

- **Resiliency**
- **Peer Support**
- **Self-esteem and Purpose**
- **Budgeting**
- **Self-acceptance**
- **Diet and Exercise**
- **Developing Healthy Relationships**
- **Understanding Your Disability**
- **Fun and Relaxation**
- **Understanding Your Medications**

Rights and Responsibilities

- **Reducing Stigma**
- **Self-Determination**
- **Talking to Your Doctor**
- **Assertiveness**
- **Consumer Rights**
- **Guardianship**
- **Language of Bureaucracy**
- **People-First Language**

All entries will be carefully reviewed by committee members from the three divisions of the Department of Mental Health to ensure fairness.

If you are selected to present, your entire presentation outline or your power point must be in by **Monday, August 3, 2009**. We encourage anyone who would like to present, to please submit your ideas. If there are questions, please call or e-mail Helen Minth at the address listed above.