



MAY 24, 2017

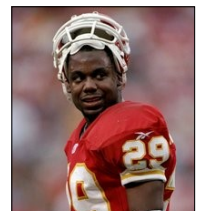
2017 MENTAL HEALTH AMERICA OF ARIZONA SEEDS CONFERENCE

# NAVIGATING THE HURDLES: B4STAGE4

## 2017 Mental Health America of Arizona (MHA AZ) SEEDS Conference

Mental Health America of Arizona is partnering with Glendale Community College's Psychology Department to host the 2017 SEEDS Conference, **Navigating the Hurdles: B4Stage4**. Join together with individuals and family members living with mental illness, health care providers and other mental health partners in public safety, education and faith communities, to discuss how to navigate the hurdles of mental illness.

**Former NFL great, Mark McMillian**, is the featured keynote presenter. Nicknamed "Mighty Mouse," McMillian started off working in the mental health field before completing an eight year career in the NFL. In 1997 while playing for the Chiefs, he led the NFL in interception return yards and was tied for second most interceptions with eight. During his time in the NFL, he saw the significant impact of mental illness both on and off the field, recognizing that such an illness can impact any one of us. Mark has committed himself to giving back to the community and putting himself in position to help others.



**Glendale Police Chief, Rick St. John**, leads off the conference by discussing the importance of mental health education and crisis intervention training amongst law enforcement professionals. **Glendale Deputy Fire Chief, Chuck Montgomery**, will close the conference with a discussion about the value of mental health education amongst emergency medical professionals and will share his values around advocacy.

**Bruce St. James, KTAR News**, will join a Recovery and Resiliency Panel session. Attendees also have the opportunity to participate in a **Town Hall Listening Session**, where we will discuss how we breakdown and identify system barriers. Attendees will learn how to recognize the early signs and symptoms to navigate the hurdles of mental health; develop strategies to advocate for your loved ones and for self-management; find access to community resources including crisis services; get information on innovative programs and services; and engage and mobilize with other community members.

**Wednesday, May 24, 2017**

**8 a.m. - 5 p.m.**

**Glendale Community College**

**\$49 Conference Registration / \$69 Registration With CEU's**

**To purchase tickets or a sponsorship,  
please visit our website for more information:**

**[www.mhaarizona.org](http://www.mhaarizona.org)**

**[CLICK HERE to go directly  
to the ticketing website](#)**

A limited number of scholarships are available, please visit [www.mhaarizona.org](http://www.mhaarizona.org) and click on the link:



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