



## SUNY Delhi's Sigma Theta Tau Nursing Honor Society Chi Tau Chapter and Catskill Hudson AHEC

*Invite You to Join Us for an Educational Program*

### **“Recovery & Wellness with Mental Health Conditions”**

Tuesday, November 28, 2017 from 4:30-5:30 PM

SUNY Delhi, Centennial Center (located in Sanford Hall)

*~ Presented by Kate Hewlett & Elisabeth Marigliano, PMHNP ~*

Kate Hewlett, NYS Certified Peer Specialist and Recovery Peer Advocate, will discuss her journey toward wellness and recovery with mental illness. Self-disclosure is a recognized method for challenging stigma, promoting empowerment and supporting recovery. Evidence suggests that the more people with lived experience who are willing to talk about their mental health challenges, the less mental illness will be stigmatized and in turn, more people will be inclined to disclose their experiences .

The purpose of this presentation is to educate attendees on the potential for wellness and recovery for people with mental illness. It is also intended to help reduce stigma in mental illness to this population of nursing students and professional nurses. Attendees will learn about evidence based strategies that help reduce stigma and encourage recovery in mental illness.

*~ Join us for this informative live session or webinar ~*

- ♦ **Join from PC, Mac, Linux, iOS or Android:** <https://delhi.zoom.us/j/4958706284>
- ♦ **Or iPhone one-tap:** US: +16468769923,,4958706284# or +16699006833,,4958706284#
- ♦ **Or Telephone:** Dial (for higher quality, dial a number based on your current location):  
US: +1 646 876 9923 or +1 669 900 6833 or +1 408 638 0968, Meeting ID: 495 870 6284

This activity has been submitted to Pennsylvania State Nurses Association for approval to award contact hours. Pennsylvania State Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. To receive credits, participants must attend entire event. Partial credit will not be given. This program has been submitted for 1.25 contact hours. The planners and presenters have disclosed that they have no conflict of interest pertaining to the content being presented at this program.



- For additional information, please contact Rebecca Eck at 607-746-4816 @eckrr@delhi.edu.
- For information about contact hours, please contact Roxanna Raffa at 845-883-7260 or rraffa@chahec.org.

