

BRAIN FUTURES 2015

Exploring New Frontiers to
Improve Brain Health and
Optimize the Mind's Potential

November 4-5, 2015
Westin Annapolis

Centennial Conference of the
Mental Health Association of Maryland

mhamd

HOPE RINGS ON | 1915-2015





Welcome to BrainFutures 2015.

Much of our time as advocates is spent focusing on system issues. But what's at the heart of our work is helping people with behavioral health problems get better.

Breakthroughs in our understanding of the brain have the potential to fundamentally alter how we treat and support people with behavioral health problems.

Too often, research and innovation happen in isolation from day-to-day practice. That's why we are pleased to mark MHAMD's Centennial by hosting BrainFutures 2015. One hundred years ago, our founders took action to transform care and improve lives. We know that kind of change best happens when everyone—individuals, families and clinicians—has easy access to new science, new treatments and new promise for better outcomes.

As you can see from the agenda that follows, BrainFutures 2015 is information-packed. We'll engage with leading clinicians, scientists, entrepreneurs and industry experts from a wide variety of disciplines who will share service innovation on what's working now and what's on the horizon to prevent, treat and manage behavioral health problems.

Thank you for being part of this groundbreaking event. We're excited to explore with you what the next wave of innovation holds, how it might help people get to the next level of better and what it might offer to those who haven't responded to traditional care alone.

MENTAL HEALTH ASSOCIATION OF MARYLAND • MHAMD.ORG

Conference Partners



Wednesday, November 4

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Wednesday, November 4

VIEW FULL SPEAKER BIOS AND DETAILED SESSION DESCRIPTIONS
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by closed loop systems using neurofeedback and transcranial electrical stimulation.

8:00 am Registration, Coffee & BrainFutures Expo

9:00 am Welcome

9:10 am How We Can Grow Neurons and Rewire the Brain at Any Age: An Older Adult Case Study

Majid Fotuhi, MD, PhD, Medical Director,
NeuroGrow Brain Fitness Center

Dr. Majid Fotuhi will launch BrainFutures 2015 with an overview of neuroplasticity, what it means for brain health and how it is transforming care. He will share the exceptional results a 12-week intensive, multidisciplinary brain fitness program is achieving among older adults with mild cognitive impairment.

9:40 am NeuroGaming: A Vision for the Future

Adam Gazzaley, MD, PhD, Professor of
Neurology, Physiology and Psychiatry, and Director,
Neuroscience Imaging Center and Gazzaley Lab,
University of California San Francisco

Will video games one day be prescribed to treat mental health problems? Dr. Adam Gazzaley will explore this question through his work as Director of the Neuroscience Imaging Center and Gazzaley Lab at UC San Francisco. His most recent studies explore neuroplasticity and how we can optimize our cognitive abilities via engagement with custom-designed video games, bolstered

10:10 am Personalized Medicine: Neuroimaging, Genetics and Other Measures for Screening, Diagnosis and Improved Treatment Selection

Moderator: Thomas Insel, MD, Google Life Sciences and Former Director, National Institute of Mental Health

George Carpenter, IV, CEO, MYnd Analytics

Evian Gordon, PhD, MD, Chairman and CEO,
MyBrainSolutions

Jay Lombard, DO, Chief Scientific Officer
and Medical Director, Genomind

This session will examine the exciting progress now occurring to advance personalized medicine, common today in oncology and other areas of somatic medicine, but lacking in the field of psychiatry. Dr. Thomas Insel, long-serving Director of the National Institute of Mental Health, will lead this panel with opening remarks about his work at NIMH and upcoming move to Google Life Sciences, and will moderate a discussion with the leaders of three innovative companies working in this arena.

11:10 am Break & Expo

11:20 am Innovative Integrated Care Approaches for Youth with Autism and Veterans

Yi Jin, MD, Founder and Medical Director,
The Brain Treatment Center, University of
Southern California Center for Neurorestoration

The Brain Treatment Center, a research affiliate of the University of Southern California's Center for Neurorestoration, is having remarkable success in treating youth with autism and veterans living with post traumatic stress, through an integrated care approach using Magnetic Resonance Therapy as a central component. Dr. Yi Jin will share the results of his work with these populations as well as his efforts to realign and synchronize the firing of neurons among people with Alzheimer's disease, anxiety, sleep and eating disorders, and addiction.

11:50 am TED-Style Talk: Finding Strength in Unexpected Places: Video Games

Jane McGonigal, PhD, Director of Game Research and Development, Institute for the Future

In this session, Jane McGonigal will introduce a decade's worth of scientific research into the ways video games can change how we respond to stress, challenge and pain. Sharing her own harrowing story of recovery from a severe concussion, she will explain how we can cultivate new powers of recovery and resilience in everyday life simply by adopting a more "gameful" mindset.

12:10 pm Lunch Keynote: Modern Fats and the Modern Mind

Captain Joseph R. Hibbeln, MD, US Public Health Service, Acting Chief, Section on Nutritional Neurosciences, LMBB, NIAAA, National Institutes of Health

The importance of proper nutrition is widely recognized as a primary prevention strategy for major illnesses such as heart disease and diabetes, yet it is rarely discussed in mental health. Captain Joseph R. Hibbeln will share the scientific case for and urgency of attention to the impact of diet on prevention and amelioration of mental illness and substance use disorders.

1:10 pm How Neurotechnology is Changing Our Lives

Moderator and Presenter: Zack Lynch,
Chairman and Founder, Neurotechnology
Industry Organization

Jocelyn Faubert, PhD, Chief Science Officer,
CogniSens and Professor, University of Montreal

Jen Hyatt, Founder, Big White Wall

Corey McCann, MD, PhD, Founder and CEO,
Pear Therapeutics

Zack Lynch, Chairman and Founder of the Neurotechnology Industry Organization, will present his vision for the future, and will moderate a conversation with leaders in the field whose work ranges from the creation of a safe online community for managing symptoms of behavioral health problems to the integration of digital therapies and pharmaceuticals to increase treatment effectiveness, and novel

neurotechnologies for sports performance, attention training and optimization of brain functioning.

2:10 pm Military Mental Health

Moderator: Sheilah Kast, Host, Midday, WYPR

Corinna Lathan, PhD, PE, Founder and CEO, AnthroTronix, Inc.

Justin C. Sanchez, PhD, Program Manager, Biological Technologies Office, Defense Advanced Research Projects Agency

Kate Sullivan, MS, CCC-SLP, CBIS, Director, Brain Fitness Center, Defense and Veteran Brain Injury Center, Walter Reed National Military Medical Center

The crisis in care for our returning veterans has focused attention on the needs of service men and women during and after their military service. WYPR's Sheilah Kast will moderate this timely panel on what we can learn from military models in mental health, brain recovery and brain optimization, featuring Walter Reed's ground-breaking work to assist veterans recovering from brain injury, AnthroTronix's technology to help evaluate the cognitive or psychological status of military service members, and the brain health research activities of the Defense Advanced Research Projects Agency (DARPA).

3:10 pm Break & Expo

3:20 pm TED-Style Talk: Mind/Body Connection: Exploring the Relationship between Mental Health and Exercise

Lynne Brick, RN, CoFounder, Brick Bodies Fitness Services, Inc.

Victor Brick, M.Ed., CoFounder, Brick Bodies Fitness Services, Inc.

Lynne and Victor Brick are no strangers to the field of brain health. Victor's older brother succumbed to complications of schizophrenia at age 62. Lynne has spoken publicly about her experience as a survivor of a brain tumor. Together Lynne and Victor have founded the John W. Brick Foundation in memory of Victor's brother, John, to advance learning about the role of exercise in good mental health.

3:40 pm Investor's Panel

Moderator: John Cammack, Managing Partner, Cammack Associates, LLC

Charlie Hartwell, Operating Partner, Bridge Builders Collaborative

Gary Kagan, Operating Partner, Linden Capital Partners

W. Eddie Martucci, PhD, CEO, Akili Interactive Labs and Vice President, PureTech Ventures

Daniel Smith, PhD, Vice President, Innovative Technologies, Autism Speaks

This panel will explore investor interest in brain health markets, including Cammack Associates' focus on advancing brain fitness and educational attainment; the Bridge Builders Collaborative's efforts to advance practices and products for

mind-training; Akili Interactive Labs' clinical trials for its Project EVO game platform; Autism Speaks' investing priorities; and Linden Capital Partners' investment in behavioral health companies.

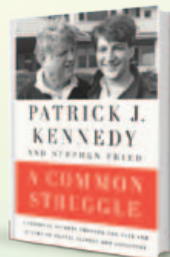
4:40 pm **The Kennedy Forum Agenda**

Former US Representative Patrick J. Kennedy, Founder, The Kennedy Forum

More than 50 years ago, President John F. Kennedy issued a call to reach the moon in a decade, catalyzing what is now known as the "space race."

Today, Patrick J. Kennedy believes we are in a new space race, but it's not about reaching a new planet or exploring the cosmos. It's a race to "inner-space," a quest to understand the brain as much as we sought to understand the surface of the moon. He will discuss new advances in science and policy that are leading the way toward a deeper understanding of "inner space," and the role we all play in achieving the goal of making mental health care as routine, accessible and understandable as physical health care.

5:00 pm



**Reception & Book Signing
by Patrick Kennedy in the
BrainFutures Expo**

5:45 pm



Centennial Celebration and Dinner

Celebrate the progress and recognize the impact of MHAMD's first 100 years. The evening will include dinner, music and a brief centennial review. We'll end the evening by ringing the 300-pound Mental Health Bell, which serves as a powerful reminder of the past, and an imposing symbol of our continued and urgent call to action.

Keep an eye on the BrainFutures 2015 website even after the conference ends. MHAMD will post many of the sessions online in case you want to revisit something you heard. And, you can share the link with your colleagues to extend the reach of the conference.

This online content is made possible through MHAMD's **Rawlings Family Fund for Mental Health Research, Innovation and Education.** The Fund focuses on spurring action in Maryland to advance promising practices and innovation, and ensuring the public is aware of new treatment options and those on the horizon.

BrainFutures2015.org

Hope Rings On



100 YEARS AGO, a small group of concerned citizens gathered to take action to improve the lives of individuals living with mental illness. Together they crafted a mission for the future work of the Mental Health Association of Maryland and set in motion a series of events that transformed care and improved lives in the century that followed.

We will honor that vision and recognize the progress in mental health at **MHAMD's Centennial Celebration & Dinner** at 5:45 p.m. on November 4, 2015.

MHAMD's Centennial aligns with the 100th birthday of Baltimore's own Billie Holiday, a world-renowned artist whose personal struggle with substance use led to her death at a young age.

The Cold Spring Jazz Quartet, with featured vocalist Rhonda Robinson, will perform some of Billie Holiday's most popular songs, followed by a brief discussion about her music, her life and the ongoing connection that's often present between mental health and the arts.

The evening ends with a look back at the changes in mental health, the ringing of the Mental Health Bell and a call to action to achieve the still elusive goal of effective prevention, early intervention and treatment for **all** Americans in need.



"Cast from shackles which bound them, this bell shall ring out hope for the mentally ill and victory over mental illness."

—INSCRIPTION ON THE MENTAL HEALTH BELL



ABOUT THE MENTAL HEALTH BELL

In the early 1950s, Mental Health America issued a call to asylums across the country for their discarded chains and shackles. On April 13, 1956, at the McShane Bell Foundry in Baltimore, Maryland, these inhumane bindings were melted and cast into a symbol of hope: the Mental Health Bell. The 300-pound bell serves as a powerful reminder of the past, and an imposing symbol of our continued and urgent call to action.



BrainFutures Sponsors

MHAMD thanks the following organizations for their support of BrainFutures 2015 and the mission of MHAMD.

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Check out our Demo Zone & Gaming Lounge

Curious about neurofeedback?

Sign up for a demo in our Neurofeedback Zone. You can try out the latest technology and get a feel for how the process works. Plus, experts are on hand to share the science and answer your specific questions.

Wondering about the hype around phone apps and computer games?

Join us in the BrainFutures Gaming Lounge. Just grab an iPad and log on to sample some of the promising new games and apps now available to support brain health and optimization. This is hands-on, fun and informative.

BrainFutures Expo

Visit the BrainFutures 2015 Expo to learn about the newest science, technology and service in action. Talk to the experts who are doing the research, delivering the care and creating new products that change the way we think about brain treatment and optimization.



The **ALZHEIMER'S RESEARCH AND PREVENTION FOUNDATION** is on a mission to prevent Alzheimer's disease by funding research studies and providing educational outreach and memory screenings.
alzheimersprevention.org



ARUNDEL LODGE partners with individuals and families to improve behavioral health through recovery-oriented services.
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CLEARVIEW COMMUNITIES provides residential rehabilitation services for adults struggling with a range of serious psychiatric diagnoses.
clearviewcommunities.org



DANIEL MACKLER is a filmmaker, writer, and musician based in New York City. He also worked for ten years as a psychotherapist.
wildtruth.net



As **GENOMIND** grows, we look forward to advancing the field of personalized medicine in neuropsychiatry.
genomind.com



HUDSON HEALTH SERVICES, INC. offers Inpatient Substance Abuse Treatment, including Detoxification, Partial Hospitalization, and supportive housing to residents of the Delmarva Peninsula, the state of Maryland, and throughout the greater Mid Atlantic region.
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MINDREFLECTOR TECHNOLOGIES, LLC, utilizing EEG headsets from NeuroSky Inc., offers brainwave neurofeedback applications which support positive personal growth and change.
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cnsresponse.com



NEUROELECTRICS has a dream: to reinvent the way we observe and treat the human brain.
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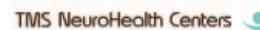
NEUROTHRIVE provides comprehensive and individualized services for people from all walks of life. Our services are designed to improve brain health and function.
neurothrive.net



PSYBERGUIDE is a consumer-friendly resource for finding out about the software and apps available for help in managing mental health conditions, and the research and views of experts on the usefulness of these products.
psyberguide.org



SHEPPARD PRATT HEALTH SYSTEM offers a full range of mental health, substance use, and special education services throughout Maryland, and provides compassionate solutions to help those suffering from mental illness recover and get back to their lives.
sheppardpratt.org



TMS NEUROHEALTH CENTERS is a leading provider of Transcranial Magnetic Stimulation Therapy. TMS Therapy is a proven non-drug medical treatment for individuals living with depression.
tmsneuro.com

Book Signing Schedule

at BrainFutures Expo

NOVEMBER 4

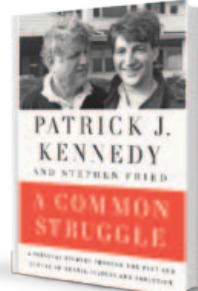
Jane McGonigal,
SuperBetter

TIME: 12:10 pm Lunch Break



Patrick Kennedy,
A Common Struggle

TIME: 5:00 pm



Mark Osteen,
CrossRoads, Autism and Representation, and One of Us: A Family's Life with Autism

TIME: Following the Centennial Celebration



NOVEMBER 5



Paul Gionfriddo,
Losing Tim

TIME: 12:30 pm Lunch Break

Thursday, November 5

VIEW FULL SPEAKER BIOS AND DETAILED SESSION DESCRIPTIONS
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8:00 am Light Breakfast & BrainFutures Expo

8:45 am



Wake Up Call
with Lynne Brick

9:00 am Magnetic and Electrical Stimulation for Treatment and Optimization of Brain Functioning

Moderator and Presenter: Harry Kerasidis, MD,
Medical Director, Centers for Neuroscience,
Sleep Disorders and Stroke at Calvert Memorial
Hospital and Founder, XLNTbrain Sport

Graeme Moffat, PhD, Director of Scientific and
Regulatory Affairs, InteraXon

Ana Maiques, CEO, Neuroelectronics

Chris Thatcher, President and CEO, Neuronetics

Take a deeper dive into a variety of interventions involving magnetic and electrical stimulation of the brain with innovators who are seeing results for individuals with brain injury, depression and other illnesses, including the use of neurofeedback in a hospital practice; the NeuroStar Transcranial Magnetic Stimulation therapy system for the treatment of depression; the use of EEG and neurofeedback in sleep studies, seizure detection, Alzheimer's biomarker identification, ADHD treatment and more; and the Muse, a sensory headband that simplifies meditation and can provide real-time audio/visual feedback on meditative state through your phone.

**10:00 am Perspective from the
National Institute of Mental Health**

Robert Heinssen, PhD, ABPP, Director,
Division of Services and Intervention Research,
National Institute of Mental Health

As Director of the Division of Services and Intervention Research at the National Institute of Mental Health, Robert Heinssen, PhD, will reflect on our progress in improving treatment outcomes for individuals living with mental illness, discuss the RAISE initiative to improve prevention and early identification of psychosis, and share his perspective on the variety of technologies and innovations presented at BrainFutures 2015.

**10:30 am Making Informed Decisions about
Treatment Options**

Michael Knable, DO, DFAPA, Executive Director,
Sylvan C. Herman Foundation

Dr. Michael Knable is leading the development of *PsyberGuide*, a consumer-friendly resource for finding out about the software and apps available for help in managing mental health conditions. Dr. Knable will share recommendations for informed decision making about treatment options, and discuss *PsyberGuide*'s role in providing accurate and reliable information, and objective expert reviews to help individuals choose apps for schizophrenia, mood disorders, PTSD and other anxiety disorders.

10:50 am Break & Expo

11:00 am A Conversation with Our National Partners

Moderator: Jeff Richardson, MBA, LCSW-C,
President Elect, Mental Health Association
of Maryland and Executive Director, Mosaic
Community Services

Paul Gionfriddo, President and CEO,
Mental Health America

Henry Harbin, MD, Senior Advisor to
The Kennedy Forum

Linda Rosenberg, President and CEO,
National Council for Behavioral Health

As CEO of Mental Health America, Paul Gionfriddo leads a network of more than 200 affiliates across the nation and is the citizen voice behind an organization that has worked for more than a century to help all Americans live mentally healthier lives. A psychiatrist with over 30 years of senior leadership experience in both public and private behavioral health care systems, Henry Harbin, MD, serves as Special Advisor to The Kennedy Forum, an organization seeking to set a new standard for the delivery of integrated health and mental health care. Linda Rosenberg leads the National Council for Behavioral Health, the unifying voice for 2,300 community mental health and addictions treatment organizations. They will share comments from diverse vantage points on the vision offered by BrainFutures 2015 speakers, and the challenges and promise ahead in our quest for mental wellness for all.

11:50 am TED-Style Talk: What Makes Us Well

Daniel Mackler, LCSW

Daniel Mackler is the director of *Healing Homes*, *Open Dialogue*, and *Take These Broken Wings*, three documentaries examining alternative treatment programs for psychosis. Five years since he travelled to the far north of Finland to learn from a group of innovative family therapists who converted the area's traditional mental health system to a program that dramatically improved outcomes for individuals experiencing first-break psychosis, this filmmaker and former psychotherapist will help us understand the Open Dialogue model and the potential for its broader application.

12:10 pm TED-Style Talk: Nutrition and Brain Function

April Winslow, MS, RDN, CEDRD, Psychiatric Registered Dietitian Nutritionist

Psychiatric Registered Dietitian Nutritionist April Winslow consulted in the preparation of the menu for BrainFutures 2015 and will share dietary considerations of interest to anyone seeking to optimize brain health, present current research and share information about the growing specialty of psychiatric dietitians.

12:30 pm Lunch, Film & Expo

1:30 pm Neuroplasticity, Youth and Education

Moderator: John Cammack, Managing Partner, Cammack Associates, LLC

Susan Magsamen, Senior Vice President, Early Learning, Houghton Mifflin Harcourt and Founder, Curiosityville

Kimberly McNatt, CEO, The Hawn Foundation/ MindUP™

Bruce E. Wexler, MD, Professor Emeritus of and Senior Research Scientist in Psychiatry, Yale School of Medicine, and Founder, C8 Sciences

Join a team of experts to examine a variety of interventions based upon the principles of neuroplasticity to improve educational outcomes for children, including MindUP™, an evidence-based social and emotional literacy training program used in schools across five continents; C8 Sciences' ACTIVATE, a program that combines computer and physical exercises to help children with ADHD, autism and learning disabilities; and Curiosityville, a personalized learning world that connects children, educators and families, encouraging brain plasticity through dynamic activities.

2:30 pm The Role of Meditation in Restoring and Enhancing Brain Function

Chris Walling, MBA, E-RYT, Chair, Education and Outreach, Alzheimer's Research and Prevention Foundation

This session will explore the Alzheimer's Research and Prevention Foundation's integrative approach to Alzheimer's disease prevention, ARPF's research

validating the effectiveness of Kirtan Kriya yoga meditation in reducing both stress and memory loss, and will close with a brief Kirtan Kriya meditation exercise.

3:00 pm Break & Expo

3:10 pm Sheppard Pratt-Lieber Research Institute

Robert J. Schloesser, MD, Executive Director, Sheppard Pratt-Lieber Research Institute

With a shared vision of increasing the possibilities for those with mental illness to live full, productive and joyful lives, the Sheppard Pratt Health System and the Lieber Institute for Brain Development announced a joint venture in 2015 to translate scientific advances in genetics and brain research into clinical practice. Institute Director Robert Schloesser, MD, will share groundbreaking plans for this newly launched institute.

3:30 pm Ensuring Rapid Translation of Scientific Advances to the Public

Moderator: Henry Harbin, MD, Senior Advisor to The Kennedy Forum and Former CEO of Magellan Health Services

The Honorable Ben Cardin, US Senate

The Honorable Steny Hoyer, US House of Representatives

Peter Como, PhD, Division of Neurological and Physical Medical Devices, Center for Devices and Radiological Health, US Food and Drug Administration

Allison Kumar, Senior Program Manager, Office of the Center Director, Center for Devices and Radiological Health, US Food and Drug Administration

Chris Thatcher, President and CEO, Neuronetics

Much attention has been focused on expediting the path from research to practice to ensure that treatment advances reach the public as quickly as possible. Less attention has been paid to government approval processes, public and private payer reimbursement mechanisms and other insurance practices that can have equal or greater impact on access to care. Dr. Henry Harbin, Senior Advisor to The Kennedy Forum and former CEO of Magellan Health Services, will lead a conversation on this important topic.

4:30 pm Adjourn

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AUTHORIZED BY JOHN E. FRISCH, CHAIRMAN AND CEO



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macsa@mhma.net

The Maryland Citizens' Health Initiative and the Health Care for All Campaign congratulate the Mental Health Association of Maryland on BrainFutures 2015, but also on the tremendous amount of work done throughout the year to give a voice to Marylanders who desperately need help and representation. We look forward to continuing to work together to ensure ALL Marylanders have access to care they need and deserve.



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We know that recovery from mental illness and addictions is a reality. Mosaic combines comprehensive services into a person-centered system of care that restores the lives of individuals, families and communities throughout Central Maryland.

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Rating computer- and device-assisted
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www.psyberguide.org



ClearView
COMMUNITIES

The mission of ClearView Communities is to provide a superior therapeutic residential experience for persons with serious mental illness through a comprehensive program that provides treatment/recovery, employment, and independent living services in the community.

ClearView Communities is a twenty-bed, community-based residential rehabilitation program located in Frederick, MD. ClearView Communities provides:

- Twenty-four hour/ Seven day per week supervised residential services in beautiful settings located within neighborhoods and close to community resources.
- Psychiatric services: The Medical Director and staff psychiatrist are on site forty hours per week and always available for emergencies.
- Individual and group therapy by licensed clinicians
- A structured clinically supervised day program
- Evidence based supported employment services
- Wellness and nutrition management
- Supported education services for individuals who are taking classes at a local community college or university

ClearView Communities is in the midst of an exciting construction project in which a state-of-the-art treatment center and additional group home will be ready in the spring of 2016. Follow us on twitter @CVCFFrederick. For more information please contact us at 240-439-4900.

Congratulations to the Mental Health
Association of Maryland for 100 Years of
Advocacy Work!

From Michael Byer, Steve Daviss,
Gerry Hurowitz, Robert Post, and the rest of the team
at M3 Information, LLC.



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ACTION
TEAM

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MAKE A
DIFFERENCE.


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opportunity for all, including the 1 in 5 Marylanders
living with mental illness.

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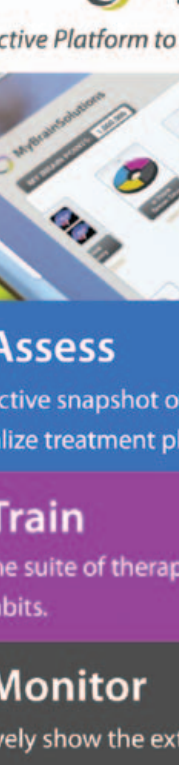



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Assess

An objective snapshot of strengths and limitations to help personalize treatment planning.



Train

An online suite of therapeutic tools to generate new brain habits.



Monitor

Objectively show the extent of success.

For more info visit www.MyBrainSolutions.com or call (844)-20-BRAIN

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