

CONARD HOUSE FORUM ON SELF-MANAGING MENTAL ILLNESS DRAWS SIGNIFICANT SAN FRANCISCO AUDIENCE

Number of Conard House Staff and Clients Certified As Self-Management Trainers Grows

San Francisco, Calif. –May 14, 2009– Conard House, a pioneering nonprofit organization helping people self-manage mental illness since 1960, announced today a record number attended a community forum on chronic medical and behavioral conditions last week, hearing five mind-opening presentations on how and why Self-Management has become a well-established means of improving both health and mental health outcomes for people served by San Francisco health systems. The varied audience was comprised of health practitioners, community and family members, as well as other friends and staff of Conard House.

Leading the panel presentations and the wide-ranging discussion that followed was **Kate Lorig, DrPH**, who directs the Stanford Medical Center's Chronic Disease Self-Management Program. The other panelists included:

- **Jennifer Boyd**, PhD, Director, Psychosocial Rehabilitation and Recovery Center, San Francisco VA Medical Center and Associate Adjunct Professor in Psychiatry, UCSF Medical Center
- **Lisa Golden**, MD, Director, Ocean Park Health Center, San Francisco Department of Public Health and Associate Clinical Professor of Family Medicine, UCSF Medical Center
- **Kelly Pfeifer**, MD, Medical Director, San Francisco Health Plan
- **Mason Turner**, MD, Chief, Department of Psychiatry, Kaiser San Francisco Medical Center and Clinical Instructor in Psychiatry, UCSF Medical Center

Dr. Lorig and the panelists made a strong and compelling case for the role that self-management has come to play in recent years in each of their organizations, as well as others around the country and around the world.

Given the high level of interest and provocative, complex issues raised in the discussion, panelists and attendees suggested a larger conference on self-management would be a logical next step. Conard House is looking at the calendar and possible co-sponsors for a conference early next summer.

This event was the fifth Community Forum produced by Conard House, a community mental health provider celebrating its 50th anniversary in 2010.

"Conard House is working to incorporate self-management principles into our psycho-social programs. We are determined to see that self-management finds its rightful place among 'best practices' in mental health," said Richard Heasley, Conard House Executive Director and member of the Community-Supported Self-Management Committee.

By the end of June, two more Conard House staff and clients will complete Stanford's training program in Chronic Disease Self Management, bringing to four the number of Conard House staff certified to teach the self-management curriculum, starting with its own staff and more than 500 clients in its Supportive Housing sites.

About Conard House

Conard House, Inc. is a private, nonprofit organization providing mental health services to residents of San Francisco. Founded upon core principles of self-empowerment, self-determination and the least restrictive, community-based living, Conard House opened its doors in 1960 as the City's first "halfway house" for adults following hospitalization. Today it serves more

than 2,100 people in a dozen locations. Support for its programs and services come from various city agencies, service fees from organizations, rents from residents, foundation grants and donor gifts. For more information about Conard House and its programs, please visit www.conard.org.

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