

BI-COUNTY EMPOWERMENT CONFERENCE COMMUNITY MEETING THURSDAY, JANUARY 7, 2021 3:30-5:00PM

Bi-County Empowerment



Conference

Our Annual Bi-County Empowerment Conference is for and by people who experience emotional distress, voices and visions, altered and extreme states of consciousness, labels of psychiatry, substance use, and trauma/trauma responses.

Thanks to community feedback, our steering committee is offering community meetings on

the first Thursday of every month from 3:30-5:00pm

Please join us for the opportunity to influence themes and workshops of future conferences, and continue connection, education, advocacy, and support!



“Altered and Erased: Using Creativity to Liberate our Mental Health” with Stacy Simbrom and Steven Licardi

An exploration of individual and shared creativity in the ongoing process of healing and thriving beyond the perceived limitations

of a mental health diagnosis. Creativity is a powerful medium to support the reframing of our lived experiences to support a life that is uniquely without limits.



Join us on our Zoom platform by clicking this link:

<https://zoom.us/j/93732941287?pwd=clhmeVY3ck9kSGtwWS9oWXBoZWdrdz09>

Passcode: 035115

If you do not have zoom capabilities, you can join us by dialing in on your phone for audio only.

Call in number:

+1 929 205 6099 US (New York)

Meeting ID: 937 3294 1287

Find your local number: <https://zoom.us/u/aelMZEf8Cl>

For more information, please contact Danielle LoBue on the Conference Planning Committee at:

dlobue@hali88.org 631-234-1925 ext. 314

Steven T. Licardi is a social worker, spoken word poet, actor, and performance activist working at the intersections of art and social policy. He(usually) travels domestically and internationally using the power of spoken word to create empathic dialogue around, to confront the realities of, and to assist communities in dismantling the stigma surrounding mental health and mental illness. As a child, Steven was diagnosed on the Autism Spectrum, an experience that has deeply informed his professional work. Since 2016, his ever evolving performance series #CoupDeMot has been confronting how mental illnesses manifest out of oppressive social pathologies by tracing the hidden history of mental health treatment and juxtaposing those truths to works appearing in his second collection of poetry, 'a billion burning dreams' (STL, 2018). Versions have appeared in Vigo, Spain in 2016; in Edmonton, Alberta, Canada in 2018; and Thessaloniki, Greece in 2019. www.thesvenbo.com

Stacy Simbrom supports recovery for those effected by mental health and substance disorders and their families. To facilitate this, she founded Healthspan.US to train and support peer professionals in the field of recovery services on Long Island. As a New York State Certified Addiction Recovery Coach and New York State Certified Recovery Peer Advocate and NY Peer Specialist, she assists people in wellness to create a life in which they are able to fully engage their unique talents in ways to create a life in which they are able to fully engage their unique talents in ways that bring them joy; she helps them to be creative, develop resilience and to make a difference in this world. Stacy has done Meditation and Vibrational and Artistic Engagement work on Long Island for various agencies, and currently serves as Director of Recovery and Wellness Services at Hands Across Long Island.