

## Join us Thursday, May 6th for the Bi-County Empowerment Conference Community Meeting!

Bi-County Empowerment Conference Steering Committee <evaianella@hali88.org>

Tue 4/6/2021 10:59 AM

To: Rita Cronise <rmc277@shp.rutgers.edu>

# Bi-County Empowerment Conference

Thanks to community feedback, our steering committee is offering community meetings on the **first Thursday of every month from 3:30-5:00 pm.**

*Our next meeting will be held on Thursday, May 6th, from 3:30 - 5:00 pm!*

**Click here at the time of the meeting to join!**

This meeting is part of a series. Darby Penney and Lucy Winer began by facilitating a discussion in which we explored, “what’s changed, what’s the same, and where do we go from here?” in the psychiatric system. We continued the conversation last month with a screening of Lucy Winer’s Documentary, “Kings Park: Stories from an American Mental Institution.” We will continue to explore ways to connect with our community, raise awareness about the isolation we experience in the system, and share actions we can take to make a change!

### *"Creative Connections"*

During this workshop, we will explore the unique ways we can connect with our community when feeling isolated; we have all faced loneliness and isolation during a global pandemic, and many of us may have experienced these feelings long before the world shut down. Our community in psychiatric institutions have been isolated, disconnected from community, and without basic human rights; because of this, and with inspiration from madwomen in

the attic's "December Letters Project", we imagined the Creative Connections Campaign at Hands Across Long Island.

*The purpose of the Campaign is to reach our community in institutions through letters and art to express that we love, we care, and we stand with our community; to reimagine the ways we can connect with others through art and letter-writing, and to bring awareness to the challenges our community faces.*

After exploring and navigating these barriers our community faces, we will collaborate to create blackout poetry that will be delivered to someone held in an institution. Bring a book, magazine, or any page with writing that you wouldn't mind parting with, a marker or pen, and yourself! You're welcome to create in whatever medium you enjoy and join us in conversation.

### **Facilitation by Emily Vaianella (She/They)**



Emily is a psychiatric survivor and New York Certified Peer Specialist currently working as a Senior Wellness Specialist at Hands Across Long Island. Emily is passionate about learning and growing with their community. In addition to their full-time role at HALI, she is attending SUNY Empire State College to achieve their degree to further support the goal of advocating for human rights. The peer support community has been vital in Emily's survival and success; She is open about their own experiences with trauma and survival and has been active in the movement since 2014. Emily is dedicated to supporting spaces where we can learn and grow together using the values and principles of peer support and through making

genuine connections. Emily has worn many hats in peer services; she is currently a Senior Wellness Specialist at Hands Across Long Island, where they have been inspired to imagine, develop, and coordinate the Creative Connections Campaign, as well as a proposed peer specialist learning/training collaborative.

**No registration is necessary - mark your calendars!**

Join us on our Zoom platform by clicking this link at the time of the meeting:

**[https://zoom.us/j/93732941287?](https://zoom.us/j/93732941287?pwd=clhmeVY3ck9kSGtwWS9oWXBoZWdrdz09)**

**[pwd=clhmeVY3ck9kSGtwWS9oWXBoZWdrdz09](https://zoom.us/j/93732941287?pwd=clhmeVY3ck9kSGtwWS9oWXBoZWdrdz09)**

**Passcode: 035115**

**Or join us by phone by dialing:**

1 929 205 6099 (New York)

**Meeting ID:** 937 3294 1287

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

**Click here at the time of the meeting to join!**

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  
Join us for the opportunity to influence themes and workshops of future conferences, and continue to connect, educate, advocate, and support.

Hands Across Long Island | 159 Brightside Avenue, Central Islip, NY 11722

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