



# 2016 Real Voices Real Choices Conference

August 21-23, 2016

Tan-Tar-A Resort and Conference Center  
Osage Beach, Missouri



- Sunday Entertainment: Movie / Bingo

- Exhibitors



- Karaoke

- Informative Presentations on a Variety of Topics



- Pizza Night

\$8 (includes three slices of  
Sbarros pizza and a drink)

## Registration is Very Affordable

\$95 for a single registration

(includes lodging for two nights, conference materials and four meals)

\$160 for a double registration

(includes lodging for two people to share a room for two nights,  
conference materials and four meals for both)

\$160 for professional registration

(includes conference materials and four meals. Lodging is not included)

## Intended Audience:

Individuals living with or in recovery from  
mental illness or substance use disorder and individuals  
with developmental disabilities.



## For More Information Visit:

[http://dmh.mo.gov/constituentservices/  
consumerconference.html](http://dmh.mo.gov/constituentservices/consumerconference.html)

## To Contact the Conference Coordinator:

[consumerconference@dmh.mo.gov](mailto:consumerconference@dmh.mo.gov) or 573-645-7103

## Keynote Presentation

David Granirer is a counselor, stand-up comic, mental health keynote speaker and author of the Happy Neurotic, How Fear and Angst Can Lead To Happiness and Success. He performs, maintains a counseling practice and teaches Stand-Up Comedy Clinic at Langara College in Vancouver, where he takes people from all walks of life who have had a secret desire to do stand-up comedy and after eight weeks has them on stage performing at a comedy club. Many of his students have gone on to become professional comics, performing at festivals such as Just For Laughs, and on TV shows like Jay Leno and Craig Ferguson.



A pioneer in the use of humor to increase wellness, reduce stress, and cope with change, David has also taught stand-up comedy to recovering addicts and cancer patients. His work was profiled in the Global TV documentary Laughing Through The Pain and in the Voice Award winning documentary Cracking Up. For more information on David Granirer, visit his website at <http://standupformentalhealth.com/>.

## Opening Session



Based on the game show where contestants make a variety of “deals” with the host to either win fabulous prizes or get stuck with gag gifts. In this interactive session participants will be asked deals they have made (with friends, family, caregivers, etc.) and the consequences of those deals. The session will discuss how making deals/choices can be either a positive or negative part of our recovery. Participants will be challenged to “make a deal” with the presenter to challenge themselves over the course of the conference. Participants will be asked to “make a deal” with themselves during the conference. Make this time not a mini-vacation, but a time of growth and empowerment. Each will be asked to step outside of their “comfort zone” and do something to help them grow at the conference. Talk to someone new, sing karaoke, learn a new skill. Time will be taken to go around to some attendees and ask what they might “make a deal” to do over the next two days. At the end of the session, the presenter will call on participants randomly and ask for items (a recovery quote, something that gives you hope, etc.) for a small prize.