Volume 2 Issue 9 | September 2025

NEW YORK STATE INDEPENDENT LIVING COUNCIL, INC.

NYSILC

empowering new yorkers with disabilities

NYSILC News, September 2025

NAMI Back to School Resources

The National Alliance on Mental Illness is helping create a safe space for trusted adults to talk about mental health and develop mental wellness habits with their children.

Building Student Resilience

As we gear up for the new school year, we understand the importance of mental health for students, parents, and educators. That's why we are adding to our comprehensive youth mental health resource library this back to school season. Navigating the challenges of academics, social dynamics, and personal growth can be overwhelming but, together, we can build a resilient and thriving community. Our resources aim to support educators, guide parents, and empower students on their mental health journey during the school year and beyond.

Share these resources with parents and guardians to help them foster healthy habits for children in your community.

Alliance for Rights and Recovery

43rd Annual Conference - Unbreakable!

Harnessing Our Power, Building Our Resilience,
Inspiring Hope and Courage

September 29 - October 1, 2025

Villa Roma Resort
Callicoon, NY 12723

This year's conference is a rallying call to rise—stronger, louder, and more united than ever—in defense of the values we've championed for decades: human and civil rights, equitable access to healthcare and housing, and fully funded recovery supports within our communities of choice. Now is the time to press forward—to safeguard and strengthen the progress we've made in voluntarily engaging and supporting individuals with dignity, compassion, and

commitment to their success.

Join us this fall as we come together to share our knowledge, experience and expertise and to celebrate our collective spirit of recovery, resilience and fearless determination.

Learn more and register here

APRIL Conference Registration Open

Theme: ROSE - Resilient. Outspoken. Steadfast. Engaged.
Portland, Oregon

October 17-19, 2025

Hyatt Regency Portland at the Oregon Convention Center
375 NE Holladay St, Portland, Oregon 97232

Portland, Oregon is known for its natural beauty, scenic volcanic mountains and amazing river gorges and waterfalls as well its eclectic arts and counter-culture, AND its roses! Portland is known as the City of Roses or Rose City. Our Conference Theme this year is an ode to that symbolism.

For more information about the conference, visit APRIL'sconference webpage or register here.

NAMI NYS 2025 Education Conference

Join the National Association on Mental Illness (NAMI)**November 14–16, 2025**, in Albany, NY for the NAMI NYS Annual Education Conference—a flagship event bringing together mental health advocates, families, peers, and professionals from across the state.

For over 40 years, this conference has provided cutting-edge education, critical resources, and a platform to explore advancements and address challenges in mental health. This year's theme, **"Empowering Ourselves through Connection, Compassion, Coping, Community and Care,"** reflects our commitment to collective action, innovation, and building communities that support recovery.

Whether you're an individual with lived experience, a family member, provider, or policymaker, this event offers something for everyone involved in the mental health journey. Click here for more information:

https://naminys.org/get-involved/annual-events/annual-education-conference/

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Leadership Retreat for Disabled Women

When: **Friday, March 20 – Sunday, March 22, 2026**
Where: Rochester, NY - Strathallan
Cost: $375 Early Bird registration Due Nov. 15, 2025
($475 Registration after Nov. 15, 2025)

*Registration fee includes most meals, two night hotel stay, welcome bag, and workshop materials.

The Leadership Retreat is an annual event empowering disabled women and feminine-aligned nonbinary leaders to develop their leadership skills , build connections, work towards professional and personal goals, and drive change in their communities.

This immersive retreat offers participants the opportunity to engage in dynamic workshops, interactive activities, and group challenges led by accomplished disabled women. Topics range from leadership development and goal setting to self advocacy and public speaking.

The retreat fosters a supportive and inclusive environment where participants can share experiences, exchange ideas, and forge lasting relationships. Attendees leave with renewed confidence, actionable plans for the future, and a strengthened sense of community, ready to lead with impact and inspire others.

Here's the link to learn more or register.

Interested in a Pat Figueroa Scholarship for young adults with disabilities in New York?

The scholarship provides funding for young adults with disabilities to attend and participate in independent living related conferences and/or national disability and leadership trainings.

Learn more or apply here!

Upcoming NYSILC events/activities:

NYS Disability Rights Hall of Fame
Induction Ceremony and Dinner

Tuesday, September 16 at 5:30pm as part of NYAIL's Statewide Conference at the Albany Capital Center

Next NYSILC Full Council Meeting - **Friday, September 26, 2025** from 9:30am to 1pm at the Wolf Road Marriott in Albany and remotely via Zoom. Please visit https://nysilc.org/council/meetings-calendar for details.

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