

PAPSRS 2011 Annual Conference

Agenda

Welcome to the PAPSRS Annual Conference!

If at any time during the conference you have a problem or concern, please do not hesitate to reach out to a PAPSRS Board member. All Board members can be identified by their badge. You can express your concerns at the registration desk from 8:00 am-4:00 pm and we will do our best to accommodate you. Also, please feel free to comment on the PAPSRS overall conference evaluation.

Tuesday, April 5, 2011

8:00 am- 4:00 pm	Conference Registration
8:30 am-11:45 am	INSTITUTES
	ROOM #
T1	<p><i>CPRP Test Preparation Institute- PART ONE</i></p> <p>Eileen Joseph, M.S., CPRP- CEO, CareLink Community Support Services Lu Mauro, M.Ed., CPRP- Director, Wellspring Clubhouse A Program of Penn Foundation</p> <p>This institute provides an overview of the core principles of psychiatric rehabilitation and describes the seven domain areas based on the Certified Psychiatric Rehabilitation Practitioner (CPRP) Role Delineation Study. The CPRP Test Preparation emphasizes the unique role of the psychiatric rehabilitation practitioner and increases participant knowledge of professional, ethical, and multicultural psychiatric rehabilitation practice. Presenters will review study materials and test-taking strategies. Participants will use practice test questions and self-assessments in order to create a personal study plan.</p>
T2	<p><i>Issues of Access and Inclusion in Behavioral Health Services for Lesbian, Gay, Bi-sexual, Transgender, Questioning, and Intersex Consumers- PART ONE</i></p> <p>Virginia L. Dikeman, Licensed Psychologist, Office of Mental Health and Substance Abuse Services Rita Cisneros, BS- Pennsylvania Mental Health Consumers Association Dan Dobbs, CPS-Community Services Group</p> <p>This institute will address implementing the recommendations of the PA DPW's OMHSAS office from the LGBTQI workgroup. We will also address the Keystone Pride Recovery Initiative policy bulletins, as well as how to ensure that LGBTQI people receive fair, equal, welcoming, and competent treatment by skilled practitioners as they seek access or are referred to the Department's behavioral health services in every geographic location in PA in order to enhance recovery. The white paper addressing "conversion therapy" will also be introduced and discussed.</p>
T3	<p><i>"Like Everyone Else": Strategies for Becoming a Real Part of the Community</i></p> <p>Arlene Solomon, M.S., CRC, CPRP- Horizon House</p> <p>Although a person with a psychiatric disability lives in the community, he or she may not be fully participating in what the community offers and may not feel like a full-fledged member of that community. This interactive institute addresses barriers to community inclusion and discusses why individuals often do not feel or function in the community "like everyone else." We will discuss a process for change for service providers and how these changes can be implemented.</p>
T4	<p><i>Health Care Reform in PA</i></p> <p>Michael Jeffery, LCSW- Office of Mental Health and Substance Abuse Services; Facilitated by Dr. Scott Heller, PsyD, CPRP</p> <p>As health care reform begins to take hold in PA, many people are asking questions. And we should. Health care reform deserves an indepth and open-minded discussion of all points of view. What does health care reform mean for me, a working PA citizen? What does health care reform mean for our behavioral health system as it is organized and funded today? What does health care reform mean for people participating in our BH services and people who may need our services in the future? These questions and others will be discussed at this institute.</p>
12:00 pm-1:00 pm	
Gardens	Lunch

Tuesday, April 5, 2011

1:15 pm-4:30 pm	
	ROOM #
T1	<i>CPRP Test Preparation Institute- PART TWO</i>
	Eileen Joseph, M.S., CPRP- CEO, CareLink Community Support Services
	Lu Mauro, M.Ed., CPRP- Director, Wellspring Clubhouse A Program of Penn Foundation
	This institute provides an overview of the core principles of psychiatric rehabilitation and describes the seven domain areas based on the Certified Psychiatric Rehabilitation Practitioner (CPRP) Role Delineation Study. The CPRP Test Preparation emphasizes the unique role of the psychiatric rehabilitation practitioner and increases participant knowledge of professional, ethical, and multicultural psychiatric rehabilitation practice. Presenters will review study materials and test-taking strategies. Participants will use practice test questions and self-assessments in order to create a personal study plan.
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	Virginia L. Dikeman, Licensed Psychologist, Office of Mental Health and Substance Abuse Services
	Rita Cisneros, BS- Pennsylvania Mental Health Consumers Association
	Dan Dobbs, CPS-Community Services Group
	This institute will address implementing the recommendations of the PA DPW's OMHSAS office from the LGBTQI workgroup. We will also address the Keystone Pride Recovery Initiative policy bulletins, as well as how to ensure that LGBTQI people receive fair, equal, welcoming, and competent treatment by skilled practitioners as they seek access to, or are referred to, the Department's behavioral health services in every geographic location in PA in order to enhance recovery. The white paper addressing "conversion therapy" will also be introduced and discussed.
T5	<i>Supported Education: Making the Connection to School and a Career</i>
	Arlene Solomon, M.S., CRC, CPRP- Horizon House
	Labor forecasts for Pennsylvania project that nearly 60% of job openings over the next ten years will require post secondary education. In order to succeed in school and obtain a career, individuals with a psychiatric disability need supports. This institute, targeted for service providers, will focus on the type of supports currently available and how to create additional ones. Through small group work, attendees will begin the process of designing supported education services. We will look at a variety of tools, including "Planning for Post Secondary School: A Beginner's Guide for Individuals with a Disability" and strategies for creating supported education services on a limited budget.
T6	<i>The Laurel Highlands Region Police CIT: Law Enforcement, Mental Health and NAMI Partnering for a Better Community</i>
	Officer Dan Marguccio-Law Enforcement Coordinator, Laurel Highlands Region Police Crisis Intervention Team
	Wendy Stewart, BA- NAMI Cambria County, NAMI Coordinator Laurel Highlands Region Police Crisis Intervention Team
	Equipping police with the knowledge and skill to recognize the signs and symptoms of mental illness and de-escalate potentially dangerous situations can make the difference in whether a person is arrested and sent to jail or helped to receive the care the person needs. Learn how community partnership provides the essential element of a successful CIT program.
5:30 pm-6:30 pm	
PAPSRS Annual Board Meeting	

Wednesday April 6, 2011

8:00 am- 4:00 pm	Conference Registration
8:30 am-10:00 am	
ROOM #	
Presidents Hall	Welcome: Becky Clark, President, PAPSRs; Sherry Snyder, Acting Deputy Secretary, OMHSAS
	Keynote: "I'm OK but YOU need Professional Help- Using Humor to Fight Stigma"
	David Granirer, Registered Professional Counselor-Stand up for Mental Health
	You have to be "nuts" to take counselor and stand-up comic David Granirer's <i>Stand up for Mental Health</i> program where he teaches stand-up comedy to people with mental illness, but the results can be life-changing! This hilarious presentation is part comedy and part education. David, who himself struggles with depression, looks at how humor can help fight the stigma around mental illness. Through video clips, you'll get to see examples of his comics breaking down barriers by finding the lighter side of their mental health journeys.
10:00 am-10:30 am	Break
10:30 am-12:00 pm	Workshops
ROOM #	
W1	<i>Getting the Laughs You Need</i>
	David Granirer, Registered Professional Counselor-Stand up for Mental Health
	In today's mental health world you need all the laughs you can get! Come learn practical techniques for using laughter to relieve stress, enhance wellness, cope with change, and create an upbeat, positive approach to life and work.
W2	<i>Initial Functional Assessment for Psychiatric Rehabilitation Services- PART ONE</i>
	Janice Aspey, CPRP- Goodwill Industries of the Conemaugh Valley, Inc
	Tricia Fisher, CPRP, CBIS- Goodwill Industries of the Conemaugh Valley, Inc
	This highly interactive workshop will define the purpose of the OMHSAS required Initial Functional Assessment. Participants will learn to document how the effects of a mental illness can impact the person's ability to obtain a valued role. Finally, participants will demonstrate the skills necessary to complete an assessment that adheres to the admission/medical necessity criteria for psychiatric rehabilitation. Presenters will lead the participants through a case study and together, will write an Initial Functional Assessment.
W3	<i>Documentation for Certified Peer Support and Psychiatric Rehabilitation Licensure- PART ONE</i>
	Virginia L. Dikeman, MA, Licensed Psychologist- Office of Mental Health and Substance Abuse Services
	Elizabeth Ricker, CPRP- Office of Mental Health and Substance Abuse Services
	This workshop will address one of the most frequently asked questions for Psychiatric Rehabilitation and Certified Peer Support- documentation. Two OMHSAS licensing staff will outline tenets of good documentation including requirements of OMHSAS, Managed Care Organizations, and CMS which are used to determine payment. Use of recovery-oriented language and person first language will also be discussed in order to enhance service delivery.
W4	<i>Creating Effective Partnerships</i>
	Kathyann E. Corl, MA, CPRP- Keystone Community Mental Health Services
	Michael Grier, MS- Keystone Community Mental Health Services
	Psychiatric Rehabilitation services have evolved to include persons in recovery as providers of services and the usage of recovery tools to evaluate services being delivered. There are now opportunities for partnerships with stakeholders. In this workshop, we will explore several skills and tools which create this type of effective partnership.

Wednesday April 6, 2011

W5		<p><i>Jump Starting the Change Process</i></p> <p>Christine R. Wydeen, PhD, LCSW, CAC, CCDP-D- Community Care Behavioral Health Organization Denise Astaneh, MA, CPRP- Community Counseling Services of NE PA</p> <p>Within the context of a Recovery Learning Collaborative (RLC), participants will learn the value of using specific tools such as Personal Medicine and Power Statements to empower individuals and agencies on their recovery journey.</p>
WA		<p><i>"A Plan for Promoting Housing and Recovery-Oriented Services"</i></p> <p>Natalie Shaffer-OMHSAS Housing Coordinator Marti Kinsley- Technical Assistance Collaborative</p> <p>OMHSAS and County MH/MR Programs are making supportive housing a major priority across the state as a result of OMHSAS developing "A Plan for Promoting Housing and Recovery-Oriented Services" focused on creating more supportive housing statewide. Counties have committed over \$80 million in Health Choices Reinvestment funds to supportive housing since 2008 and local and statewide housing agency partners have added new resources. Presenters will provide and update of the state initiative, describe various projects across the state and new federal funding opportunities. The presenters will discuss successful rehabilitation and services strategies effective in assuring persons with behavioral health disorder can be successful in getting and keeping housing. Special emphasis will be given to strategies for helping people move into housing of their choice directly from institutions, jail or the streets.</p>
12:00 pm-1:00 pm		
Presidents Hall		Lunch/ Award Ceremony and USPRA Update: Marcie Granahan
1:15 pm-2:45 pm		Plenary- "The Time is Here: Medicaid Funded Psychiatric Rehabilitation Services in Pennsylvania"
2:45 pm-3:15 pm		Break
3:15 pm-4:45 pm		Workshops
	ROOM #	
W6		<p><i>Initial Functional Assessment for Psychiatric Rehabilitation Services- PART TWO</i></p> <p>Janice Aspey, CPRP- Goodwill Industries of the Conemaugh Valley, Inc Tricia Fisher, CPRP, CBIS- Goodwill Industries of the Conemaugh Valley, Inc</p> <p>This highly interactive workshop will define the purpose of the OMHSAS required Initial Functional Assessment. Participants will learn to document how the effects of a mental illness can impact the person's ability to obtain a valued role. Finally, participants will demonstrate the skills necessary to complete an assessment that adheres to the admission/medical necessity criteria for psychiatric rehabilitation. Presenters will lead participants through a case study and together, will write an Initial Functional Assessment.</p>
W7		<p><i>Documentation for Certified Peer Support and Psychiatric Rehabilitation Licensure- PART TWO</i></p> <p>Virginia L. Dikeman, MA, Licensed Psychologist- Office of Mental Health and Substance Abuse Services Elizabeth Ricker, CPRP- Office of Mental Health and Substance Abuse Services</p> <p>This workshop will address one of the most frequently asked questions for Psychiatric Rehabilitation and Certified Peer Support- documentation. Two OMHSAS licensing staff will outline tenets of good documentation including requirements of OMHSAS, Managed Care Organizations, and CMS which are used to determine payment. Use of recovery-oriented language and person first language will also be discussed in order to enhance service delivery.</p>
W8		<p><i>Recovery for the Body and Mind</i></p> <p>Jennifer McLaughlin, BSE, CPRP- Community Services Group Kathleen McWilliams-Roth, MA, LSW, CPRP-Community Services Group</p> <p>Discover how Community Services Group offers to individuals with severe mental illness the opportunity to learn how to better self manage their diabetes in conjunction with their mental illness in our Psychiatric Rehabilitation Programs. We will introduce a structured program that we use that focuses on diabetes management, nutrition, healthy eating, exercise, weight management and smoking cessation.</p>

Wednesday April 6, 2011

	ROOM #	
W9		<i>Greene County Human Services Recovery Knowledge Intervention</i>
		Leigh Gardner, MS- Value Behavioral Health of Pennsylvania, Inc.
		Jim Womeldorff, MS, CPRP- Greene Arc, Inc.
		This workshop describes a project that administered a "Recovery Knowledge Survey" to all mental health service provider agencies in Greene County. We will describe how we: (1) used statistics to analyze the results of the initial survey; (2) designed and conducted an "intervention" based on the aggregate results; and (3) then re-administered the "Recovery Knowledge Survey" to assess for the impact of the intervention.
W10		<i>Meaning, Connection and Spirituality in Mental Health Settings</i>
		Robert Manrodt- Office of Mental Health and Substance Abuse Services
		Dr. Scott Heller, Psy.D, CPRP- Office of Mental Health and Substance Abuse Services
		Using research and examples, we will explore the critical relationship between connectedness and meaning for individuals (elements of spirituality) and their wellness (both emotionally and physically).
W11		<i>Short Term Purpose, Long Term Impact</i>
		Joyce Anderson-Hand In Hand Christian Counseling
		Darla Dodds, MA, LPC, CPRP-Hand In Hand Christian Counseling
		Nikki Hall, Hand In Hand Christian Counseling
		As we journey through life, insurmountable obstacles get in our way. This workshop will show how a group of people are using creativity to build a better life and how they overcame incredible obstacles just to get here. Since recovery is not a solitary thing, we found each other's strength's and used them towards a common goal. A workshop filled with hope and discovery!

Thursday, April 7, 2011

8:30 am-10:00 am		
	ROOM #	
	Presidents Hall	Welcome:
		<i>Keynote: The Role of Advocacy in Rehabilitations and Recoveries</i>
		Frederick Frese, Ph.D
		The effectiveness of current medications and improved treatment modalities have allowed consumers to take a more active role in their recovery and redefine what it means to be a person recovering from serious mental illness. This presentation looks at recovery issues from the perspective of major advocacy groups including the National Alliance on Mental Illness (NAMI), the Treatment Advocacy Center (TAC), and the Summit County, Ohio, Recovery Project. It highlights the importance of advocacy in the process of recovery and explores advocacy opportunities for persons in recovery from serious mental illness.
10:00 am-10:30 am		Break

Thursday, April 7, 2011

10:30 am-12:00 pm

Workshops

	ROOM #	
TH1		<i>Goals and Groups- How to make it all work together- PART ONE</i>
		Tina Hauck, COTA, CPRP- Community Services Group
		Jennifer McLaughlin, BSE, CPRP- Community Services Group
		Do you have difficulty writing individual rehabilitation plans (IRP's)? Do you worry about how to effectively offer groups to individuals who are working on different IRP's? CSG will share ideas on how to write effective goals and objectives. Together, we will explore how an individuals' goals and objectives can be met in a group setting.
TH2		<i>Advanced Systems Advocacy</i>
		Debbie Plotnick, MSS, MLSP, LSW- Mental Health Association of Southeastern Pennsylvania
		Corey Rogers, CPS- Mental Health Association of Southeastern Pennsylvania
		This workshop will include a tutorial on how to research, analyze, and influence bills, bulletins, regulations, and public policy at the federal, state, and local levels. It will introduce web based resources, and offer participants the opportunity to engage in an interactive discussion on how to use this knowledge and these tools to develop their own systems change campaigns.
TH3		<i>Crisis Intervention with Military and Veterans with TBI or PTSD</i>
		Scott Shaw, MA, CBIS- Defense and Veterans Brain Injury Center, Johnstown
		Jeff Jablon, MHA, CBIS- Defense and Veterans Brain Injury Center, Johnstown
		The OEF/OIF conflicts have produced unprecedented numbers of military members with TBI and PTSD. Unique characteristics of these individuals place them at elevated risk for involvement in situations that may require intervention. Early recognition and appropriate intervention can decrease risks and prevent counterproductive outcomes.
TH4		<i>Our Personal Journey</i>
		Robert D. Feragotti, MS, CPRP- Keystone Community Mental Health Services
		Jeffery Brown, CPRP-Keystone Community Mental Health Services
		This workshop will explore the challenges and successes related to the housing transition process, while providing insight into the personal care home experience from the perspective of three residents. The panel will discuss their personal journey, which will include their unique experiences with the current mental health system and the available supports. An interactive component will be included as the panel has agreed to field questions from attendees.
TH5		<i>Utilizing Supported Employment to Promote Recovery within an ACT Program</i>
		Thomas Albert, MS-Lenape Valley Foundation
		This workshop will discuss the principles and implementation of Supported Employment for consumers with psychiatric disabilities within an Assertive Community Treatment Program. This workshop will include a discussion of strategies and interventions to assist consumers in their recovery by finding and sustaining competitive employment with an emphasis on consumer choice and rapid job placement.

12:00 pm-1:00 pm

**Presidents
Hall**

Lunch

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Thursday, April 7, 2011

1:15 pm-2:45 pm		Workshops
	ROOM #	
TH6		<p><i>Goals and Groups- How to make it all work together- PART TWO</i></p> <p>Tina Hauck, COTA, CPRP- Community Services Group</p> <p>Jennifer McLaughlin, BSE, CPRP- Community Services Group</p> <p>Do you have difficulty writing individual rehabilitation plans (IRP's)? Do you worry about how to effectively offer groups to individuals who are working on different IRP's? CSG will share ideas on how to write effective goals and objectives. Together, we will explore how an individuals goals and objectives can be met in a group setting.</p>
TH7		<p><i>Stages of Change and Possible Engagement Strategies- PART ONE</i></p> <p>Gina Kaye Calhoun, BA, CPS, ALF- Office of Mental Health and Substance Abuse Services</p> <p>Dr. Scott Heller, Psy.D, CPRP- Office of Mental Health and Substance Abuse Services</p> <p>In a behavioral health system that is often focused on action-oriented goal plans, one must recognize that action is not the first step toward lasting change. This workshop focuses on the six stages of change, the various tendencies people face when altering their lifestyle and offers engagement strategies based on the person's unique tendencies and stage of change.</p>
TH8		<p><i>Challenges for Parents in Recovery and Their Children</i></p> <p>Loran Kundra, JD, MSS, LSW, CPS- Temple University Collaborative on Community Inclusion for Individuals with Psychiatric Disabilities</p> <p>Edie Mannion, MFT- Mental Health Association of Southeastern PA</p> <p>Parents in recovery from mental health challenges face many obstacles. Likewise, being a minor or adult child of a person in recovery presents its own unique issues. In this workshop, we will examine the perspectives of parent, minor child and adult child, particularly through the use of personal accounts, and offer opportunities for audience discussion of these critical issues.</p>
TH9		<p><i>Puzzle Pieces to Recovery</i></p> <p>Jeffrey Brooks, BS, CPRP- Crawford County Mental Health Awareness Program</p> <p>Lynn McUmber, BA, Crawford County Mental Health Awareness Program</p> <p>Mental health consumers and workers lead an open discussion on the value of a collaborative system of community care through several individuals' journey to recovery. Participants will gain a deeper understanding of the practical application of Psychiatric Rehabilitation principles and a consumer's perspective on psychiatric rehabilitation services.</p>
TH10		<p><i>Great WRAP® Facilitation</i></p> <p>Matthew R. Federici, M.S., CPRP- Copeland Center</p> <p>Great WRAP ® Facilitation is a workshop for all audiences, from people who know just a little bit on WRAP® to Advance Level. This workshop is designed to highlight the basic training methodologies modeled by the Copeland Center and used for the University of Illinois research study as well as to offer helpful tips and strategies to existing WRAP® facilitators to enhance their presentation.</p>
2:45 pm-3:15 pm		Break

Thursday, April 7, 2011

3:15 pm-4:45 pm		Workshops
ROOM #		
TH11	<i>Stages of Change and Possible Engagement Strategies- PART TWO</i>	
	Gina Kaye Calhoun, BA, CPS, ALF- Office of Mental Health and Substance Abuse Services	
	Dr. Scott Heller, Psy.D, CPRP- Office of Mental Health and Substance Abuse Services	
	In a behavioral health system that is often focused on action-oriented goal plans, one must recognize that action is not the first step toward lasting change. This workshop focuses on the six stages of change, the various tendencies people face when altering their lifestyle and offers engagement strategies based on the person's unique tendencies and stage of change.	
TH12	<i>Resources for Parents in Recovery and their Children</i>	
	Loran Kundra, JD, MSS, LSW, CPS- Temple University Collaborative on Community Inclusion for Individuals with Psychiatric Disabilities	
	Edie Mannion, MFT- Mental Health Association of Southeastern PA	
	This workshop will promote resilience in parents in recovery, minor children and adult children by offering a toolkit of resources for these populations. Resources for children will include information about Child and Family Connections, a groundbreaking program currently being developed in Philadelphia. For parents in recovery and those professionals serving them, there will be resources on positive parenting and child custody.	
TH13	<i>Raising the Bar with Psychiatric Rehabilitation: Peer Support Without Walls</i>	
	Lew Manges, CPRP- ELWYN Inc.	
	Cindy Zatcoff- ELWYN Inc.	
	What happens when implementing good Psychiatric Rehabilitation practices reveal constraints from your own programs? At Elwyn, we created "Partners in Recovery", a peer-support program "without walls" to expand practice outside the confines of a program site. In telling our story, we will describe the difference between an embedded peer support program and one without walls, share our successes and challenges, and explore the new world of boundary issues created in <i>raising the bar</i> .	
TH14	<i>Gaining a Valued Role in the Community by Building a Culture of Voters</i>	
	Amanda Kokoski, BS, BA, CPRP-Community Counseling Center of Mercer County	
	Timothy Maurice, BS, CPRP- Community Counseling Center of Mercer County	
	Rachel Freund-Mental Health Association of Allegheny County	
	Through the act of voting, people become active citizens in the political arena; both our political and personal power grows as we are connected with the community of voters. This workshop will share the strategies used to engage people in the community and the stories of how this experience moved people forward in their recovery journey.	
TH15	<i>Mentally Healthy at Work</i>	
	Nicole Darr, CPS- Pennsylvania Mental Health Consumers Association	
	Kathynn Corl, MA, CPRP-Keystone Community Mental Health Services	
	Tracy Carney, AAS, CPS-Columbia, Montour, Snyder, Union County Behavioral Health Services	
	What is a recovery-oriented work environment, and why is it important? This interactive workshop will explore ways mental health workers can help create mentally healthy workplaces. Participants will be able to identify risk factors that contribute to worker burnout and identify protective factors that enhance worker wellness.	