

PAPSRS 2012 Annual Conference Agenda

Psychiatric Rehabilitation: Creating Positive Outcomes

Welcome to the Annual PAPSRS 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 also express your concerns at the registration desk from 8:00am-4:00pm and we will do our best to accommodate you. Also, please feel free to comment on the PAPSRS overall conference evaluation.

Monday, April 16, 2012

1:00 pm-5:00 pm
Room XXX

Practitioner Orientation: Foundations for Recovery-Oriented Psychiatric Rehabilitation Services- DAY ONE

Eileen Joseph-CPRP and TBA

This two day 12 hour orientation meets the requirements for staff from licensed psychiatric rehabilitation programs. You must attend the full 12 hours in order to obtain your certificate. This training provides an overview of the larger field of psychiatric rehabilitation. The foundation topics include PR history, principles, values, documentation, types of programs, ethics, collaboration, practice competencies, and more.

6:00 pm-8:00 pm

Conference Registration

Tuesday, April 17 2012

8:00 am-12:00 pm
Room XXX

Practitioner Orientation: Foundations for Recovery-Oriented Psychiatric Rehabilitation Services- DAY TWO, PART ONE

Eileen Joseph-CPRP and TBA

This two day 12 hour orientation meets the requirements for staff from licensed psychiatric rehabilitation programs. You must attend the full 12 hours in order to obtain your certificate. This training provides an overview of the larger field of psychiatric rehabilitation. The foundation topics include PR history, principles, values, documentation, types of programs, ethics, collaboration, practice competencies, and more.

12:00 pm-1:00 pm

Lunch-Presidents Hall

1:00 pm-5:00 pm
Room XXX

Practitioner Orientation: Foundations for Recovery-Oriented Psychiatric Rehabilitation Services- DAY TWO, PART TWO

Eileen Joseph-CPRP and TBA

This two day 12 hour orientation meets the requirements for staff from licensed psychiatric rehabilitation programs. You must attend the full 12 hours in order to obtain your certificate. This training provides an overview of the larger field of psychiatric rehabilitation. The foundation topics include PR history, principles, values, documentation, types of programs, ethics, collaboration, practice competencies, and more.

Tuesday, April, 17 2011

8:30 am- 11:45 am

Institutes

T1 Room XXX

Practitioner Skills and Competencies That Provide the Foundation For Psychiatric Rehabilitation Services - PART ONE

Ellywon J. Andres-MA, CPRP; Rochelle Reimert-BA, CPRP

This Institute provides an overview of the core principles and values of psychiatric rehabilitation practice. The principles are implemented through seven practice competency domains that define professionally delivered psychiatric rehabilitation services. This Institute is intended to provide guidance and support for practitioners who seek a successful CPRP testing experience.

T2 Room XXX

Starting up a Psychiatric Rehabilitation Program: Growing Pains

Panelists: Fran Billen, Elizabeth Ricker, TBA

Moderator: Arlene Solomon-MS, CPRP, CRC

Whether you are thinking about or are in the first year or so of a new psychiatric rehabilitation program, this Institute is intended to assist you with the variety of issues met in the early stages of starting up a PR program. Some of these include establishing funding sources, selecting and ramping up your program design, integrating recovery into the mix, marketing, developing policies/procedures, hiring and training staff, and figuring out the best strategies for supervision. In addition, there are the new relationships with OMHSAS and your MCO as they monitor your efforts. Come and learn from those who have "been through it."

T3 Room XXX

Documentation Requirements for Certified Peer Support Licensure

Virginia L. Dikeman-Licensed Psychologist; Janice Aspey- CPRP

This institute will address some of the most frequently asked questions for Certified Peer Support documentation. An Office of Mental Health and Substance Abuse licensing staff will outline tenets of good documentation including requirements of OMHSAS, Managed Care Organizations and CMS which are used to determine compliance and payment. Use of recovery oriented language and person first language will also be discussed in order to enhance system transformation. Practice writing examples will also be used.

12:00 pm -1:00 pm

Lunch-Presidents Hall

1:15 pm-4:30 pm

Institutes

T1 Room XXX

Practitioner Skills and Competencies That Provide the Foundation For Psychiatric Rehabilitation Services - PART TWO

Ellywon J. Andres-MA, CPRP; Rochelle Reimert-BA, CPRP

This Institute provides an overview of the core principles and values of psychiatric rehabilitation practice. The principles are implemented through seven practice competency domains that define professionally delivered psychiatric rehabilitation services. This Institute is intended to provide guidance and support for practitioners who seek a successful CPRP testing experience.

- T4 Room XXX **Documentation Requirements for Psychiatric Rehabilitation Licensure**
Virginia L. Dikeman-Licensed Psychologist; Elizabeth G. Ricker- CPRP
 This workshop will address some of the most frequently asked questions for Psychiatric Rehabilitation documentation. Two Office of Mental Health and Substance Abuse licensing staff will outline tenets of good documentation including requirements of OMHSAS, Managed Care Organizations and CMS which are used to determine compliance and payment. Use of recovery oriented language and person first language will also be discussed in order to enhance system transformation. Practice writing examples will also be used.
- T5 Room XXX **Systems Advocacy Toolbox for Psychiatric Rehabilitation Practitioners and Peers**
Debbie Plotnick-MSS, MLSP, LSW; Corey L. Rogers-CPS
 This institute will address the unprecedented need for systems advocacy. Workshop participants will come away with a culturally aware tool-kit to address the current challenges in Pennsylvania. Using the USpra domains as a framework, CPRP's and peers will acquire the skills to use advocacy as a collaborative recovery tool.

5:30 pm-6:30 pm **PAPSRS Annual Board Meeting**

6:00 pm-8:00 pm **Conference Registration**

Wednesday, April 18, 2012

8:00 am -4:00 am **Conference Registration**

8:30 am- 10:00 am **Welcome:** *Becky Clark-PAPSRS President; Blaine L. Smith-Deputy Secretary Office of Mental Health and Substance Abuse Services*

Presidents Hall **Keynote: You Don't Know Me Until You Know Me**
Dr. Michael Fowlin
 A one-person show that deals with the issues of race, discrimination, violence prevention, personal identity, suicide, gender equity, homophobia, and the emotional pain felt by special education children. In a gripping, fast paced performance, Michael Fowlin slips in and out of nine characters, both male and female, who "share their stories". The characters share their stories in an often humorous, but at times, heartbreaking manner.

10:00 am-10:30 am **Break**

10:30 am-12:00 pm

Workshops

W1 Room XXX

They Put Me in Charge: Now What Do I Do?

Arlene Solomon-MS, CPRP, CRC; Lisa Pettinati-BSW, MS

In this time of decreasing funding and the shift to psychiatric rehabilitation services, people are often thrust into leadership roles for which they may not be prepared. This workshop will provide an overview of two areas in which program managers need expertise to avoid the pitfalls of promotion: managing staff including developing strong teams, motivation, and performance issues; and fiscal management.

W2 Room XXX

Your Clubhouse and Managed Care

Karen Retorick; Jessica Sundberg-BS, CPRP

Learn about how to prepare your Clubhouse for the managed care transition affecting every Clubhouse in PA. Topics will include how to reorganize your billing system, medically necessary goals and language, what Clubhouse tasks are covered and which are not, the rule of exceptions, etc... Also, join us for a group discussion to realize you are not alone!

W3 Room XXX

Consumer Run Program: Embracing Successful Psychiatric Rehabilitation

Tina Loomis-CPRP, BSW, CPSS; Kimberly Phillips-BSW

This workshop will describe how the Fairweather Lodge, a consumer run program, promotes empowerment and fosters hope on a daily basis. Participants will be encouraged to teach psychiatric rehabilitation principles to consumers in their program so that they, in turn, can become mentors to their peers.

W4 Room XXX

The Power of Storytelling for Individual and Organizational Change

Dr. Scott T. Heller- Psy.D, CPRP; Gina Kaye Calhoun-Heller- BA, CPS, CPSS

Before the written word, stories were a way of sharing values, ideas and life lessons from one generation to the next. Stories still hold power today. Research tells us that stories have more of an impact on whether people believe information than straight data. This workshop will focus on sharing your personal or organization's story to educate, inspire and motivate people toward change.

W5 Room XXX

Groups: Have Fun! Be Creative! Get Paid!

Tina Hauck-CPRP, COTA/L; Kelly Stankiewicz- CPRP, BA

Groups! Groups! Groups! Same old groups day in and day out? Get creative, fun and innovative group ideas. Learn to turn just about any activity or topic into a group. Unfortunately great groups mean nothing if we can't get paid for them. Learn how to include skills when writing rehabilitation plans and how to break groups down into those skills, so then documenting and billing become easy!

12:00 pm-1:00 pm
Presidents Hall

Lunch and Award Ceremony

1:15 pm-2:45 pm
Presidents Hall

Plenary: Physical Health/Behavioral Health Integration – What is it and how can you make an impact? *Panel Discussion*

What is PH/BH integration and why is it important for individuals? This panel will offer information on what is happening on the Federal and State level. The state level will include information from Community Care Behavioral Health on their various projects to assist individuals who have significant physical health issues in combination with their behavioral health. Discussion will then lead to what is being done at the local level and how can providers make an impact.

2:45 pm-3:15 pm

Break

3:15 pm-4:45 pm

Workshops

W6 Room XXX

Transition of Young Adults to Employment: Lessons Learned

Arlene Solomon- MS, CPRP, CRC; Shakina Lewis- AA

The present down economy, along with a high unemployment rate, poses major challenges for those seeking employment, even if they have credentials and job experience. For individuals with a disability, with little experience, and no credentials, the task is daunting. For individuals between the ages of 18 and 25, who face multiple challenges, not the least of which is poor academic skills, job seeking is “mission impossible.” This workshop will review the model developed to meet the needs of the identified population. We will discuss challenges that we faced and strategies to overcome them along with information on funding and outcomes

W7 Room XXX

WRAP® for Kids

Matthew Federici- MS, CPRP; Gina Kaye Calhoun-Heller- BA, CPS, CPSS, ALF

This workshop will focus on the WRAP® Workbook for Kids. The idea and concept of WRAP® for Kids is similar to that of adults; yet the language is kid friendly and the crisis/post crisis plan has been omitted. We will explore WRAP® for Kids and guidelines for supportive adults working with children on this wellness journey

W8 Room XXX

R.E.P.R.E.S.E.N.T.

Wendy Wood-BA; Tim Maurice, CPS, CPRP; Janice Aspey, CPRP

This workshop will heighten the value of collaboration between psychiatric rehabilitation and drop-in-center programs. Drop-in centers not only support their members, members also are active in their communities at large. Each letter of REPRESENT will be used to demonstrate how to achieve this goal. Discussion will follow the presentation.

W9 Room XXX

Ethical Practice in a Recovery Oriented Service

Eileen M. Joseph- CPRP

Ethical practice is a critical element of every psychiatric rehabilitation service. Since psych rehab and recovery-oriented services are delivered in a variety of settings, situations can arise that put the practitioner in an ethical quandary. This workshop will explore the components of ethical behavior, review the USpra Code of Ethics and outline a method for practitioners to utilize to examine ethical dilemmas and determine the ethical course of action

W10 Room XXX

Communing for Success

Amanda Szurek-MA, CPRP; Angie Henry-BS

Participants will have the opportunity to explore communication styles that engage and welcome PR members, enhance recovery, and foster productive relationships. Through accurate assessment of readiness, open and genuine communication, and celebrations of success, we can ensure that goals are meaningful to our members

W11 Room XXX

Recovery Focused Leadership: Principles to Transform a Mental Health System

Michael Grier, MSA; Jeff Brown-CPRP

The mental health system is undergoing a transformation from "treatment focused" to a "recovery based" system of care. This requires that leaders adjust their leadership style to support this change. This interactive workshop will explore various strategies to accomplish this changing culture within the mental health system.

Thursday, April 19, 2012

8:00 am -4:00 am

Conference Registration

**8:30 am-10:00 am
Presidents Hall**

Keynote: That's Just Crazy Talk

*Victoria Maxwell, BFA/BPP**

In "That's just crazy talk", Victoria Maxell, actress, researcher, educator and mental health worker, describes the light and dark side of living with bipolar disorder, anxiety and psychosis. It describes one woman's journey of coming to terms with mental illness within herself and in her family. An intimate story exploring the judgment we face not only from others, but from ourselves and the mysteries of family secrets. This funny and truthful play both entertains and educates, exploding stigmas and portraying the love and resilience it takes to stay together as a family in the midst of illness and the beauty that can result when we face our demons.

10:00 am-10:30 am

Break

10:30 am-12:00 pm

Workshops

TH1 Room XXX

The Peer Support Conspiracy: When Equality Equals Empowerment

Rachelle Weiss- MS, CPS, CPS Supervisor; Kathyann Corl- MA, CPRP; Tracy Carney AAS, CPS

To “conspire” literally means “when people breathe as one.” Participants will define and redefine the concept of peer support by exploring the diversity of their work across mental health services (working in a variety of settings from clubhouses, ACT teams, psychiatric rehabilitation site based and mobile programs, warmlines and drop-in centers) along with a brief history of the concept and purposes of peer support and its relationship to psychiatric rehabilitation. Participants will learn of the common ground, experiences and challenges ALL peer workers face, across the mental health system of service delivery including psychiatric rehabilitation and in doing so will create a more unified coalition.

TH2 Room XXX

Assisting People to Identify and Experience Real-Life Outcomes Utilizing the Boston University Role Recovery Approach

Jim Womeldorff- MS, CPRP, Certified by Center for Psychiatric Rehabilitation at Boston University as a Trainer and Program Development Consultant

One of the underlying principles of the Boston University Approach to Psychiatric Rehabilitation is “Outcome Orientation.” The process supports the person working toward measurable goals and objectives and many other levels of outcomes. The context for these outcomes in the Role Recovery method of implementation is within the “phases:” Engagement, Readiness Development, Choosing a Valued Role and Achieving a Valued Role.

TH3 Room XXX

Making Friends, Changing Lives

Sarah Nathan-Director Compeer; David Young, CPRP

You’re invited to a work shop that will familiarize you with the Compeer program and it’s relevancy to a person in mental health recovery by engaging you with a friendly yet provocative experience.

TH4 Room XXX

Keeping Individuals Interested: A Look at How Motivation Affects Involvement

Jason Werner- CPRP

There may be times that individuals lose interest in what you or your program has to offer. This interactive workshop will examine reasons individuals lose interest in services and identify different motivational concepts and strategies practitioners can implement to re-engage individuals.

TH5 Room XXX

Community Integration Through Media Marketing

Terrence Burke- BA; Cindy Erickson-BA, CPRP

This workshop will focus on how a functioning media component in a psychiatric rehabilitation program can increase opportunities to individuals through raising awareness and reducing stigma to legislative leaders, community organizations, and potential employers.

TH6 Room XXX

How to Measure Your Programs Outcome...Or do you????

Jeff Brown-BA, CPRP

Today's programs are designed and focused on providing the best possible service they can, in doing so outcomes and successes or failures will depend on future funding or program expansion. We will look at how and what to capture, the PDSA model and how to use this information to your advantage.

TH7 Room XXX

On the Road Again: Accommodating Mental Illness at Work

*Victoria Maxwell, BFA/BPP**

Drawing from her own experience of bipolar disorder, psychosis and anxiety and her successful return to work with her professional knowledge as a mental health worker, Victoria Maxwell outlines the areas impacted by mental illness which may need to be addressed for a successful return to work. Discussed will be mental health accommodations to help employees remain a valued asset to their workplace.

12:00 pm-1:00 pm

Lunch- Presidents Hall

1:15 pm-2:45 pm

Workshops

TH8 Room XXX

WRAP: Healing the Trauma of Abuse- PART ONE

Matthew R. Federici-MS, CPRP; Gina Calhoun-Heller- BA, CPS, CPSS

WRAP, Healing the Trauma of Abuse is an interactive workshop for men and women who have experienced sexual, emotional or physical abuse and/or their supporters seeking steps and tools to wellness using WRAP®. The workshop is based on the work of Mary Ellen Copeland, Ph.D. with the Wellness Recovery Action Plan® curriculum and Dr. Copeland's work with Maxine Harris, Ph.D. on trauma

TH9 Room XXX

Building Effective Community Partnerships- PART ONE

Kathyann E Corl- MA, CPRP; Michael Grier, MS

Psychiatric rehabilitation is built on effective partnerships that communities offer. We offer the opportunity to build with all our stakeholders, creating meaningful change with partnerships in the community. This workshop is designed to be interactive allowing participants to explore methods of partnership building others are using while exploring growth in their own communities.

TH10 Room XXX

Organizational Characteristics and Outcomes of PA Clubhouses

Colleen McKay-MA, CAGS; Keith Fuller-MS, CPRP

This workshop will provide information regarding gathering and using data on organizational characteristics and outcomes of Pennsylvania Clubhouses in a variety of areas including clubhouse memberships and member demographics, funding, governance and administrations, staffing, program structure, and services offered by clubhouse including employment, education, housing and other supports.

TH11 Room XXX

Creating Welcoming and Affirming Services For Persons Who Are LGBTQI

Virginia L. Dikeman-Licensed Psychologist; Rita Cisneros-BS; Taylor Anderson- MSW, LSW, CPRP

This course is for anyone wishing to become more aware of some of the issues faced by persons referred to as “sexual minorities” by many others. We will explore the effects of language, culture, and power dynamics on the developing personhood of persons who carry these labels represented by the initials above as well as explore our own attitudes, values and thinking, conditioned by our own upbringing, acculturation, and knowledge (or its lack). The focus will be on ways to become more truly welcoming and affirming to all persons who may differ from us and to learn how to be helpful as a part of a healing community of support. Students will gain skills to be more competent in addressing the needs of “sexual minorities”.

TH12 Room XXX

Finding the “I” in Team: The Art and Science of Management in a Recovery Oriented Environment

Melissa Kreutzberger- MHRM; Janice Aspey, CPRP

With transformation and creation of new psychiatric rehabilitation programs underway, this interactive and entertaining workshop combines application of traditional management theory and organizational behavior with opportunities for personal discovery. Learn how to maximize your individual managerial potential. Being effective as a manager is the first (and maybe most critical) step in building and maintaining an effective team.

TH13 Room XXX

Meeting Psychiatric Rehabilitation Needs of Young Adults in Transition: Findings from Exploratory Interviews

Amanda Kokoski- BS, BA, CPRP; Elise Mac-Bello-BS, CPRP

Findings from interviews with managers, staff, and participants at 7 programs that target psychiatric rehabilitation services for transition age (18-24) young adults will be presented. Stories about program development and program participant experiences will provide background to the findings. Topics will include start up, marketing, staff hiring/training, collaborations, and documentation for funding and outcomes.

2:45 pm-3:15 pm

Break

3:15 pm-4:45

TH14 Room XXX

Workshops

WRAP: Healing the Trauma of Abuse- PART TWO

Matthew R. Federici-MS, CPRP; Gina Calhoun-Heller- BA, CPS, CPSS

WRAP, Healing the Trauma of Abuse is an interactive workshop for men and women who have experienced sexual, emotional or physical abuse and/or their supporters seeking steps and tools to wellness using WRAP®. The workshop is based on the work of Mary Ellen Copeland, Ph.D. with the Wellness Recovery Action Plan® curriculum and Dr. Copeland's work with Maxine Harris, Ph.D. on trauma

TH15 Room XXX

Building Effective Community Partnerships- PART TWO

Kathyann E Corl- MA, CPRP; Michael Grier, MS

Psychiatric rehabilitation is built on effective partnerships that communities offer. We offer the opportunity to build with all our stakeholders, creating meaningful change with partnerships in the community. This workshop is designed to be interactive allowing participants to explore methods of partnership building others are using while exploring growth in their own communities.

TH16 Room XXX

Poetry and the Art of Expression: The Therapeutic Benefits of Performance Poetry

Shakina Lewis- AA; Arlene Solomon-MS, CPRP, CRC

This workshop speaks to a number of processes in psychiatric rehabilitation. Poetry and performance are age old tools, which have enabled individuals of various socio-economic strata to exercise their experience of the human condition. It has served the supportive function for well known wordsmiths who were diagnosed with bipolar disorder, depression and personality disorder. The expressive arts have provided a safe space for individuals to process feeling and experiences from their past, so they can write the changes and reality they see for the future.

TH17 Room XXX

The CIRC Approach to Living, Learning, Working, Socializing

Suzan L. Schwarz- MA ATR-BC, LPC, CPRP; Marsicilla L. Cole- MS, CPRP; Tess Zakrzwski- MMT, MT-BC, CPRP; Rashad L. Scott-BA, CPRP; Jessica Griffith- BS, CPRP; Betty Lou Turner-MS Psychiatric Rehabilitation

We will discuss the Community Integrated Recovery Centers approach on changing systems through collaboration, partnership, and design. The CIRC's foundations are based on 4 pillars, they are: Recovery Planning, Community Inclusion, Family Inclusion, Peer Support and Peer Leadership. We will discuss a holistic approach to recovery keeping the focus on the individual's dreams.

TH18 Room XXX

Clubhouse and the Pennsylvania Clubhouse Coalition (PCC)

Cristy Rachau-BS, CPRP; Emily Raymond-BA

This workshop will describe and discuss the basics of a clubhouse. What is a clubhouse, who can be a member, and how does a clubhouse assist members with their recovery. We will define the PCC, review the history, and look at some of the things the PCC has been involved with over the years.

TH19 Room XXX

Meditation: A Significant Healing Tool for Recovery

Gary Schoenberg- M.Ed., CPRP, Licensed Psychologist; Ken Kaplan- M.Ed., Peer Consultant

This workshop will focus on a wellness approach that utilizes spirituality in a psych rehab program at COMHAR using meditation and Higher Power. Participants will learn about the benefits of this approach and will have “hands on” experience. The history and the success stories of participants will be shared.