

# PAPSRS 2010 ANNUAL CONFERENCE



**“Psychiatric  
Rehabilitation:  
Competencies and Skills  
That Promote and  
Support Recovery”**

**April 26–28, 2010**

**The Penn Stater  
Conference Center Hotel  
215 Innovation Blvd.  
State College, PA 16803**

# CONFERENCE REGISTRATION FORM

## “Psychiatric Rehabilitation: Competencies and Skills That Promote and Support Recovery”

Please type or print information below and photocopy this form as needed.

Please use a separate form for each registrant. TELEPHONE REGISTRATIONS CANNOT BE ACCEPTED.

USPRA Member # \_\_\_\_\_ (Must be included to receive the member rate)

Individual membership \_\_\_\_\_ Agency membership \_\_\_\_\_

Name \_\_\_\_\_  
Last First

Institution/Agency Affiliation \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

County \_\_\_\_\_

Day Phone ( ) \_\_\_\_\_ Fax ( ) \_\_\_\_\_

E-Mail Address \_\_\_\_\_

ARE YOU A PRESENTER? ( ) YES If yes, please mail in your presenters voucher for discount with this registration form.  
( ) NO

NAME OF WORKSHOP \_\_\_\_\_

### 3 Day Registration (Monday–Wednesday)

Member Cost	\$350	Non-Member Cost	\$400
Early Bird	\$315	Non-Member Early Bird	\$360

### 2 Day Registration\*

Member Cost	\$295	Non-Member Cost	\$350
Early Bird	\$266	Non-Member Early Bird	\$315

### 1 Day Registration\*

Member Cost	\$175	Non-Member Cost	\$225
Early Bird	\$158	Non-Member Early Bird	\$203

**Deduct another 10%** from your agency's total cost when registering 4 or more individuals at the same time. Registrations must be sent together and postmarked on or before April 10, 2010.

\*Please indicate which day(s) you are attending:  
Monday ( ), Tuesday ( ), Wednesday ( )

### SCHOLARSHIPS

A limited number of scholarships are available for conference registration fees. If you need scholarship assistance, please complete a scholarship application which can be found on our website. If approved for a scholarship, please submit the voucher received along with a completed registration form. Any questions regarding scholarships, please contact John Farmer at (267) 607-3888 or (800) 688-4226 or email [jfarmer@mhasp.org](mailto:jfarmer@mhasp.org).

### SPECIAL REQUESTS

- Vegetarian  
 Special Assistance (specify) \_\_\_\_\_

*Fees include seminars, workshops, continental breakfast, lunch, and rolling breaks. Registration fee does not include overnight accommodations or evening meals. A block of rooms have been reserved at special conference rates: single occupancy, \$99.00; double occupancy, \$109; triple occupancy, \$119.00; and quadruple occupancy, \$129.00. Reservations can be made by calling 1-800-233-7505. Please let the reservationists know that you will be attending the PAPSRS conference. The conference reservation identification number is PAPP10A.*

*CPRP tracking forms will be available to keep a record of the workshops you have attended. Certificates of attendance will also be provided at the end of each session.*

*Please note: The Penn Stater Hotel is completely smoke free.*

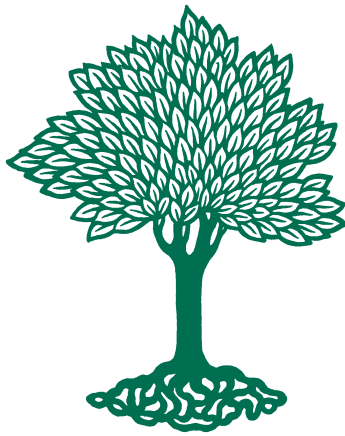
**Full tuition must accompany the registration form. A \$25.00 administrative fee will be deducted from all refunds for cancellations. Please return your completed registration form(s) by April 10, 2010. No refunds can be issued following this date.**

*Please make checks payable to: PAPSRS  
and send registration form(s) to:*

**PAPSRS Registration  
c/o Hedwig House  
109 Jenkins Avenue  
Lansdale, PA 19446**

*We do not accept credit cards.*

If you have any questions about the conference please call:  
Regina Koppenhaver at (717) 392-2164, ext. 113,  
or email at [koppenhaver@csgonline.org](mailto:koppenhaver@csgonline.org)



## Educational Objectives

Provide an understanding of the principles and practices of psychiatric rehabilitation and recovery.

Disseminate knowledge about PA's recovery initiative.

Provide information on the integration and roles of Peer Support Specialists in the statewide transformation of mental health services.

On behalf of PAPSRS, the Conference Committee would like to extend a welcome to all to participate in our annual conference in 2010. This year's conference promises to be another inspiring and information filled event as we focus on institutes and workshops highlighting the skills and practices within Psychiatric Rehabilitation that make this service the valuable recovery tool that it has become. In addition, this year PAPSRS offers the newest benefit of now being an approved provider of Continuing Education Units under USpra. This is important for individuals who are in need of training hours to apply for their CPRP exam and/or those who are seeking credits to maintain their certification. We are excited about receiving this approval and being able to offer this valuable benefit to our members and other constituents throughout the state of Pennsylvania.

At this year's conference we are pleased to have numerous individuals joining us to share their knowledge and experience from various areas within our field. In addition to our colleagues who will be presenting workshops across the three day conference, we are excited to announce that we will be joined by three individuals who are involved in some cutting edge work. Dr. Ken Thompson, Medical Director of the Center for Mental Health Services of SAMHSA, will be joining us on Monday to provide an institute on Social Inclusion. On Tuesday, Mary Ellen Copeland of the Copeland Center for Wellness and Recovery, will be present to provide a keynote address and a workshop on WRAP. Then, to wrap up the conference on Wednesday we have Dr. Mark Ragins of the Village Integrated Services Agency who will provide a keynote address and a workshop on the Milestones of Recovery Scale.

These presenters are just the tip of the iceberg as we offer a conference schedule with three full day institutes and revamp our schedule to offer an increased variety of valuable workshops to appeal to the needs of all. We hope that all who attend are able to walk away with new information and a renewed passion for Psychiatric Rehabilitation!

Jen McLaughlin, CPRP  
Conference Co-Chair

Janice Aspey, CPRP  
Conference Co-Chair

Regina Koppenhaver  
Conference Co-Chair

### CONFERENCE PLANNING COMMITTEE

Philip Braun

Stephanie Cameron

John Farmer

Neva Pryor

Lew Manges

Barbara Granger

Dan Sylvester

Kim Maldonado

Maureen Walsh

Lisa Fitzsimmons

Scott Heller

Matthew Federici

Arlene Solomon

Virginia Dikeman

Jim Womeldorff

### A SPECIAL NOTE OF THANKS

PAPSRS would like to thank the staff and members of The Hedwig House Clubhouse for their work in the preparation and registration of this conference.

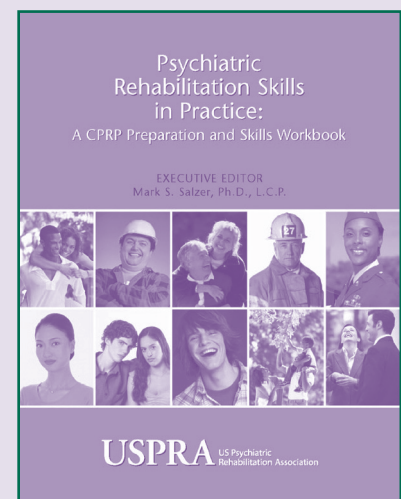
## Psychiatric Rehabilitation Skills in Practice: A CPRP Preparation and Skills Workbook

*Psychiatric Rehabilitation Skills in Practice: A CPRP Preparation and Skills Workbook* is a comprehensive compendium of the seven practice domains of psychiatric rehabilitation. It provides experiential learning through group exercises to assist individuals studying for the CPRP exam or simply seeking a deeper understanding of the practice of psychiatric rehabilitation.

“The need for this ‘Skills Book’ has been around for many years. Written by some of the most credible and experienced psychiatric rehabilitation practitioners, this workbook provides background on the skills associated with each task identified in the Psychiatric Rehabilitation Practitioner Credential’s Role Delineation Study, as well as examples of how each skill could be demonstrated in a particular situation. Over and above its field relevance and CPRP preparation, this book is vital for use in courses, trainings, supervision, and staff meetings. Early-, mid-, and late-career practitioners will find it valuable and relevant to their work.”

**MARK SALZER, PH.D, LCP, Executive Editor**

This invaluable guide will help you prepare for the CPRP exam, on sale at a reduced rate.  
Members: \$45      Non-Members: \$60



# Psychiatric Rehabilitation Service Awards

The Pennsylvania Association of Psychiatric Rehabilitation Services invites nominations of individuals and PSR agencies or programs, which have distinguished themselves in their commitment to the principles of Psychiatric Rehabilitation. Awards are given in the four categories below:

- **Distinguished Career Award**
- **Distinguished Advocate Award**
- **Distinguished Practitioner Award**
- **Outstanding Program Award**

Please log on to [www.papsrs.org](http://www.papsrs.org) for complete requirements and instructions on submitting nominations. Winners will be honored at PAPSRS Annual Conference on Tuesday, April 27, 2010.

## Movie Night

Join us on Monday evening for the privilege of viewing a documentary film directed and produced by Eran Preis following the life of his son Jonathan. "Jonathan Returns" is a self-reflective documentary where both he, his brother, and parents comment on the footage and are working together to destigmatize mental illness and shed light on more than 100 million Americans who are impacted directly or indirectly by the illness.

## Ice Cream Social

Please join us on Tuesday evening for a relaxing, and delicious, ice cream social. Everyone is invited to come and enjoy a taste of that famous Penn State Ice Cream and take some time to mingle and talk to your colleagues from across the state. It's just a fun and tasty way to end the day!



## AWARDS CEREMONY

Join us during lunch on Tuesday for the Awards Ceremony. The ceremony will honor outstanding individuals and programs in the field of psychiatric rehabilitation that have improved the lives of individuals in recovery from mental illness.

## CONFERENCE ETIQUETTE

It is difficult to maintain room temperatures that are comfortable for all participants. Please be prepared to bring a light jacket or sweater to ensure your own personal comfort.

Please silence your cell phones or beepers by turning them off or changing them to silent or vibrate. If you need to accept a call please step outside of the room.

## DRIVING DIRECTIONS

**Driving from the East:** Take I-80 W in PA to Exit 161 (Bellefonte). Follow PA 26 S to US 220 S, and take Exit 74 for Innovation Park/Penn State University. Turn right at the end of the ramp onto the Park Avenue extension, and turn left at the stop sign onto Innovation Boulevard. The Hotel is on the right.

**From Philadelphia:** Take the PA Turnpike/I-76 W to (Harrisburg East), and follow signs for the next 15 miles to Route 322 W. Take 322 W past Lewistown toward State College (staying on 322 W at Boalsburg), and take the Penn State University/Innovation Park A Exit. Go straight past the stop sign into the hotel parking lot.

**From Harrisburg:** Take 322 W past Lewistown toward State College (staying on 322 W at Boalsburg), and take the Penn State University/Innovation Park A Exit. Go straight past the stop sign into the hotel parking lot.

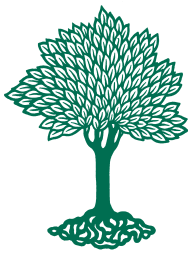
**From Pittsburgh:** Take Route 22 E to Duncansville. Merge onto Route 220/I-99 N toward Altoona and go north for 24 miles. Turn right onto US 220 toward State College for 11 miles; merge onto Route 322 E to State College. Turn left at the stop light, and follow signs for Innovation Park Exit A directly to the Hotel in Innovation Park.

**From the West:** Take I-80 E in PA to Exit 161 (Bellefonte). Follow PA 26 S to US 220 S, and take Exit 74 for Innovation Park/Penn State University. For the Penn State Conference Center Hotel: Stay in the right lane of the exit and follow the sign for Innovation Park A exit. Turn right at the end of the ramp onto the Park Avenue extension, and turn left at the stop sign onto Innovation Boulevard. The Hotel is on the right.

**By Plane:** University Park Airport (SCE) (Private – UNV) offers daily flights to and from Philadelphia, Washington (Dulles), Detroit and Cincinnati. Limousine and taxi service are available for all flights. University Park Airport: 814-865-5511.

**By Bus:** Fullington Trailways 814-238-1100 and Greyhound Lines 814-238-7971 are available to and from State College, CATA 814-238-2528 (local downtown service) is also available.

**By Train:** State College is serviced by AMTRAK via stations in Harrisburg, Altoona, Lewistown, and Huntingdon.



**MONDAY, APRIL 26, 2010**

**8:00 AM–4:00 PM Conference Registration**

**8:30 AM–11:45 AM Institutes**

**M1 Social Inclusion Institute–Part 1**

**DR. KENNETH S. THOMPSON, M.D.** *Medical Director, Center for Mental Health Services*

Social Inclusion is an integral part of life touching on that innate human desire to feel like we are part of something beyond ourselves. We all need and deserve the opportunity to be engaged in our communities, and we do this through a variety of roles such as students, parents, residents, volunteers, employees, and many more. Individuals with mental illness need access to these same social opportunities and we can work together to help reduce the barriers to this.

**M2 CPRP Test Preparation Institute–Part 1**

**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.

**M3 Creating Effective Supported Employment Practices**

**KAREN ESCOVITZ, MSS** *Project H.O.M.E.*; **BARBARA GRANGER, PHD, CPRP, LLC** *Granger Consultation Services*

While evidence-based SE practices are focused on working with individuals, success is dependent on creating an integrated approach that provides support to individual employment choices. Agencies need to embrace their supported employment programs by building cross program connections. This institute will explore a variety of SE implementation strategies.

**12:00 PM–1:00 PM Lunch**      **1:15 PM–4:30 PM Workshops**

**M1 Social Inclusion Institute–Part 2**

**DR. KENNETH S. THOMPSON, M.D.** *Medical Director, Center for Mental Health Services*

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**M4 Supported Education: An Essential Ingredient for Reaching Career Goals for Persons with a Disability**

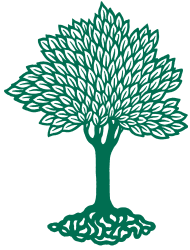
**ARLENE SOLOMON, M.S., CRC, CPRP** *Director, Horizon House Employment Services*

This interactive, half day institute will focus on the various supports and accommodations available to students and how to access them. We will discuss the option of career colleges that are often overlooked and can lead to careers in high paying fields. We will present various models of supported education including the mobile approach used in the Education Plus program at Horizon House that has successfully worked with college students for the past seven years.



**5:30 PM–6:30 PM PAPSRS Annual Board Meeting**

**6:30 PM–8:30 PM “Jonathan Returns,”** a documentary film by ERIN PREIS.



**TUESDAY, APRIL 27, 2010**

**8:00 AM–4:00 PM Conference Registration**

**8:30 AM–10:00 AM Welcome**

LEW MANGES, *President, PAPSRS*; JOAN ERNEY, *Deputy Secretary, PA Office of Mental Health and Substance Abuse Services*

### **Keynote: “Taking Recovery Into the Future”**

**DR. MARY ELLEN COPELAND, PhD.** *The Copeland Center for Wellness and Recovery*

Dr. Copeland has presented numerous workshops all over the world and is well known in the world wide mental health recovery movement. She is the author of many self help resources including *The Depression Workbook: A Guide to Living with Depression and Manic Depression*, *WRAP: Wellness Recovery Action Plan*, *WRAP and Peer Support (with Shery Mead)* and the popular curriculum, *Mental Health Recovery and WRAP*. These resources are based on her on-going study of the day-to-day and life recovery strategies and skills of people who experience mental health difficulties, and how these people have gotten well, stayed well and worked toward achieving their own goals and dreams. She undertook these studies out of her own frustration with dealing with these issues in her own life. She has achieved long-term wellness by using many of the skills and strategies she learned while doing the research for her books. Dr. Copeland worked with a group of people who have a lived experience of mental health challenges to develop WRAP. She is the author of *WRAP® (Wellness Recovery Action Plan)* and many other recovery-oriented resources. She worked with the Center for Mental Health Services to develop the booklet series *Self Help Guides to Recovering Your Mental Health* and a recovery curriculum *Taking Action*. She also worked with Shery Mead, to develop *Community Links: Pathways to Reconnection and Recovery*, a program using education and peer support approaches for people who have repeated involuntary commitments. She is the founder of the Copeland Center for Wellness and Recovery.

**10:00 AM–10:30 AM Break 10:30 AM–12:00 PM Workshops**

### **T1 Overview of the Wellness Recovery Action Plan (WRAP®)**

**DR. MARY ELLEN COPELAND, PhD.,** *The Copeland Center for Wellness and Recovery*

Thousands of people all over the world feel that WRAP has changed their lives and saved their lives. It has been translated into various languages and adapted for a wide variety of uses. WRAP is a simple self-help system for identifying personal resources and then using those resources to stay well and help individuals to feel better quickly when they are feeling badly. It was developed by a small group of people who experienced mental health challenges and its popularity has expanded exponentially ever since, and is now identified as exemplary practice and will soon be proven as an evidence-based best practice. Mary Ellen Copeland, PhD, will present the Wellness Toolbox and each of the seven parts of WRAP. At the conclusion of this workshop, you will know about the different parts of the plan, how and when to use WRAP, and have a better understanding of using WRAP to support others.

### **T2 A Cost of Caring: Secondary Trauma and the Importance of Self-Care–Part 1**

**KALMA KARTELL WHITE, MED, CPRP** *Behavioral Health Training and Education Network*

**SEBLE MENKIR, MA, CPS** *Behavioral Health Training and Education Network*

Exposure to secondary trauma comes from empathizing with and helping others with histories of trauma and child abuse. It is a real occupational hazard for staff members serving people with mental illness and/or substance abuse. This workshop will discuss how to recognize secondary trauma and how it can be addressed through different forms of self-care. In addition, a model of peer consultation will be discussed that can be implemented formally or informally to support recovery of staff impacted by traumatic stress on the job.

### **T3 Incorporating the Recovery Principles into the Group Process–Part 1**

**DR. SCOTT T. HELLER, PSY.D, CPRP** *PA Office of Mental Health and Substance Abuse Services*

**GINA CALHOUN, BA, CPS** *PA Office of Mental Health and Substance Abuse Services*

In our behavioral health system we have groups for just about everything. There are workgroups, support groups, psycho-educational groups, team meetings, planning groups, etc.. At some point you may be asked to facilitate a group. How do you effectively incorporate the recovery values into the group process? This highly interactive workshop will discuss “what are the benefits of groups”, “effective group leadership strategies”, and “what happens when we encounter difficult situations while facilitating the group process”



## **T4 Working Together Across Pennsylvania**

FRANCIS BILLEN, BS, CPRP *Community Counseling Center*; AMANDA KOKOSKI, BS *Community Counseling Center*

Roundtable discussion about ideas and barriers for Psychiatric Rehabilitation groups. Bring your ideas and group topics that work for you. Bring your frustrations in developing new groups for your programs. We will work together to develop new and exciting topics that will empower our consumers.

## **T5 A Collaborative Effort to Monitor Consumer—Level Outcomes in Psychiatric Rehabilitation Services**

BRADLEY D. STEIN, M.D., PH.D. *Community Care Behavioral Health*; LISA M. KRAMER, B.S., CPRP *Scranton Counseling Center*

This workshop describes a learning collaborative process to develop a measure and process for gathering and using consumer-level information to improve care in Psychiatric Rehabilitation services. Providers will share their experiences in implementing the measure. Results showing consumer progress in domains and use of information in service planning will be discussed.

**12:00 PM–1:00 PM Lunch and Award Ceremony**      **1:15 PM–2:45 PM Workshops**

## **T6 Living WRAP**

DR. MARY ELLEN COPELAND, PH.D., *The Copeland Center for Wellness and Recovery*

In this workshop, Mary Ellen Copeland, PhD, describes how people can live day-to-day using WRAP as their guide to recovery and wellness. She will talk about the importance of hope, personal responsibility, education, self-advocacy, support and problem solving in using WRAP. In addition, she will share ideas for enhancing each section of WRAP, from the Wellness Toolbox to the Post Crisis Plan, so that it becomes a truly powerful personal guide. Her presentation will include stories that she has gathered from people around the world who use WRAP, stories that illustrate the challenges of using WRAP and the power of WRAP in helping people to improve the quality of their daily lives and going on to meeting their own goals and dreams.

## **T7 A Cost of Caring: Secondary Trauma and the Importance of Self-Care—Part 2**

KALMA KARTELL WHITE, MED, CPRP *Behavioral Health Training and Education Network*

SEBLE MENKIR, MA, CPS *Behavioral Health Training and Education Network*

Exposure to secondary trauma comes from empathizing with and helping others with histories of trauma and child abuse. It is a real occupational hazard for staff members serving people with mental illness and/or substance abuse. This workshop will discuss how to recognize secondary trauma and how it can be addressed through different forms of self-care. In addition, a model of peer consultation will be discussed that can be implemented formally or informally to support recovery of staff impacted by traumatic stress on the job.

## **T8 Incorporating the Recovery Principles into the Group Process—Part 2**

DR. SCOTT T. HELLER, PSY.D, CPRP *PA Office of Mental Health and Substance Abuse Services*

GINA CALHOUN, BA, CPS *PA Office of Mental Health and Substance Abuse Services*

In our behavioral health system we have groups for just about everything. There are workgroups, support groups, psycho-educational groups, team meetings, planning groups, etc. At some point you may be asked to facilitate a group. How do you effectively incorporate the recovery values into the group process? This highly interactive workshop will discuss “what are the benefits of groups”, “effective group leadership strategies”, and “what happens when we encounter difficult situations while facilitating the group process”

## **T9 Peers as Leaders (PALS)**

YOLANDA SMITH, CPS *COMHAR Inc.*; ELLIE LITCOFSKY, MA *COMHAR Inc.*

Recognizing an individual’s strengths and using them to help others see their own strengths is essential to psychiatric rehabilitation. Peers have the capacity to develop themselves to become leaders. This involves nurturing one’s gifts to help strengthen oneself and others who may also be on this journey known as recovery.

## **T10 Skill Development for People in Recovery, Service Providers and Supervisors by Employing the Boston University Approach**

JIM WOMELDORFF, MS, CPRP *Chestnut Ridge Counseling Services, Inc.*

The Boston University approach to assessing and developing skills is a significant component(s) of the overall approach to psychiatric rehabilitation, and a great deal of work has been applied to the efficacy of that part of the practitioner technology. That efficacy can be effectively applied to the work of practitioners who, after all, are in presumably valued vocational roles that require the application of skills to meet the demands of the role and to satisfy personally important needs. This thinking and practice can also be applied by supervisors as a way to structure the processes of job description, performance evaluation and professional development planning. This workshop will explore the application of the technology to each of those aspects of our operations and will include an overview of Functional Assessment, Direct Skills Teaching and Skills Programming.

**2:45 PM–3:15 PM Break**      **3:15 PM–4:45 PM Workshops**

## **T11 “Together We Can” How Integrated Services Can Be The Pathway to Recovery**

GARY SCHOENBERG, M.ED., CPRP *COMHAR Inc.*; SUZAN SCHWARZ, MA, ATR-BC, LPC *COMHAR Inc./HOPE*

This workshop will focus on how integrated services within Psychiatric Rehabilitation help to empower the participants to define who they are as an individual and what they want out of life comprehensively. Through integrated services, individuals do not have to feel fragmented. CPS’s, Psychiatric Rehabilitation Counselors, and clinical treatment staff working together provide a unified pathway back into mainstream life.



## **T12 Documentation for Certified Peer Support and Psychiatric Rehabilitation Licensure**

VIRGINIA L. DIKEMAN, *Licensed Psychologist PA 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. A OMHSAS licensing staff member 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 system transformation.

## **T13 Reaching for Recovery Through a Partnership of Peer Support and Employment Services**

BARBARA GRANGER, PhD, CPRP *Granger Consulting Services*; PATRICE PATTERSON, BS, CPRP *Hedwig House*

EBP supported employment services work best with collaboration across services in an agency. Peer support can facilitate interest and provide support throughout the experience of making choices related to employment decisions. In addition, there are other supportive services (e.g., clinical, residential) concerned with achieving recovery outcomes which can also encourage and support employment decisions.

## **T14 Supervision in Psychiatric Rehabilitation and Peer Support Programs**

KIM MALDONADO, CPRP *The Dauphin Clubhouse*; TRICIA FISHER, CPRP, CBIS *Goodwill Industries of the Conemaugh Valley, Inc.*

Supervision of staff is an art form. Understanding personalities and work styles takes a lot of work. It involves knowing your staff and how they operate. It involves understanding what your staff need from you in order to accomplish program goals. In this workshop we will look at key tenets of being a good supervisor and then apply these elements to being a good psychiatric rehabilitation and peer support supervisor.

## **T15 Creating System Transformation by Using Measures on Recovery**

KATHYANN E CORL, MA, CPRP *Keystone Community Mental Health Services*; AMY WAUGH, MSW, LSW *Holy Spirit Hospital*

This workshop will illustrate how different types of services providers (Keystone Community Mental Health Services and Holy Spirit Hospital) have assessed their environments and developed different strategies to create foundations to move forward the conversations about recovery with their staff and with the individuals they serve.

**7:00 PM Ice Cream Social**



**WEDNESDAY, APRIL 28, 2010**

## **8:30 AM–10:00 AM Keynote: Making it Real**

MARK RAGINS, MD *Medical Director of the Village Integrated Service Agency*

Recovery is rapidly developing from an idealistic movement and an “add-on service” into a fully developed “core” practice model. We are learning how to successfully apply the key concepts and practices to all the people we work with.

**10:00 AM–10:30 AM Break      10:30 AM–12:00 PM Workshops**

## **W1 The Milestones of Recovery Scale: Practice and Systems Implications–Part 1**

MARK RAGINS, MD *Medical Director of the Village Integrated Service Agency*

The MORS is a brief scale developed to track people’s progress in recovery and to help differentiate services and practices based on their stage of recovery rather than their diagnosis or illness acuity. I will describe the logic behind the scale and how to rate people using examples from the audience. We will then move on to discussing how knowing someone’s MORS stage can help focus our practice and programs. The MORS can even form the basis for recovery-based system design.

## **W2 Group Work Revisited: Creating Group Experiences That Foster Recovery–Part 1**

BARBARA GRANGER, PhD, CPRP *Granger Consulting Services*; PATRICE PATTERSON, BS, CPRP *Hedwig House*

Psychiatric rehabilitation, drop in centers and clinical settings have all encouraged a variety of group efforts to teach skills and support people. Strategies for developing and using group settings to support recovery objectives in any mental health setting will be discussed through a workshop that will be its own role model. (Participants are asked to bring their favorite group process tips to share with others)



### **W3 Building Relationships for Tomorrow: Natural Supporters Creating Opportunities for Meaningful Life in the Community—Part 1**

MATTHEW R. FEDERICI, M.S., CPRP *Copeland Center for Wellness and Recovery*; KATHYANN CORL, MA, CPRP *Keystone Human Services*

This workshop offers an opportunity to explore the integration of recovery oriented and psychiatric rehabilitation services as they pertain to generating a natural support system with a person in recovery. We will use discussion, small group activities, and brainstorming to heighten understanding of the principles and strategies related to creating natural supports.

### **W4 Department of Public Welfare, Office of Mental Health and Substance Abuse Services (OMHSAS) Initiatives for Justice-Related Individuals**

Ms. ROBERTA ALTENOR, RN, MSN *OMHSAS*

This workshop is designed to provide information about current OMHSAS initiatives and goals related to justice-involved individuals. An overview of the Sequential Intercept Model will be included to assist in identifying opportunities for diversion, assessment, treatment and services.

### **W5 Working with Children: The Relevance of Psychiatric Rehabilitation Core Principles & Values**

MARCIE GRANAHAN, USPRA Chief Executive Officer; CASEY WARD GOLDBERG, Chief Staff Officer of the Certified Psychiatric Rehabilitation Practitioner Credential

Providers of psychiatric rehabilitation services for children need to be well-grounded in the principles and practices of psychiatric rehabilitation, as well as in critical competency areas specifically relevant to children's services, including partnering with families and young people, promoting resilience and self determination, and matching services to age-and stage-appropriate needs and goals.

**12:00 PM–1:00 PM Lunch 1:15 PM–2:45 PM Workshops**

### **W6 The Milestones of Recovery Scale: Practice and Systems Implications—Part 2**

MARK RAGINS, MD *Medical Director of the Village Integrated Service Agency*

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### **W7 Group Work Revisited: Creating Group Experiences That Foster Recovery—Part 2**

BARBARA GRANGER, PhD, CPRP *Granger Consulting Services*; PATRICE PATTERSON, BS, CPRP *Hedwig House*

Psychiatric rehabilitation, drop in centers and clinical settings have all encouraged a variety of group efforts to teach skills and support people. Strategies for developing and using group settings to support recovery objectives in any mental health setting will be discussed through a workshop that will be its own role model. (Participants are asked to bring their favorite group process tips to share with others)

### **W8 Building Relationships for Tomorrow: Natural Supporters Creating Opportunities for Meaningful Life in the Community—Part 2**

MATTHEW R. FEDERICI, M.S., CPRP *Copeland Center for Wellness and Recovery*; KATHYANN CORL, MA, CPRP *Keystone Human Services*

This workshop offers an opportunity to explore the integration of recovery oriented and psychiatric rehabilitation services as they pertain to generating a natural support system with a person in recovery. We will use discussion, small group activities, and brainstorming to heighten understanding of the principles and strategies related to creating natural supports.

### **W9 Mental Health Advanced Directives**

CAROL HOROWITZ, J.D. *Disability Rights Network of PA*

This workshop is an introduction to Mental Health Advance Directives. The following will be covered: What a mental health advance directive is, why someone might want to make one, how to make one in PA, and how to help someone else make one.

### **W10 Building Community Partnerships to Create Opportunities for Growth & Recovery. The PA Clubhouse Coalition**

LU MAURO, M.ED., CPRP *Wellspring Clubhouse/Penn Foundation*; DAVID YOUNG, CPRP *Welcome House*

Clubhouses are fluid and dynamic intentional communities with porous walls in which we are simultaneously a "bridge to" as well as "part of" our local communities. This workshop is of interest to all who are interested in ways in which to build effective community partnerships which create opportunities for people in mental health recovery in the areas of employment, education, leadership, volunteering, and functioning. Emphasis will also be given to the role of these community partnerships in increasing public awareness and reducing stigma.

**2:45 PM–3:15 PM Break 3:15 PM–4:45 PM Workshops**



## **W11 Ethical Practice in a Recovery-Oriented Service**

EILEEN JOSEPH, M.S., CPRP, CEO *CareLink Community Support Services*

The practice of community mental health in an environment driven by Psychiatric Rehabilitation and Recovery principles can be, for some, an ethical landmine. A program recipient is now a co-worker...instead of meeting in my office, I am discussing goals and resources over coffee at Starbucks...a resident has just informed me that he has made a deposit on a weekend trip to the beach...these are but a few examples of the situations we are presented with and how we respond can test our professional code of ethics as well as our own moral standards. In this workshop, we will examine what ethical practice looks like in a Recovery-driven service system and how we can address the ethical challenges we are likely to meet.

## **W12 Intentional Peer Support and Crisis Alternative**

MATTHEW R. FEDERICI, M.S., CPRP *Copeland Center for Wellness and Recovery*; GINA CALHOUN, BA, CPS *PA Office of Mental Health and Substance Abuse Services*

More and more peer-run crisis alternative services are being established across the nation. It is essential that the uniqueness of peer support is clearly defined and understood, and that it is made known what practices and outcomes are to be accomplished through crisis alternative services. This presentation will focus on the key tasks of Intentional Peer Support and how this role can assist in viewing crisis differently.

## **W13 Issues of Access and Inclusion in Behavioral Health Services for Lesbian, Gay, Bi-sexual, Transgender, Questioning and Intersex Consumers**

VIRGINIA L. DIKEMAN, *Licensed Psychologist, PA Office of Mental Health and Substance Abuse Services*; RITA CISNEROS, *PMHCA*

This workshop will address implementing the recommendations to the PA DPW 's OMHSAS office from the LGBTQI workgroup. Policy issues 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.

## **W14 Greene County Human Services Recovery Knowledge Intervention**

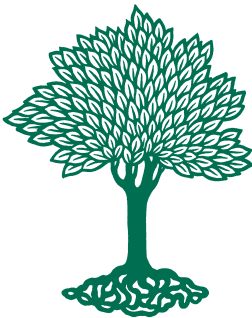
LEIGH GARDNER, MS *Value Behavioral Health of Pennsylvania, Inc.*; JIM WOMELDORFF, MS, CPRP *Chestnut Ridge Counseling Services, Inc.*

This workshop describes a project that administered a "Recovery Knowledge Survey" to all mental health service provider agencies in Greene County, statistically analyzed the results, designed and conducted an "intervention" based on the aggregate results, and then re-administered the survey to assess for the impact of the intervention.

## **W15 Integrating Psychiatric Rehabilitation and Outpatient Programs to Improve Physical Health of Service Recipients**

CECELIA STACK, MEd, CPRP *Mon Yough Community Services*; LEANNA PLONKA, MS, CRC, CPRP *Mon Yough Community Services*

We know individuals with SPMI are dying 25 years sooner than the population. Psychiatric Rehabilitation (PR) has addressed wellness concerns since the beginning of funding in the state of PA. We will share our journey of co-locating our PR program within the same building as our adult outpatient services and share what have been our successes and failures.



**PAPSRs 2010 ANNUAL CONFERENCE**

**April 26–28, 2010**

**The Penn Stater Conference Center Hotel**

**215 Innovation Blvd., State College, PA 16803**