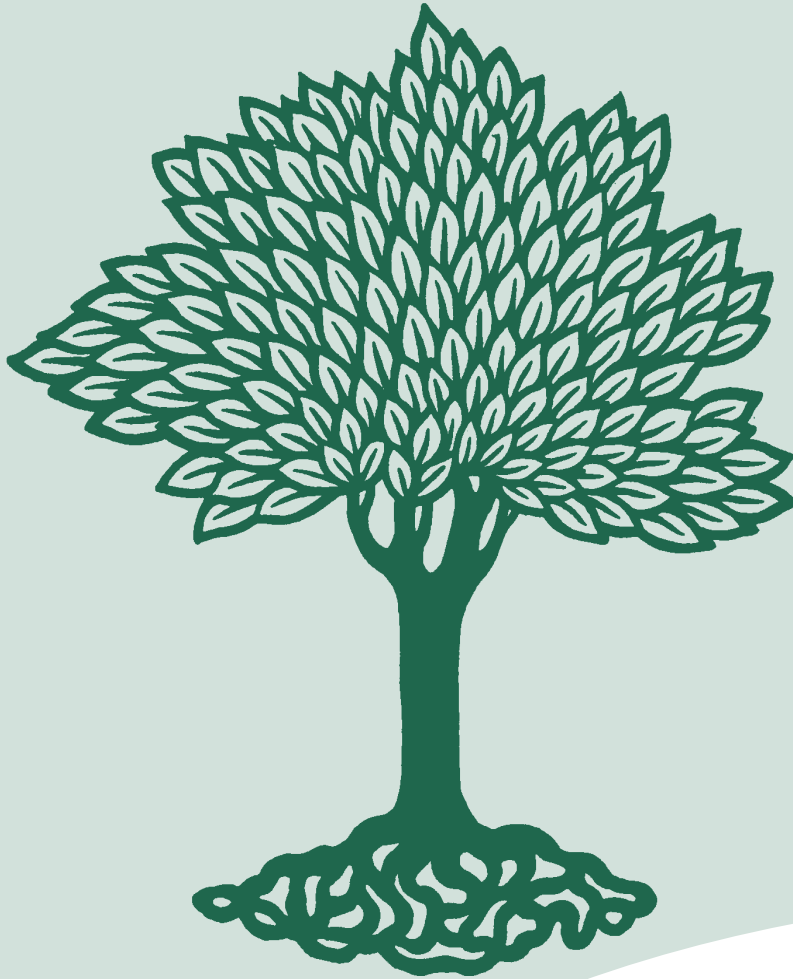


PAPSRS 2008 ANNUAL CONFERENCE

“Nurturing Recovery Through Psychiatric Rehabilitation”



**April 29, 30,
May 1, 2008**

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

**PAPSRS
P.O. Box 8071
Philadelphia, PA 19101**

CONFERENCE REGISTRATION FORM

“Nurturing Recovery Through Psychiatric Rehabilitation”

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 use the Presenter Registration Form sent to you with special reduced rates.
() NO

NAME OF WORKSHOP _____

Institute plus Full conference

Tuesday – Thursday \$350.00 Members

Institute plus Full conference

Tuesday – Thursday \$375.00 Non-Members

Wednesday and Thursday \$295.00 Members

Wednesday and Thursday \$325.00 Non-Members

1 Day Registration \$175.00 Members

1 Day Registration \$200.00 Non-Members

Please indicate which days you are attending:
Tuesday (), Wednesday (), Thursday ()

Fees include seminars, workshops, continental breakfasts, lunch, rolling breaks, and reception on Wednesday evening. If registered for Tuesday, Institute is included. Registration fee does not include overnight accommodations. A block of rooms have been reserved at special conference rates: single occupancy, \$98.00; double occupancy, \$108; triple occupancy, \$118.00; and quadruple occupancy, \$128.00. 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 PAP0428.

CPRP tracking forms will be available to keep a record of the workshops you have attended. Certificates of attendance will also be available. CEU credits will not be available.

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

SCHOLARSHIPS

A limited number of scholarships are available for conference registration fees. If you need scholarship assistance, please contact NAMI of PA, PA Mental Health Consumers Association, your County Administrator or local Mental Health Program to see if they can offer financial assistance. To be considered for a scholarship, please contact John Farmer at 1-800-688-4226, extension 258. Complete the registration form and mark scholarship requested under Special Request section below.

SPECIAL REQUESTS

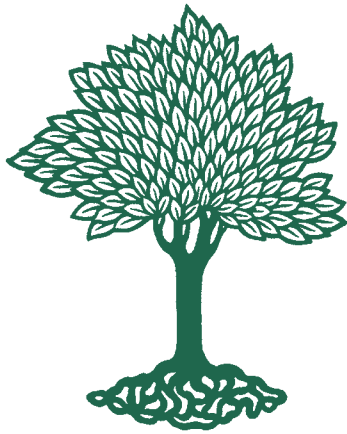
- Vegetarian
- Special Assistance (specify) _____
- I have requested a scholarship & have contacted John Farmer at: 1-800-688-4226, extension 258

Full tuition must accompany the registration form. A \$25.00 administrative fee will be deducted from all refunds for cancellations. No refunds can be issued after April 29, 2008. Please return your completed registration form by April 21, 2008.

Please make checks payable to: PAPSRS
and send registration form 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:
Linda Groff at 610-777-7691 or
email at papsrs@msn.com



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, we welcome your participation in our annual conference. At this year's conference, we are highlighting the transformation of mental health services throughout the state based on recovery principles and the role of Peer Support. In keeping with our theme, we have Shery Mead, nationally known expert on Peer Support and Recovery, delivering a keynote address on Wednesday as well as facilitating a full day institute on Tuesday. Dr. Arthur Evans, Director of Behavioral Health and Mental Retardation Services for Philadelphia, will present a keynote on Thursday on the transformation of services in Philadelphia. Again, this year, we are having a health fair with representatives of the health community with tips on keeping ourselves fit.

We hope you enjoy your time at the conference and leave with new information.

Arlene Solomon, CPRP
Conference Co-Chair

Linda Groff, CPRP
Conference Co-Chair

CONFERENCE PLANNING COMMITTEE

Philip Braun
Stephanie Cameron
John Farmer
Janice Aspey
Neva Pryor
Lew Manges

Jennifer McLaughlin
Barbara Cohen
Barbara Granger
Dan Sylvester
Phyllis Wisner

Regina Koppenhaver
Stephanie Eshleman
Kalma Kartell White
Scott Heller
Troy Boyd

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.

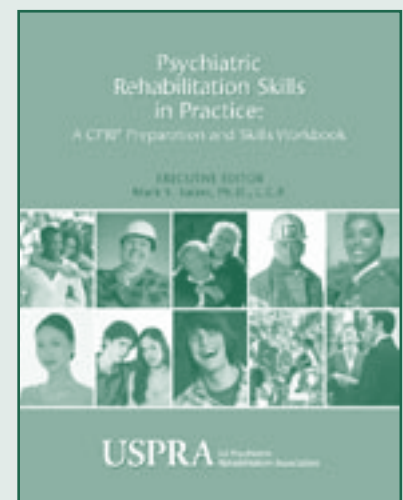
Psychiatric Rehabilitation Skills in Practice: A CPRP Preparation and Skills Workbook

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**



Poetry & Creative Writing Contest

Theme: Your Journey in Recovery

Guidelines:

- Submit in **one** category only:
Essay or poetry
- All submissions **must** be typed.
- Free style poetic writing **no more** than 24 lines.
- For essays, no more than 500 words, double-spaced.
- Contest is open to anyone in the Recovery and Rehabilitation community
- All writings **must** be submitted by **April 1, 2008** to:

RHD/Chances Program
1701 W. Lehigh Avenue
Philadelphia, PA 19132
attn: Contest Submission



Be sure to include your name, address, telephone number and alternate contact numbers.

One winner will be chosen in each category and receive an award of \$100.00. Winners will be invited to read their work at the PAPSRS Conference Reception in State College on the evening of Wednesday, April 30, 2008.

Come visit the Health Fair at the Conference on Wednesday and Thursday!

Health information, blood pressure readings, massages, and more!



Special Networking Event for Peer Specialists

Please join us on Wednesday evening after the reception, for a networking session facilitated by a Certified Peer Specialist. Meet other Peer Specialists from around the state and enjoy some light refreshments.

AWARDS CEREMONY

Join us during lunch on Wednesday 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 insure 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.

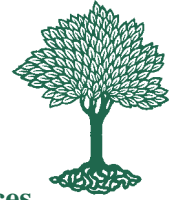
From the West: Take I-80 E in PA to Exit 161 (Bellefonte). Follow PA 26 S to US 220 S, and take Exit 74 for Innovation Park/Penn State University. For the Penn Stater Conference Center Hotel: Stay in the right lane of the exit and follow the sign for Innovation Park A exit. Turn right at the end of the 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 Airpot (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.

TUESDAY, APRIL 29, 2008



8:00 AM – 4:00 PM Conference Registration

10:00 AM – 4:30 PM Institutes

TI 1 Planning and Implementing Recovery-Focused Psychiatric Rehabilitation Services

EILEEN JOSEPH, CPRP, CEO, *Carelink Community Support Services*

BILL MCCARTHY, CEO, *Stairways Behavioral Health*; BARBARA GRANGER, CPRP, *Horizon House*

This institute offers the perspectives of organizational directors based on their experiences in integrating recovery and psychiatric rehabilitation services. Participants will learn from their experiences how to identify and approach various funding sources for these services, and what kinds of organizational capacity building is required for success. The morning session will feature a panel of CEO's from different PAPSRS member Psychiatric Rehabilitation agencies that have implemented transformation of their services. The afternoon will focus on strategies for securing funding for the transformation.

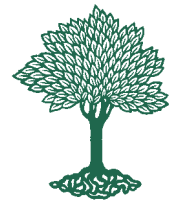
TI 2 Intentional Peer Support: What Makes it Unique?

SHERY MEAD, *National Consultant on Peer Support, past Director of 3 New Hampshire Peer Support Programs*

JEANIE WHITCRAFT, CPRP, CAC, *Division Director, National Technical Assistance, Training and Recovery Initiatives, Mental Health Association of SE Pennsylvania*

This interactive institute will cover some of the basic concepts of what makes peer support different than other kinds of "help." Using the Intentional Peer Support model, the presenters will cover the "four tasks" of connection, worldview, mutual responsibility, and moving towards, and give participants a chance to practice some skills. Jeanie Whitcraft will also share some of Pennsylvania's cutting edge work with peer support and Certified Peer Specialists.

5:30 PM – 7:30 PM Board and Annual Meeting Please come and join us. All conference participants welcome.



WEDNESDAY, APRIL 30, 2008

8:00 AM – 4:00 PM Registration

9:00 AM – 10:30 AM Welcome:

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

Keynote: Intentional Peer Support: Relational Recovery

SHERY MEAD, *National Consultant on Peer Support*

Shery Mead is the past director of three New Hampshire peer support programs including a peer-run hospital alternative. She has done extensive speaking and training, nationally and internationally, on the topics of alternative approaches to crisis, trauma-informed peer services, systems change, and the development and implementation of peer-operated services. Her publications include academic articles, training manuals, and a new book co-authored with Mary Ellen Copeland, *Wellness Recovery Action Planning and Peer Support*. Shery's current interests include: developing a theory and practice base for peer-operated programs, de-pathologizing the effects of trauma and abuse, and finding research and evaluation models that accurately reflect the work of peer programs.

10:30 AM – 10:45 AM Break

10:45 AM – 12:15 PM Plenary

Rehabilitation and Recovery Across the Ages: Meeting the Special Needs of Adolescents and Older Individuals

Panel Moderator: PHILIP BRAUN, Ph.D., CPRP, *Associate Executive Director for Rehabilitative Services, Lenape Valley Foundation*

Speakers:

JOHN JAVIS, M.Div.,

Director of Special Projects, Mental Health Association of Nassau County, New York; Chair, NYAPRS Geriatric Task Force Psychiatric Rehabilitation and Older Adults

GWENDOLYN WHITE, M.S.W., L.S.W.

Allegheny County Department of Human Services, Project Director, System of Care Initiative Starting Early Together Expanding Capacity: Realizing Outcomes

12:30 PM – 1:30 PM Lunch and Awards Ceremony

1:45 PM – 3:15 PM Seminars

W1 Surviving and Thriving Through Psychiatric Rehabilitation and Recovery: Essential Components of Programs for Older Adults

JOHN A. JAVIS, *Mental Health Association of Nassau County, New York*

Traditional psychiatric rehabilitation programs operate on the principle that being involved in meaningful activity promotes recovery from mental illnesses. The same principle can be applied to geriatric mental health. Keeping older adults active in mind and body can help combat the onset of depression, Alzheimer's disease, and dementia. This workshop will address the essential components of a program for older adults as outlined by the NYAPRS Geriatric Mental Health Task Force.

W2 Partnerships for Youth Transition: A Local Mental Health/Transition Community of Practice

GWENDOLYN WHITE, *Allegheny County Department of Human Services*

RICK BOYLE, *PaTTAN, Pittsburgh*

JOHN ULOZAS, *PA Office of Vocational Rehabilitation*

This workshop will describe a community of practice that has been developed in Allegheny County to address the needs of young adults in transition who are involved with multiple service systems. The work accomplished with Behavioral Health, Education and Vocational Rehabilitation will be described. Lessons learned and issues for replication will be included.

W3 Update from the Office of Mental Health and Substance Abuse Services (OMHSAS)

JOAN ERNEY, J.D., *Deputy Secretary, PA OMHSAS*

What's happening at the state level? What initiatives is OMHSAS prioritizing for the next fiscal year? Hear about what's happening in Harrisburg from a major policy maker.

W4 Community Residential Rehabilitation (CRR) Transformation: Making it Real

SILVIA HERMAN, *Cumberland and Perry Counties MH/MR Program*

CHRIS GULLOTTA, *Cumberland County Housing and Redevelopment Authority*

CRAIG CORDELL, *New Visions, Inc.*

OMHSAS HOUSING REPRESENTATIVE

INDIVIDUAL WHO HAS EXPERIENCED THE TRANSFORMATION

The CRR Transformation Project provided the opportunity to expand housing options and choice for individuals living in Cumberland and Perry Counties. Relationships built on strengths and skill sets are key to success. By taking a six bed Intensive Maximum Care CRR and creating a Fairweather Lodge, we have created opportunities for 21 additional people to be supported around housing and created the opportunity for a Consumer-run Drop In Center to be developed.

W5 Current Trends in Clubhouse and Clubhouses as Recovery Oriented Environments

DAVE SCHREDER, ADAM SCHNEIDER, and MONICA STOVER, *Tempo Clubhouse*

PA CLUBHOUSE COALITION MEMBER CLUBHOUSES

This workshop will highlight national and international trends within clubhouses to create greater opportunities for clubhouse members with regard to recovery, employment, and education. This panel discussion will focus on new and successful clubhouse initiatives, present available data from the 14th International Seminar 2007, and provide opportunities to reflect on clubhouses as recovery-oriented environments.

3:15 PM – 3:30 PM Break

3:30 PM – 5:00 PM Seminars

W6 Resiliency and Recovery and Its Application to Juveniles with Firesetting Behaviors

MARY E. BRADY, *Community Services Group*

For people to lead meaningful lives, we must be able to bounce back when trauma occurs. In order for people to be resilient, they must possess protective factors that mitigate any risk that impacts them. Juvenile firesetting is not a fire service issue; it is a community problem. To address this issue, many service systems must actively participate. This seminar will review resiliency issues, consider the relationships between resiliency and recovery, provide an overview of juveniles with firesetting behaviors, and explore the applications of resiliency and recovery principles when providing services to juveniles with firesetting behaviors.

W7 Recovery-Oriented Services: How Do We Know if We Are Doing It?

BILL BURNS-LYNCH, CPRP, *University of Medicine and Dentistry of New Jersey, Department of Psychiatric Rehabilitation and Counseling Professions*

With the local, state, and national emphasis on recovery-oriented mental health care, there is continued demand for programs to provide services that promote recovery and empowerment. This workshop will review the underlying principles of mental health recovery as described by Mary Ellen Copeland and present a "user friendly" recovery assessment tool based upon the principles of hope, personal responsibility, education, self-advocacy, and support. The Principles of Recovery Assessment Tool will be provided and participants will develop strategies to assess agency, program and individual level responsiveness to these basic recovery principles.

W8 Spirituality and Recovery: Best Practices

ROBERT MANRODT, *Office of Client Services, PA Department of Public Welfare*

In the field of mental health, recovery is what is happening. Recovery provides many new opportunities and perspectives. For many individuals in recovery, spirituality plays an important role in their personal recovery process though it is often overlooked by service providers. This workshop will examine the important issues regarding spirituality and how providers can help individuals increase their awareness of spirituality and identify community based spiritual supports.

W9 Challenges to Recovery in Persons with Borderline Personality Disorder

LOREN CRABTREE, M.D., *Project Transition*

Persons with Borderline Personality Disorder (BPD) experience high rates of hospitalization, self-injury, and suicide. This presentation explores the experience of having BPD, as well as response and recovery strategies that combine elements of psychiatric rehabilitation and evidence-based Dialectical Behavior Therapy. The presentation also features brief video clips of persons with BPD who talk about what it's like to have BPD, as well as their sources of hope, challenge, change, and recovery.

W10 Overcoming the Barriers to Involving Family Members and Supporters in Recovery and Psychiatric Rehabilitation Programs

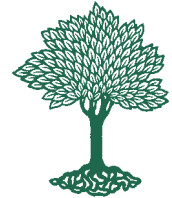
EDITH MANNION, *Training and Education Center of the Mental Health Association of SE Pennsylvania*

If family members are not given support, information, and participation in decision-making, they are at risk for burn-out, post-traumatic stress disorder, and disenfranchised grief, all of which can trigger attitudes and behavior that can compromise their loved one's recovery. This workshop will address providers' attitudinal and organizational barriers to routinely engaging family members in supportive, educational, collaborative approaches to recovery planning. Practical steps to overcoming these barriers, used in several agencies, will be presented.

5:00 PM Tai Chi Class, LU MAURO, Wellspring Clubhouse

5:30 PM Reception/Poetry & Essay Awards

7:00 PM Networking for Peer Support Specialists



THURSDAY, MAY 1, 2008

9:00 AM – 10:00 AM Keynote:

ARTHUR C. EVANS, JR., PH.D., *Director, Philadelphia Department of Behavioral Health and Mental Retardation Services*
Transformation of a Mental Health System: The Philadelphia Experience

10:00 AM – 10:15 AM Break

10:15 AM – 11:45 AM Seminars

TH1 I Want to go to College: Removing Barriers to Success

ARLENE SOLOMON, CPRP, SUE EDWARDS, *Horizon House*

Individuals who have a mental illness often discount the possibility of attaining a college education because the barriers to overcome are overwhelming. However, the “good news” is there are supports available to students at many colleges but you have to know what to ask for. This interactive workshop, designed for individuals receiving mental health services, who are thinking about going to college, and service providers working with this group of individuals, will address issues including what type of supports students generally need, how college disability offices operate, how to ask for support, and how a supported education program in Philadelphia meets the needs of college students.

TH2 Psychiatric Advance Planning: Using an Advance Self-Advocacy Plan for Pre-crisis Planning and Creating an Advance Directive

LAUREN SHAWL, *Mental Health Association of SE Pennsylvania*

Having an advance plan can be instrumental in averting a mental health crisis and/or ensuring that an individual's treatment preferences are known and more accurately, implemented by hospital and crisis response personnel. Yet, despite their potential to facilitate communication and effective treatment during an acute state of a person's illness, psychiatric advance directives are rarely created or used. This workshop addresses obstacles and practical solutions concerning psychiatric advance directives and introduces a new, user-friendly planning tool called the “Advance Self-Advocacy Plan” (ASAP). Post conference technical assistance is available for workshop participants.

TH3 When Culture Meets Recovery and Finds Resiliency

VERAL ADAIR, JR and **LAUREL STEPHENSON**, *VAJ Advocacy*

Inevitably, all people will, at one time or another, encounter various events that will put them “at-risk” for life ills. Whether it is dealing with a terminal illness, becoming homeless, being diagnosed with a mental illness, or failing educational benchmarks, we all face some sort of adversities that require specific care and understanding. This interactive workshop presentation will focus on how culture, recovery concepts, and resiliency can bring forth positive outcomes in health care, mental health care and education by addressing four specific populations: African-Americans, individuals who live in rural settings, LGBT, and older adults.

TH4 Getting, Keeping, and Choosing: The Consumer’s Transition to the World of Work

THOMAS J. KRIVJANSKY, JR., CPRP and **JUDY C. CHOTINER**, *Western Psychiatric Institute*

The unemployment rate for those with mental disorders is extremely high. One of the main ingredients for recovery can be employment. In this workshop, two Peer Counselors will share success stories, the rationale for working, Social Security incentives, and how to help consumers obtain work in the community.

TH5 Hopelinks: Coordinated Recovery Based Programs for Veterans with Serious Mental Illness

JANICE GALANTER, **TIMOTHY MORRISON**, **TINA BONNER**, and **STEPHEN STANLEY**, *VA Pittsburgh Healthcare System*

The VA Pittsburgh Healthcare System is an integrated healthcare system, serving a veteran population of over 360,000 throughout the tri-state area of Western Pennsylvania, Ohio, and West Virginia. This workshop will highlight the comprehensive recovery based programs available for veterans with serious mental illnesses. These include psychosocial residential rehabilitation, peer-to-peer support, supported employment, and community support/mental health intensive case management.

12:00 PM – 1:00 PM Lunch

1:15 PM – 4:00 PM Seminars

TH6 Preparing to Take the CPRP Exam: An Overview of the Test

EILEEN JOSEPH, CPRP, *Carelink Community Support Services*

This workshop is designed to provide the attendee with an overview of the structure of the test. Participants will review the core competencies of psychiatric rehabilitation practitioners that are addressed in the exam. Sample questions for each domain or skill area will be examined. The new USpra book, *Psychiatric Rehabilitation Skills in Practice: A CPRP Preparation and Skills Workbook*, is an invaluable tool for preparing for the exam and will be available for sale at the PAPSRS table in the Exhibit area. Participants of this workshop are encouraged to bring this book to the workshop.

TH 7 Entrepreneurship in a Recovery Oriented Environment

JOHN FARMER, *Mental Health Association of SE Pennsylvania*

BARBARA GRANGER, CPRP, *Matrix Center at Horizon House*

REPRESENTATIVES FROM THE MAIN LINK DROP-IN CENTER, SAYRE; JUNIATA FRIENDSHIP CLUB, AND THE CAFÉ, WILLIAMSPORT

This workshop brings together three PA businesses connected to the mental health community to discuss the nature of their business, its contribution to the community, the experiences of the people who work and manage the business, and the ways that these organizations promote recovery.

TH 8 Promoting Recovery from Co-occurring Disorders: Exploring Underlying Assumptions

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

This highly interactive workshop will focus on recovery from co-occurring disorders (COD), discussing the need for trauma-informed recovery services. It will explore the experience of COD and trauma, including needs to be addressed by the recovering person, individual and programmatic barriers to recovery, and attitudes, values and expectations of behavioral health service staff. It will present examples of structural disincentives in current service delivery that can prevent trauma-informed recovery, as well as program and treatment elements that promote trauma-informed recovery. Large group discussion, small group work, and video clips will be utilized throughout this workshop.

TH9 Recovery Language: The Power of Words

GINA CALHOUN, *PA OMHSAS*; **SCOTT HELLER**, CPRP, *PA OMHSAS*

As our system transforms to focus on recovery and community integration, our language is obliged to reflect this change. This is a highly interactive workshop with two structured activities exploring words that help and words that may be considered hurtful. Participants are encouraged to discover a language that reflects recovery values.



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