



**JOIN US
7TH ANNUAL CONFERENCE
FOR WORKING PEERS**

PEER
SPECIALISTS
IN NEW YORK CITY

**CROSSROADS:
CREATING NEW PATHS
TO WHOLE HEALTH**
Health Care Reform
and the Role of
Peer Specialists

**ONE DAY CONFERENCE
ADMISSION FREE
JULY 18, 2013**

New York University Kimmel Center
60 Washington Square South • NYC

New Paths to Better Health

Health care is at a crossroads — the intersection of inpatient and community based-care; of behavioral health and physical health, of care and cost. Which way do we go?

More than ever, peers are critical in this new health care landscape. Peers empower people to be in charge of their own health while lowering costs. Yet we need to ask, will some peer specialist roles and responsibilities change, will there be new peer specialist opportunities, how should we be trained, and what credentials will be needed for this new world?

Please join us on July 18th for the latest information, discussion and healthy debate on issues that affect all of us.

Who Should Attend

This conference has been specifically designed for:

- Peer Specialists
- Peer Advocates
- Peer Bridgers
- Peer Counselors
- Peer Recovery Facilitators

Conference Planning Committee

- New York State Office of Mental Health, Bureau of Recipient Affairs
- New York City Department of Health and Mental Hygiene, Division of Mental Hygiene, Office of Consumer Affairs
- Academy of Peer Services — Department of Psychiatric Rehabilitation & Counseling Professions, University of Medicine & Dentistry of NJ
- Baltic Street AEH, Inc.
- The Coalition of Behavioral Health Agencies, The Center for Rehabilitation and Recovery
- The Empowerment Center
- FECS Health & Human Services
- Howie the Harp Peer Advocacy and Training Center
- Kings County Hospital Center, Division of Wellness, Recovery & Community Integration
- New York City Health and Hospitals Corporation, Office of Behavioral Health
- New York State Association of Psychiatric Rehabilitation Services (NYAPRS)
- Project PREPARE — Peer Specialist Training Program, Services for the UnderServed

Conference Location

This conference will be held at:
New York University – Kimmel Center
60 Washington Square South
New York, NY 10012

We wish to thank the NYU Silver School of Social Work for their continued support in hosting the conference.

Keynote Speakers



DONNA COLONNA
President/CEO
Services for the
UnderServed (SUS)

DONNA COLONNA joined Services for the UnderServed (SUS) in 1997, and was appointed President/CEO in 2002. Ms. Colonna has served in industry leadership positions in statewide and NYC associations and has served on numerous government committees shaping policy and program implementation. She served on the Association for Community Living (ACL) and has served on the board of NYS Association of Psychiatric Rehabilitation Services (NYAPRS). She currently serves as President of the Board of the Coalition of Behavioral Health Agencies, Inc., Vice President of the Board of the InterAgency Council of Developmental Disabilities Agencies, Inc., and is a Board Member of NAMI NYC Metro. Throughout her career, Ms. Colonna has been a vocal advocate for the rights of and services for individuals with disabilities. ■



ISAAC S. BROWN
President/CEO
Baltic Street AEH, Inc.

ISAAC S. BROWN is currently the President / Chief Executive Officer of Baltic Street AEH, Inc. Before coming to Baltic Street, AEH, he spent five years working as the Training Coordinator for the Mental Health Empowerment Project, Inc. Isaac identifies as a consumer of mental health services. He began his career in human service as an advocate in 1991. Isaac currently serves on the Recipient Advisory Committee of New York State Office of Mental Health. He is President of The Mental Health Empowerment Project Board of Directors. Isaac Brown is also a working artist. ■

CROSSROADS: CREATING NEW PATHS TO WHOLE HEALTH

Program Agenda • Workshop Sessions • Thursday, July 18, 2013

PROGRAM AGENDA

8:15 – 9:00 AM

REGISTRATION AND BREAKFAST

9:00 – 9:30 AM

WELCOMING REMARKS

- **Celia Brown**
Regional Advocacy Specialist, Bureau of Recipient Affairs, NYC Field Office, New York State Office of Mental Health
- **Lynn Videka, Ph.D.**
Dean, NYU Silver School of Social Work
- **Trish Marsik**
Assistant Commissioner, Bureau of Mental Health, New York City Department of Health and Mental Hygiene
- **Jody Silver**
Director of Consumer Affairs, Division of Mental Hygiene New York City Department of Health and Mental Hygiene
- **Kristin M. Woodlock, RN, MPA**
Acting Commissioner, New York State Office of Mental Health

9:30 – 10:45 AM

KEYNOTE ADDRESS:

- **It Comes From Within**
Donna Colonna, President and Chief Executive Officer Services for the UnderServed (SUS)
- **Moving Down the Road**
Isaac S. Brown, President and Chief Executive Officer Baltic Street AEH, Inc.

10:45 – 11:00 AM

BREAK — RESOURCE ROOM IS OPEN

(ROOM 914)

11:00 – 12:15 PM

WORKSHOP – SESSION I

12:30 – 1:15 PM

LUNCH — 10TH FLOOR

RESOURCE ROOM IS OPEN

(ROOM 914)

1:15 – 2:15 PM

PANEL DISCUSSION: panelists TBA

Learning from Our Past: Preparing for Our Future

Like everything else, the role of peer leadership is evolving and changing. This panel of distinguished peer leaders will share their personal and professional journeys to leadership, and the skills they had to learn along the way. Through their stories, the audience will learn how peer leaders sustain their commitment to recovery, despite ever-changing challenges. The audience will be provided with a unique opportunity to hear about 'lessons learned' and to start their own roadmap to becoming the peer leaders of tomorrow.

2:15 – 2:30 PM

BREAK – RESOURCE ROOM IS OPEN

(ROOM 914)

2:30 – 3:45 PM

WORKSHOP – SESSION II

4:00 – 5:00 PM

WRAP-UP AND RECEPTION

Make sure to check out the Resource Room in 914. We have coffee and treats all day long!

NEW THIS YEAR...ROUNDTABLES!

In addition to the many workshops offered, attendees may also join interactive Roundtable discussions on a number of current topics relevant to the work, growth, and wellness of peer specialists!

Roundtables are...

- **75 minute interactive discussions** facilitated by subject matter experts
- **Structured dialogues** with the goal of sharing experience and synthesizing knowledge
- **An opportunity to build a learning community** that underscores the growth and sustainability of the peer specialist workforce

CROSSROADS: CREATING NEW PATHS TO WHOLE HEALTH

Workshop Session I

WORKSHOP SESSION I

11:00AM-12:15PM

Parachute New York City

- **Jody Silver**, Director of Consumer Affairs, Division of Mental Hygiene, NYC DOHMH
- **Karen Rosenthal**, CPRP, Director of Training, Community Access

Parachute NYC is a new and innovative citywide approach to providing community-based services to individuals experiencing a psychiatric crisis. Participants will understand the values and practices that differentiate Parachute NYC from other mental health services. As a potential career opportunity, participants will be provided an in depth description of what it's like to work in a Parachute Respite.

Welcome Home New & Innovative Recovery Practices

- **Joe Woodward**, Executive Director, Housing Options Made Easy, Inc.

In this workshop, participants will learn the principles of managing a peer-run program; how to develop innovative programming to assist individuals in securing housing; and how to run an organization that promotes community integration and increased independence for people with mental illness.

Insight into a New Model of Leadership: Peer Network of New York

- **Robert Suarez**, Peer Educator & Advocacy Liaison
- **Hiawatha Collins**, Co-Chair, Peer Network of New York, CCAR/OASAS Recovery Coach
- **Organization:** Washington Heights Corner Project

The mission of the Peer Network of New York (convened six years ago in collaboration with DOHMH) is to support the work of peers at harm reduction agencies across New York City through education and training, citywide networking, and advocacy for harm reduction principles. This workshop will provide participants with an overview of the work and accomplishments of our peer network, outline its strength-based, peer-led model of leadership, which supports the continual professional development and engagement of the peer workforce in New York City.

(de)VOICED: Implications for People Working in Peer Roles

- **Lauren Tenney**, PhD Candidate in Environmental Psychology at the Graduate School and University Center, CUNY

(de)VOICED is an environmental community-based participatory action research project; it is survivor research. Using video as a research tool to collect data, our research question was, "What can we learn from advocates and activists who have psychiatric histories?" This workshop will reveal some of the major findings we generated through this process.

The Expanding Role of Peers

- **Leah Smith**, B.S., Job Coach,
- **Latoya Robinson**, Job Coach
- **Organization:** Services for the UnderServed, Inc.

This presentation will explore various settings and populations within the human services system that could provide employment opportunities for working Peer Specialists. Participants will also discuss how their lived experience can be an asset in the workplace, as well as how to move beyond providing direct care to effect change in the political arena.

Bringing Trauma-Informed Practices to Peer Support

- **Darby Penney**, Senior Research Associate
- **Cathy Cave**, Senior Program Associate
- **Organization:** Advocates for Human Potential, Inc.

The Mental Health Empowerment Project's "Creating a Trauma-Informed Community" Project, funded by a 3-year SAMHSA grant, provides training and mentoring to five peer-run programs in New York that wish to implement trauma-informed peer support. This presentation will offer an overview of the key concepts included in Engaging Women in Trauma-Informed Peer Support, a technical assistance document from SAMHSA's National Center for Trauma-Informed Care. Participants will gain information, tools and resources to increase their understanding of the importance of trauma-informed systems change.

CROSSROADS: CREATING NEW PATHS TO WHOLE HEALTH

Workshop Session I *(continued)*

Heart and Soul Documentary Screening & Discussion: Using Social Marketing Strategies to Achieve Health and Wellness Outcomes in Behavioral Health

- **Andy Kohlbrenner**, Director of Program Development
- **Levi Riddick**, Peer Specialist
- **Organization:** Rockland Independent Living Center

In this workshop, participants will screen and discuss the SAMHSA sponsored documentary Heart and Soul: Promoting Whole Body Wellness in Behavioral Health. Participants will learn how to use social marketing strategies in conjunction with peer services to support consumers in achieving positive long-term health care outcomes.

Using the 8 Dimensions of Wellness as an Assessment Tool

- **Sara Goodman CRPR**, Director of Education and Training and the Community Resource and Wellness Center, Baltic Street AEH, Inc.

Baltic Street has developed a new assessment tool based on SAMHSA's eight dimensions of wellness, which assists people in assessing their strengths and needs in each dimension. Participants in this workshop will complete their own self-assessment, and learn how to administer the self-assessment tool.

The Role of Certified Peer Specialists in Promoting Community Inclusion

- **Bill Burns-Lynch**, MA, LPC, CPRP, Temple University, Department of Rehabilitation Sciences, TU Collaborative on Community Inclusion of Individuals with Psychiatric Disabilities

Research continues to suggest that while there are more individuals with mental health conditions living in the community than ever before, their active participation in community life is not as robust as it could be. Peer Specialists are in a unique position to promote community inclusion. This workshop will present assessment and planning tools that will enable Peer Specialists to begin promoting community inclusion in their day-to-day work activities.

Effectiveness of Peer Provided Services

- **Phyllis Solomon**, PhD, Professor of Social Work School of Social Policy & Practice, University of Pennsylvania

In this workshop, the research on peer provided services will be reviewed. Participants will learn what an evidence based practice (EBP) is and how EBPs relate to peer provided services. Discussion will focus on the need for future research on peer provided services.

ROUNDTABLE

Health Care Reform: How will it affect you and your work?

This roundtable will provide an overview of what's happening in NYS, what this new landscape signifies for the NYC peer workforce and what tools and strategies you will need to become prepared to work and thrive in this new environment.

- **Chacku Mathai**, Associate Executive Director, NYAPRS
- **Tanya Stevens**, Director of Peer Services, NYAPRS
- **Amy Colesante**, Executive Director, Mental Health Empowerment Project (MHEP)

ROUNDTABLE

Peer Specialists: Who defines our Values, Standards and Competencies?

This roundtable will focus on efforts to establish peer specialist standards on an international, national, state and local level. Credentialing, certification, and core competencies in NYS will be explored. Learn about several exciting peer initiatives: The International Association of Peer Supporters' National Practice Standards for Peer Support Providers and The Academy of Peer Services, which is a training and technical assistance center whose purpose is to improve peer provided services in NYS through the enhancement of skills, education and the development of a Community of Practice. Discussions on how peer services will fit in the new Medicaid managed care landscape as NYS and NYC embark on major reform will also be explored.

- **Joseph Swinford**, Deputy Director of the Office of Consumers Affairs, New York State Office of Mental Health
- **Jonathan P. Edwards**, LMSW, Training Specialist, Parachute NYC, former Director of Peer Services, Kings County Hospital Center
- **Dwayne Mayes**, Independent Consultant, former Director of Howie the Harp Peer Advocacy and Training Center
- **Rita Cronise**, Instructional Design Consultant, International Association of Peer Supporters (iNAPS)
- **Mitchell Dorfman**, President, Dorfman Management Strategies, LLC.

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Workshop Session II

Workshop Session II: 2:30 PM-3:45 PM

Personal Growth and Change

- **Jeffrey McQueen**, MBA, CASAC, Assistant Director, Consumer Link, Mental Health Association of Nassau County

This workshop outlines a holistic, integrated, principle-centered approach for solving personal and professional problems. Participants will learn how to proactively work towards goal achievement by creating a roadmap; to prioritize tasks and manage them effectively and in a timely manner; to match goals with respective roles and responsibilities and the value of renewal and continual improvement in developing one's capabilities.

Standing Together: Forming Lasting Relationships

- **Joel Simonds**, Peer Specialist, Postgraduate Center for Mental Health
- **Gladys Pratt Simonds**
- **Sarah Kahan**, LMSW, Ohel Children's Home and Family Services

This workshop will focus on the empowering value of love as a force that cultivates wellness and recovery. Drawing from personal experience and research, the workshop presenters will discuss meeting people and forming relationships, dealing with crises that challenge relationships, and how love can survive in a challenging vista of symptoms and ongoing treatment.

Peer Supervision in Practice: It Makes a Difference

- **Jonathan P. Edwards**, LMSW, Training Specialist, Parachute NYC, former Director of Peer Services, Kings County Hospital
- **Celia Brown**, Regional Advocacy Specialist, Bureau of Recipient Affairs, NYS Office of Mental Health, NYC Field Office

This workshop will use multiple teaching methods to engage participants and provide an in-depth understanding of the importance of peer supervision. Participants will learn the different types and models of supervision; how to integrate personal recovery in their role as supervisor or supervisee; and skills and strategies to manage challenges that arise in the supervisory relationship. Role plays and case scenarios will be used to stimulate interaction among participants.

Challenges to Peer Support Roles... in Delaware and Beyond

- **Gayle Bluebird**, RN, Peer Services Director
- **Franzswa Watson**, Peer Educator
- **Karen Dinardo**, Coordinator, Inpatient and Community Peers
- **Organization**: Delaware Psychiatric Center

Peer Support has been developing for years. This workshop will focus on new questions: Are we training peers to provide treatment instead of peer support? Are clinical services being assigned to peers in certain clinical settings? Learn about a different approach in Delaware on peers providing peer support versus treatment services. Presenters will discuss strategies to promote national peer specialist policies.

Culture Shock: Recognizing Youth Culture as Part of Cultural Competency

- **Pauline Gordon**, NYC Regional Youth Partner
- **Desiree Moore**, Youth Advocate, Student
- **Organization**: YOUTH POWER!

This interactive workshop will explore the concept of "Youth Culture" and foster a dialogue about recognizing youth as a unique culture group, requiring cultural competency. Participants will gain knowledge of strength-based approaches for engaging youth and young adults; develop a better understanding of the needs and issues of youth; and learn to identify and distinguish risky behaviors versus age appropriate behaviors. We will also discuss how to establish creative youth initiatives that better meet the needs of children and families.

Training Peers in Mediation

- **Dan Berstein**, Founder MH Mediate

Mediators help people have difficult conversations and reach agreements in conflicts. This workshop introduces the mediation process and skills such as reflective listening and neutrality. We highlight opportunities for peers to develop and apply mediation skills to their work.

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Workshop Sessions II (continued)

UPRISE Peer Training Program: Preparing Ourselves for Health Care Reform

- **Terrell Jones**, Peer and Community Development Associate
- **Cheryl Russell**, Peer Harm Reduction Counselor
- **Organization:** New York Harm Reduction Educators (NYHRE)

The UPRISE Peer Training Program consists of two components: an 18 week, 36 session peer training and education program, and a 6 month field practicum, in which trainees learn to conduct effective peer street outreach, provide health information, social services referrals, and participate in community efforts to combat the institutional obstacles that prevent full participation in policy development and political involvement. This training program is specifically designed for those who choose to work in the harm reduction field as a peer counselor and community advocate.

ROUNDTABLES

The Impact of Health Care Reform on Culturally and Racially Diverse Communities

Health care reform and cultural competency are truly at a new crossroads. With goals to improve outreach and engagement, health integration, and preventive care, communities and services must value culturally and linguistically appropriate services, in order to meet the needs of the communities they serve. This roundtable discussion will provide an opportunity to discuss how peers can play a key role in helping the system eliminate health care disparities.

- **Cathy Cave**, Founding Partner, Unlimited Mindfulness Consulting, LLC
- **Sigfrido Benitez**, NAMI- Friends of NY State Psychiatric Institute
- **Carlton Whitmore**, Assistant Director of Consumer Affairs, Division of Mental Hygiene, NYC Dept. of Health & Mental Hygiene
- **Frances S. Priester**, NYS Office of Mental Health, Bureau of Cultural Competence

Media and Its Impact: The Good, the Bad, and the Ugly

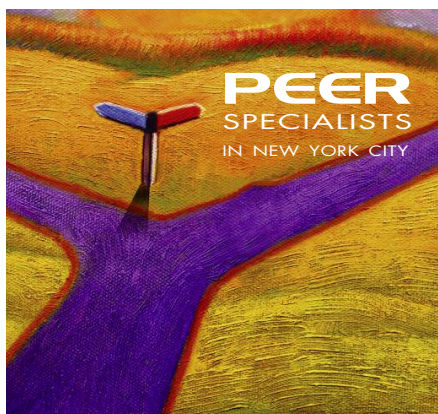
Please join our roundtable as we explore the many ways in which the mainstream media (TV, movies, newspapers, and even social media) goes about setting the tone and defining our world. We will discuss how the repetitive negative messaging plays out on the world stage and whether that portrayal is accurate, or can be altered for a more honest and positive truth.

- **Moneer Zarou**, Peer Advocacy Consultant
- **Lauren Tenney**, PhD Candidate in Environmental Psychology, Graduate School and University Center, CUNY
- **David Gonzalez**, Senior Consultant, Recovery x-Change
- **Joe Swinford**, Deputy Director of the Office of Consumers Affairs, New York State Office of Mental Health

4:00 - 5:00 PM

Please join us for a reception in rooms 405/406

We wish to thank The NYU Silver School of Social Work for their continued support in its hosting of the conference.



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CREATING NEW PATHS
TO WHOLE HEALTH**

**Health Care Reform
and the Role of
Peer Specialists**

How to

To register for this FREE full day conference, you may register online, by mail or fax.

- **Register online at:** www.coalitionny.org/the_center
- **Register by mail to:**
The New York State Office of Mental Health
Attn: Carmelita Thompson
330 Fifth Avenue, 9th fl., New York, NY 10001
- **Register by fax:** 212-330-6359
- **Information:** 212-330-6352
or e-mail: nypeer@omh.ny.gov

Location

This conference will be held at New York University Kimmel Center, 60 Washington Square South, New York, NY 10012

Confirmation

You will receive an email confirmation of your registration by July 15.

Cancellation

To cancel, so others may attend, please e-mail: nypeer@omh.ny.gov We will maintain a waiting list.

Accommodations

The Kimmel Center is wheelchair accessible.

Lunch

Lunch is provided at no cost to all participants.

Transportation

By Subway

- Take the Lexington Avenue subway (No. 6 train) to Astor Place Station. Go west on Astor Place to Broadway. Walk south on Broadway to Waverly Place. Walk westward on Waverly Place until you reach Washington Square.
- Take the Broadway subway (N, or R train) to Eighth Street Station. At Broadway walk south to Waverly Place. Walk westward on Waverly Place until you reach Washington Square.
- Take the Sixth Avenue subway to West Fourth Street-Washington Square Station (A, C, E, B, D, F, or M train). Walk east on West Fourth Street until you reach Washington Square.
- Take the Seventh Avenue subway #1 to Christopher Street-Sheridan Square Station. Walk east on Christopher Street to West Fourth Street. Continue east to Washington Square.

Dates to Remember:

July 11th Final Day for Registration

July 18th Conference



Registration Form

(PLEASE PRINT. Register online, mail or fax completed registration form to the address listed above.)

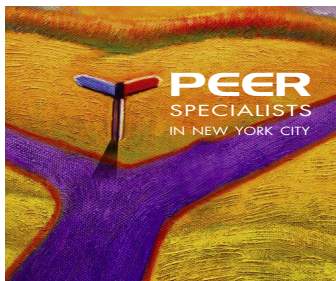
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Title: _____ Organization: _____

Phone-Work: () _____ FAX: () _____ E-Mail: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____



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Mail Registration or Fax:

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