

# NYAPRS 35<sup>th</sup> Annual Conference

*Stand Up Together for Recovery!*



**September 13 – 15, 2017**  
**Hudson Valley Resort & Conference Center**  
**Kerhonkson, New York**

## *Featured Speakers*



**Steven Samra**  
Center for Social Innovation



**Jeffery McQueen**  
Mental Health Association  
of Nassau County



**Leah Harris**  
Shifa Consulting



**Eduardo Vega**  
Dignity Recovery Action!  
International



**Patrick Corrigan**  
Illinois Institute of Technology



**Gayle Bluebird**  
Bluebird Consultants



**Ann M. Sullivan**  
Office of Mental Health



**Chacku Mathai**  
STAR Center



**Tom Hill**  
National Council on  
Behavioral Health



**Eva Dech**  
Intentional Peer Support



**Deborah Wilcox**  
Confluency Consultants  
& Associates



**Sue Bergeson**  
Recovery, Resiliency, Engagement  
and Activation Partners

*Featuring the nationally acclaimed documentary "Crazywise"  
and the hilarious Stand Up For Mental Health showcase.*

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## At-A-Glance

### Wednesday, September 13

AM	
9:00	NYAPRS Health, Healing & Arts Fair ongoing through conference Featuring Free Shiatsu, Acupuncture, Reiki, Chair Massage, Ronda's Art Table, etc.
10:00	Conference Registration
11:30	Lunch
PM	
12:00	Welcome & Opening Remarks
12:30	<b>Workshops Round 1</b>
1:45	Break
2:00	<b>Workshops Round 2</b>
3:45	Break
4:00	<b>Award Presentations Keynote</b>
5:00	Cultural Diversity Bash
6:00	Dinner
7:15	Festival Program
8:15	Peer Support Meetings
9:15	Chess, Checkers, and Dominoes Club
9:15	Open Mic with Michael Skinner
9:30	DJ & Dancing

### Thursday, September 14

AM	
7:00	Tai Chi for Beginners with Bryon Abrams
7:00	Yoga with Dagny Alexander
7:30	Breakfast
8:00	Conference Registration
8:30	<b>Workshops Round 3</b>
9:45	Break
10:00	<b>Award Presentations Keynote</b>
11:30	Break
11:45	<b>Workshops Round 4</b>
PM	
1:00	Lunch
2:00	<b>Award Presentations Keynote</b>
3:45	Break
4:00	<b>Workshops Round 5</b>
5:15	Break
5:30	Annual Membership Meeting
6:15	Our Famous Outdoor Barbeque with Music: DJ Jenkins
7:30	Entertainment – Stand Up for Mental Health with David Granirer
8:30	Peer Support Meetings
9:15	Chess, Checkers, and Dominoes Club
9:15	Open Mic with Michael Skinner
9:30	DJ & Dancing

### Friday, September 15

AM	
7:00	Qigong with Bryon Abrams
7:30	Breakfast
8:00	Conference Registration
8:30	<b>Workshops Round 6</b>
9:45	Break
10:00	<b>Award Presentations Keynote</b>
11:30	Break
11:45	<b>Workshops Round 7</b>
PM	
12:45	Break
1:00	Lunch & Closing Remarks

#### Tracks:

**E&A = Empowerment and Advocacy**  
**HHR = Health, Healing and Recovery**  
**CC = Cultural Competence**

**CI = Community Inclusion**  
**ADM = Administration**  
**TR = Trauma**

**Y&F = Youth and Families**  
**Basics = Building on the Fundamentals**  
**PS = Peer Support and Peer Specialists**

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## Program

*Wednesday, September 13*

- 9:00 am ..... **Health, Healing & Arts Fair (ongoing throughout the conference)**
- 10:00 am ..... **Conference Registration**
- 11:30 am ..... **Lunch**
- 12:00 pm ..... **Opening Remarks**  
**Conference Co-Chairs:**  
**Traci Plouffe**, *Mental Health Association in Essex County, Westport, NY*  
**Luis Lopez**, *New York State Psychiatric Institute, New York, NY*  
**Harvey Rosenthal**, *NYAPRS, Albany, NY*

### Workshops Round 1 - 12:30 pm – 1:45 pm

- E&A 101 **Raise the Bar for Your Recovery!**  
Have you heard about HARPs, Health Homes and HCBS!? The presenters will make sense of how these major new offerings can provide eligible Medicaid enrollees with a lot more choices in the number and kind of services they can get and in the way they are coordinated. Come hear about all the new Home and Community Based services you can receive in your own home and community, including peer support, employment and crisis supports. Learn about the benefits of working with someone who can help your providers work more closely together and with you to achieve success in setting and reaching your life and recovery goals. Find out about the steps you can take to maximize your recovery today!  
**David Ferencz, Colleen Sheehan, Harvey Rosenthal**, *NYAPRS, Albany, NY*  
**Todd French**, *Mental Health Empowerment Project, Albany, NY*  
**Rachel Gerson, Esq.**, *Urban Justice Center, New York, NY*  
**Doug Ruderman**, *NYS Office of Mental Health, Albany, NY*
- E&A 102 **New Era in Leadership Skills**  
In an era of many silos and sectors that seem forever divided, intersectionality offers an innovative framework for addressing complex social issues and improving understanding across differences. Join us for this interactive workshop to learn more about intersectionality, the power of our own social identities and the strategies for working collaboratively in communities.  
**Chacku Mathai**, *STAR Center, Arlington, VA*  
**Tom Hill**, *National Council on Behavioral Health, Washington, DC*

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- HHR 103 **Living Resilience: Mind-Body Skills to Deactivate the Stress Response in Yourself and Others, Part 1**  
 In today's challenging times, we need skills and tools to stay as creative, balanced and resilient as possible. Join us for a fun and experiential exploration of how to shift our mental, emotional, and physical states using simple, holistic, and no-cost techniques. We'll begin with a brief overview of the science behind trauma, the stress response, and how to activate the body's relaxation response. Throughout this extended 2-part workshop, we'll practice mind-body skills such as grounding, breathing techniques, Emotional Freedom Technique (EFT), dynamic (moving) mindfulness, and an amazing 90-second practice that can be done anytime, anywhere to de-stress and create an immediate sense of calm and mental clarity.  
**Leah Harris**, *Shifa Consulting, Alexandria, VA*  
**Eva Dech**, *Intentional Peer Support, Peachtree Corners, GA*
- Basics 104 **Resilience – Life Happens: Thriving through Challenges to Recapture Your Dreams**  
 Resilient people do more than just survive. They use natural abilities, lessons, skills, and supports to move forward. Whether overcoming substance abuse, mental illness, financial legal or relationship problems, resilience is a skill that can be learned by caring for yourself, seeking and providing support, balancing work and play, and fully engaging in life.  
**Clarence Jordan**, *Beacon Health Options, Memphis, TN*  
**Lisa Kugler, Jacqueline Pettis**, *Beacon Health Options, Linthicum, MD*
- CC 105 **Health Literacy, a Key Component to Providing Culturally Competent Services**  
 Health literacy, as part of New York State's Medicaid Redesign, is recognized as a component to providing cultural competence and effective care. This workshop will present the impact health literacy has on health outcomes and strategies to promote patient/client understanding.  
**Alaina O'Mara, Lenora Reid Rose**, *Coordinated Care Services, Inc., Rochester, NY*
- TR 106 **Healing Through Spiritual Practices with a Trauma Informed Lens**  
 This workshop weaves the value of supporting spiritual practices in recovery through weaving spiritually into a trauma-informed care lens. The practices are culturally relevant and personally meaningful as individuals are increasingly empowered to take responsibility for their own wellness and recovery.  
**Patty Blum, Ruth Gonzalez**, *Crestwood Behavioral Health, Inc., Sacramento, CA*  
**Regina Kaiser**, *Dreamcatchers Empowerment Network, Fairfield, CA*
- CC 107 **Break the Silence: Bridging Mental Health Disparities among Asian Americans Through Culturally Competent Services**  
 Despite experiencing similar rates of mental illness as other populations, Asian Americans under-utilize services and exhibit longer delays between the onset of symptoms and their first contact with the mental health system than other ethnic groups. This workshop will offer strategies and tools for providing culturally competent engagement and recovery-oriented care for Asian Americans who are having their first experience with psychosis.  
**Hong Ngo, Sarah Piscitelli**, *OnTrackNY, Center for Practice Innovations, New York, NY*
- CI 108 **Developing Sustainable Job Opportunities: A More Holistic Demand Side [employer-based] Approach**  
 Work is essential for independent community living, but employment rates for people with serious mental health conditions are dismal, lower than for people with other disabilities. Let's skip the blame and look at the issues! The presenter invites us to consider a more holistic framework for developing sustainable employment opportunities.  
**Jonathan Delman**, *Technical Assistance Collaborative, Inc., Boston, MA*

- CC 109 **Wisdom Keepers, Cultural Stigma, and Developing R.O.S.C. Using Peer Led Liberation Interventions**  
The presenters will discuss “rebuilding the village” using peer support mechanisms to leverage change. Often change requires making alliances with resistant gatekeepers in stigma prone communities. Life-saving innovative trauma and culturally informed peer led programs will be introduced such as, FARM HEAL USA, Recovery Barbershops & Salons, and Project TAUBAH USA - SANKOFA R I SE (adolescent peer initiatives in Newburgh, NY Hudson Valley, Newark NJ and PA).  
**Dr. Inman Hamzah Alameen, Dr. Kay Alameen**, *Crisis Recovery Network, Kerhonkson, NY*

### Workshops Round 2 - 2:00 pm – 3:45 pm

- E&A 110 **The War in Washington and at Home**  
There’s a fight in Washington and across the nation about how healthcare should be delivered to Americans, especially to those who rely on Medicaid to advance their health and their lives. The Affordable Care Act (ACA) allowed an estimated 62 million Americans to gain new access to mental health and substance use services. Efforts within Congress and the White House to repeal the ACA threaten to roll that back and, worse, to cut and limit Medicaid so that less people could get access to less services going forward. Join our fight to protect our services, our health and our lives!  
**Bethany Lilly**, *Bazelon Center for Mental Health Law, Washington, DC*  
**Harvey Rosenthal**, *NYAPRS, Albany, NY*
- HHR 111 **Managing Common Health Conditions**  
This workshop will focus on commonly seen health conditions impacting consumers in the behavioral health community. We will run through strategies to prevent and managed common health conditions. We will dialogue with participants around barriers consumers face in taking care of their health and brainstorm solutions to these challenges.  
**Melissa Hinds, Nancy Covell, Forrest Foster, Noah Lipton**,  
*New York State Psychiatric Institute, New York, NY*
- HHR 112 **Living Resilience: Mind-Body Skills to Deactivate the Stress Response in Yourself and Others, Part 2**  
In today’s challenging times, we need skills and tools to stay as creative, balanced and resilient as possible. Join us for a fun and experiential exploration of how to shift our mental, emotional, and physical states using simple, holistic, and no-cost techniques. We’ll begin with a brief overview of the science behind trauma, the stress response, and how to activate the body’s relaxation response. Throughout this extended 2-part workshop, we’ll practice mind-body skills such as grounding, breathing techniques, Emotional Freedom Technique (EFT), dynamic (moving) mindfulness, and an amazing 90-second practice that can be done anytime, anywhere to de-stress and create an immediate sense of calm and mental clarity.  
**Leah Harris**, *Shifa Consulting, Alexandria, VA*  
**Eva Dech**, *Intentional Peer Support, Peachtree Corners, GA*
- TR 113 **Trauma Informed Approaches for Peer Specialists**  
Trauma is a unique individual experience of being overwhelmed by a perceived threat to life, bodily integrity or safety. Trauma informed approaches acknowledge the high prevalence of traumatic experiences in persons who receive mental health services. This workshop will discuss concrete ways peer specialists can provide support in a trauma informed manner.  
**Bill Gamble**, *Mental Health Empowerment Project, Albany, NY*

- ADM 114 **Counteracting Burnout and Compassion Fatigue**  
 Compassion Fatigue is an increasing concern in mental health provider organizations. This workshop reviews a variety of issues associated with staff burnout and assists organizations in identifying burnout and creating strategies to increase staff wellness, reduce burnout and ultimately reduce staff turnover.  
**Ruth Colon-Wagner**, *NYAPRS, Albany, NY*
- HHR 115 **Digging in the Dirt: A Collective Model of Peer-Supported Healing**  
 Self-sufficiency, a sense of belonging and contribution, access to healthy food, activating the central nervous system - community-supported agriculture is the synthesis of so much that peer support strives to achieve. This workshop will explore how nurturing the soil also nurtures the soul, reminding us that our mental and physical health are deeply rooted in the dirt.  
**David Bayne**, *STEP By STEP, Inc., Ogdensburg, NY*  
**Amy Colesante, Mary Szacik**, *Mental Health Empowerment Project, Inc., Albany, NY*
- E&A 116 **Speaking Up: Interrupting Acts of Prejudice**  
 Being culturally competent requires us to act when we hear expressions or jokes that are offensive yet every day in our communities, families and workplaces we experience stereotypes, racial, ethnic and homophobic slurs and jokes. We also need to speak up.  
**Ellen Stoller**, *Consultant, New York, NY*  
**Moneer Zarou**, *Advocacy Consultant, New York, NY*
- TR 117 **Hidden Trauma: Sharing Our Narratives to Support Healing Others and Ourselves**  
 Trauma can impact people over the lifespan. Connecting with others to share experiences is a powerful source of transformation and healing. Through discussion and activities, this workshop will teach participants how to use their personal narratives to explore experiences that have shaped their lives and can be used to promote healing and resiliency when someone else is experiencing a crisis. By the end of this workshop people will have a sense of how to share a healing narrative to benefit self and others.  
**Beth Mangiaracina**, *Mental Health Empowerment Project, Albany, NY*  
**Teena Brooks**, *NYC Department of Health and Mental Hygiene, Long Island City, NY*
- E&A 118 **Healing Stigma: Prevention and Intervention**  
 Trauma informed approaches in providing service to people with mental health issues involves use of peer providers, and integrating healing practices through the lens of trauma. We'll introduce how a multidisciplinary approach utilizing Evidenced Based Practices including WRAP, Employment Support and Peer Providers infused with trauma informed care practices provides a rich source for mitigating and healing internal stigma; understanding of recovery services through the eyes of trauma.  
**Patty Blum, Janet Vlavianos**, *Crestwood Behavioral Health, Inc., Sacramento, CA*

3:45 pm – 4:00 pm ..... **Break**

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4:00 pm – 5:00 pm ..... **Award Presentations and Keynote**

**Erasing the Stigma of Mental Illness: What says the Dodo bird?**

The Dodo Bird is an Alice in Wonderland character who, at the end of a race, concludes “Everybody has won and all must have prizes.” The Dodo Bird effect has been used to describe a conundrum resulting from behavioral change research that fails to distinguish superiority among discrete strategies for psychotherapeutic change. Research on stigma change may find itself at this point. Advocates have developed and implemented multiple approaches to changing stigma; might some of these be shown to have more beneficial impact than others? This presentation examines both the benefits and the negative unintended consequences of stigma change programs, considering the effects of education versus contact on the stigma of mental illness.

**Patrick Corrigan**, *Illinois Institute of Technology, Chicago, IL*

**Introduced by: Eduardo Vega**, *Dignity Recovery Action! International, San Francisco, CA*

5:00 pm – 6:00 pm ..... **Cultural Diversity Bash, music by DJ Jenkins**

6:00 pm – 7:00 pm ..... **Dinner**

7:15 pm – 9:00 pm ..... **Wednesday Evening Festival Program**

- **Showing of “Crazywise,”** a nationally acclaimed film that asks the question “what can we learn from those who have turned their psychological crisis into a positive transformative experience?”
- **Trauma and the Culture of Hip Hop: Revisited**, this group returns ready to share more stories about their challenges through their lives and how hip hop helped their recovery.

**Luis Lopez, Chacku Mathai, Celia Brown, Amanda Saake, Matthew Petite, Alex Frisina, Mike Frey, DJ Jenkins**

- **Self-Discovery (Mask Making)**, raise your self-awareness by using the art of mask making.  
**Katherine Thompson, Evelyn Cammarano**

8:15 pm – 9:15 pm ..... **Support Meetings**

**Open Peer Support Meeting**

**Dual Recovery Anonymous Meeting**

**LGBTQI Peer Support Meeting**

**Veterans Peer Support Meeting**

9:15 pm – 11:00 pm ..... **Chess, Checkers and Dominoes Club**

9:15 pm – 11:00 pm ..... **Open Mic with Mike Skinner**

9:30 pm – Midnight ..... **DJ & Dancing**

***Thursday, September 14***

7:00 am – 8:00 am ..... **Tai Chi for Beginners, with Bryon Abrams**

7:00 am – 8:00 am ..... **Yoga, with Dagny Alexander**

7:30 am – 8:30 am ..... **Breakfast**

8:00 am ..... **Conference Registration**

## Workshops Round 3 - 8:30 am – 9:45 am

- E&A 119 **Raise the Bar for Your Recovery!**  
Have you heard about HARPs, Health Homes and HCBS!? The presenters will make sense of how these major new offerings can provide eligible Medicaid enrollees with a lot more choices in the number and kind of services they can get and in the way they are coordinated. Come hear about all the new Home and Community Based services you can receive in your own home and community, including peer support, employment and crisis supports. Learn about the benefits of working with someone who can help your providers work more closely together and with you to achieve success in setting and reaching your life and recovery goals. Find out about the steps you can take to maximize your recovery today!  
**David Ferencz, Colleen Sheehan, Harvey Rosenthal**, *NYAPRS, Albany, NY*  
**Todd French**, *Mental Health Empowerment Project, Albany, NY*  
**Rachel Gerson, Esq.**, *Urban Justice Center, New York, NY*  
**Doug Ruderman**, *NYS Office of Mental Health, Albany, NY*
- ADM 120 **Workplace Wellness: The Value of Organizational Wellness**  
In the workplace, it is essential that a culture of wellness is adopted, and that principles and practices related to all areas of wellness are embedded in that culture. The workplace is a stakeholder in recovery, and should reflect wellness and recovery principles for all levels of staff. Join this workshop to learn what makes a well workplace!  
**Terri Hay, Crystal Brandow**, *Policy Research Associates, Inc., Delmar, NY*  
**Cathy Cave**, *Inspired Vision, LLC, Delmar, NY*
- PS 121 **Keeping our Peerness: Opportunities and Challenges to Integrate Peers in Clinical Teams, ACT and Beyond**  
The critically important role that peer specialists can play across the healthcare spectrum is now commonly understood. But, how can we ensure that peers are hired, supervised and deployed in ways that protect and promote the key principles of peer support? The presenters will help you to identify strengths and challenges of peer specialists working in ACT team and across the range of clinical programs. People attending this workshop will also learn how to prepare non-peer staff to welcome peers to the teams.  
**Sascha DuBrul**, *ACT Institute/OnTrack at CPI, New York, NY*  
**Luis Lopez**, *New York State Psychiatric Institute, New York, NY*  
**Helle Thorning**, *PhD, ACT Institute at CPI, New York, NY*  
**Denise Ranigan**, *Mental Health Association, Kingston NY*
- CI 122 **Employment Yes! The Role of Employment in Recovery**  
Lots of people diagnosed with mental illness want to work, but traditionally few have found competitive employment. This is now changing! This presentation will focus on the importance of employment in the recovery process. Participants will learn strategies for activating individuals for employment services and learn about an approach- Individual Placement and Support - that helps people find meaningful jobs.  
**Paul Margolies, Karen Broadway-Wilson, Raymond Gregory, Thomas Jewell**,  
*New York State Psychiatric Institute, New York, NY*  
**Len Statham**, *NYAPRS, Albany, NY*  
**Kathleen Herndon**, *MHA in Putnam County, Brewster, NY*
- Basics 123 **The Person at the Center of Person-Centered Recovery (PCRP)**  
The person-centered approach supports individuals to drive their own recovery and encourages a holistic method of collaborative planning. This skills focused workshop will provide an overview of PCRP and an interactive exercise where participants will put together the pieces of a recovery plan including: strengths, barriers, goals, SMART objectives, and interventions.  
**Amanda Saake, Melissa Thomas**, *The Coalition for Behavioral Health, Inc., New York, NY*



HHR 124 **HaHa and Soul**  
 So, these are really challenging, uncertain, and often-stressful times. Many of us feel pressure in the work we do and in our personal lives. Some of us are anxious. So the question is: How do we live in these times with a sense of hope and joy? In this workshop, we will have some fun, sing some songs, move around a bit, and talk together about what our purpose is and what we can do to bring more hope and joy into our lives and the work we do supporting people with disabilities and others.  
**Steve Holmes**, *Albany, NY*

CI 125 **Employment: Reaching Your Dreams**  
 Work is an essential step on the pathway to Wellness and Recovery. Supported Employment studies have shown that individuals with mental illness are able to work competitively in the community. We will provide approaches to employment that can be used with a variety of populations in a variety of settings to help individuals reach their dreams of employment.  
**Regina Kaiser**, *Dreamcatchers Empowerment Network, Fairfield, CA*  
**Ruth Gonzalez**, *Crestwood Behavioral Health, Inc., Sacramento, CA*

PS 126 **The Expanding Role of Peer Support: Health, Wellness, and Community Connectedness**  
 The presentation will provide information and education about whole health and wellness approaches for peer supporters to guide their work. This workshop will review factors contributing to early death, examine the key domains of wellness, and highlight ways in which peer support can build resiliency in those with psychiatric disabilities and co-morbid medical conditions. We will use a Social Determinants of Health framework to discuss ways to increased connectedness to communities of one's choice. This is an interactive, participatory workshop.  
**Thomas Lane**, *Magellan Public Sector Solutions, St. Pierce, FL*

CC 127 **From Isolation to Connection: The Role of Authentic Peer Support in Fostering Community Inclusion**  
 This workshop will discuss the social determinants to health and how these factors contribute to poor outcomes and under-service for many marginalized populations. Further it will describe the relationship between trauma and social determinants, reinforcing the ongoing need for trauma-informed care. The discussion will then focus on one key social determinant: social isolation, and discuss how to use authentic peer support to promote community inclusion and wellness.  
**Todd French**, *Mental Health Empowerment Project, Albany, NY*

9:45 am – 10:00 am ..... **Break**

10:00 am ..... **Remarks by OMH Commissioner Ann Sullivan**

10:30 am – 11:30 am ..... **Award Presentations and Keynote**

**On Solid Ground and Peering into the Future**

As we celebrate our successes in making peer practice a reality, what developments, preparations, and strategies do we need to ensure an unwavering future?

**Tom Hill**, *National Council on Behavioral Health, Washington, DC*

11:30 am – 11:45 am ..... **Break**

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## Workshops Round 4 - 11:45 am – 1:00 pm

- E&A 128 **On the Move Toward Destination Dignity!**  
A grassroots movement is gaining strength across our nation, a movement dedicated to creating a groundswell all across our society that says 'enough!' to the discrimination, defamation, and marginalization of our community! This movement is coming tougher to organize a series of national and local events that are intended to serve as the tipping points that Selma, Seneca Falls, and Stonewell represented for African Americans, women, and LGBTQI individuals.  
**Julie Erdman, Harvey Rosenthal** *NYAPRS, Albany, NY*  
**Charles Sanchez**, *Institute for Community Living, New York, NY*  
**Sue Parinello**, *Aid to the Developmentally Disabled, Riverhead, NY*  
**Jeffery McQueen**, *Mental Health Association of Nassau County, Inc., Hempstead, NY*  
**Carla Rabinowitz, Wendy Ruffin**, *Community Access, New York, NY*  
**Eduardo Vega**, *Dignity Recovery Action! International, San Francisco, CA*
- PS 129 **Who Defines “Peer Support?” The Danger of Substituted Values and Voice**  
Peer support was originally a grassroots, non-hierarchical approach rooted in mutual aid and consciousness-raising groups. In recent years, state mental health authorities developed a “peer staff model,” exemplified by the rapid expansion of peer specialist positions within traditional mental health programs. This presentation will explore how peer support has morphed into paid staff positions within traditional mental health agencies over the past 20+ years, and how this process has changed the field’s understanding of peer support. It will explore the processes through which this happened and offer recommendations for redefining terminology to distinguish between these very different types of roles and safeguarding the future of genuine peer support. An ongoing federally funded study of Intentional Peer Support practiced in peer-run programs will be described and discussed.  
**Darby Penney**, *Advocates for Human Potential, Albany, NY*
- PS 130 **Introduction to Intentional Peer Support**  
Come explore Intentional Peer Support, a model for thinking about and intentionally inviting powerfully transformative relationships among peers. Participants learn to use relationships to see things from new angles, develop greater awareness of personal and relational patterns, and to support and challenge each other as we try new things.  
**Eva Dech**, *Intentional Peer Support, Peachtree Corners, GA*
- PS 131 **The Competitive Advantages of Behavior Health Peers and Community Health Workers**  
Paid peer support specialists and recovery coaches have grown up alongside the emergence of the community health worker (CHW) movement. Are they the same? Should peers become CHWs? Should CHWs be trained as peers? This session will look at the competitive advantages of each field and consider when each might best be deployed.  
**Sue Bergeson**, *Recovery, Resiliency, Engagement and Activation Partners, Geneva, IL*
- CI 132 **Zip Code > Genetic Code**  
This presentation will highlight the influences of social determinants of health, focusing on the ways in which where we live impacts our health and wellness. Social determinants typically include socioeconomic status, education, the physical environment, employment, and social support networks. While there will be a focus on physical health, this presentation will also showcase the need for conceptualizing social determinants of mental health. NYS health and population data will be shared and discussed.  
**Crystal Brandow**, *Policy Research Associates, Inc., Delmar, NY*  
**Cathy Cave**, *Inspired Vision, LLC, Delmar, NY*

HHR 133

### Putting on the Arts

Many consumers are reporting the importance of art and creativity as integral components of their recovery. Writing, music, painting, dance, and other arts are pleasurable activities but can also be a conduit for expression of those parts of the self which may not have been expressed in any other way. Learn how art can be used as a powerful healing tool to explore deep emotions - the sorrows, the struggles, and joys. Also, understand how networking between artists has led to the formation of consumer arts organizations and programs, including creative arts drop-in centers, which are of benefit to the consumer and the community.

**Gayle Bluebird**, *Bluebird Consultants, New Castle, DE*

E&A 134

### CPI Resources for Families and Consumers

The Center for Practice Innovations (CPI) supports the New York State Office of Mental Health’s mission to promote the widespread availability of evidence-based practices to improve mental health services, ensure accountability, and promote recovery-oriented outcomes for consumers and families. Join this session to learn about resources and practices in system-transformation initiatives that will be of benefit to consumers and families.

**Carlton Whitmore**, *NYC DOHMH, Office of Consumer Affairs, New York, NY*

**Paul Margolies, Nancy Covell, Luis Lopez**, *New York State Psychiatric Institute, New York, NY*

**Celia Brown**, *NYS Office of Mental Health, New York, NY*

TR 135

### Transforming Trauma into Triumph – “It All Comes Out in the Wash”

This presentation will be an overview of defining trauma, the signs and symptoms, treatment options, that are available and strategies for wellness leading to triumph over one’s trauma. This powerful presentation will be delivered by people who have been touched by trauma in their lives and have successfully overcome it.

**Sadine Richardson, Vincent Mancini, Dawn Batson**, *Federation of Organizations, Patchogue, NY*

CI 136

### LGBTQI Mental Health Consumers – Sexual and Gender Minority Mental Health and Social Services Issues

This presentation will encompass the history, heritage and legacy of the modern LGBT rights movement and its intersection with the Mental Health System. Presenters from lived experience will offer compelling examples, incur history from early MH pioneers to today to LGBTQI. The activist who advocate too progress and reform in the MH system toward the empowerment and enfranchisement of response.

**Bert Coffman, Jack Keeley, Michael Livote**, *Zappalorti Society, New York, NY*

**Loraine Nunez**, *Fountain House, Bronx, NY*

**Phillip Williams**, *Gay Men of African Descent, New York, NY*

**Antoine Craigwell**, *DBGM, Inc., New York, NY*

1:00 pm – 2:00 pm..... **Lunch**

2:00 pm – 3:45 pm..... **Award Presentations and Keynote**

### Our Stories Tell Us Why We’re Here

The panel will draw from their powerful personal experience to reflect on what has helped and what has hurt in their process of healing and recovery.

**Gayle Bluebird**, *Consultant, New Castle, DE*

**Chacku Mathai**, *STAR Center, Arlington, VA*

**Steven Samra**, *Center for Social Innovation, Nashville, TN*

**Jeffery McQueen**, *Mental Health Association of Nassau County, Hempstead, NY*

3:45 pm ..... **Break**

## Workshops Round 5 - 4:00 pm – 5:15 pm

- ADM 137 **Will the Move to Value Based Payments Be Good For You?**  
This presentation will discuss New York State's transformational pathway to Value Based Payment (VBP), where providers are paid based on the impact of their care on the people they serve and on generating Medicaid savings. The presentation will cover the national trends leading to New York's adoption of VBP, the details of New York's VBP Roadmap, information about how the move to VBP will impact recovering people and community behavioral health providers.  
**Josh Rubin**, *Health Management Associates, New York, NY*
- PS 138 **Personal Wellness Strategies to Sustain our Connection and Empathy in Peer Support**  
This workshop will offer participants information, tools, and resources for supporting the wellness of peers in the workforce, focusing on the balance between work and self-care. The concept of peer wellness will be explored from both individual and organizational levels, with strategies offered for strengthening the health and well-being of peer supporters.  
**Cathy Cave**, *Inspired Vision, LLC, Delmar, NY*  
**Terri Hay, Crystal Brandow**, *Policy Research Associates, Inc., Delmar, NY*
- ADM 139 **Is there a Place for Us: Do Milieu-based Community Services Matter Anymore**  
While there is still substantial funding for clubhouses, PROS, and peer-run community centers, there has also been a recent push to develop services based in individuals' natural communities. Please join us for a lively discussion on the benefits and challenges of milieu-based and mobile recovery services.  
**Jeremy Reuling, Ronda Speight, Robert Litwak**, *MHA of Westchester, Tarrytown, NY*
- PS 140 **Making the Case for Peer Support to Payors and Influencers**  
Your work as a peer is amazing and effective. But how do you communicate that to people who could pay for or influence that work. This practical session will help you position peer support to those you want to influence and will provide data and other resources to help you be successful.  
**Sue Bergeson**, *Recovery, Resiliency, Engagement and Activation Partners, Geneva, IL*
- Y&F 141 **Successful Families Can and Do Look Different**  
A panel of parents and grandparents from New York State will share their unique parenting roles and experiences with emphasis on how successful families can and do look different. The panel will share their experiences with: relationships, systems, custody issues, rights, culturally competent and trauma-informed approaches, and more.  
**Tracy Puglisi, George Badillo**, *Association for Mental Health and Wellness, Ronkonkoma, NY*  
**Anne Dox, Bill Gamble**, *Mental Health Empowerment Project, Inc., Albany, NY*  
**Digna Quinones**, *NYS OMH Office of Consumer Affairs, New York, NY*
- TR 142 **Transformation without Retraumatization!**  
Trauma? NO FUN! HEALING FROM TRAUMA NO FUN??? No truth!!! Pointing to tremendous implications for veterans and reentry, this thoroughly engaging, interactive workshop provides a playful and healing adventure based on "The Alternative to Violence Project," a circle process born out of the trauma surrounding the Attica prison uprising (a.k.a. riot).  
**Noelle Pollet**, *Heart Circle Consulting, West Camp, NY*  
**Colleen Sheehan**, *NYAPRS, Albany, NY*
- ADM 143 **Capturing Service Recipient Voices in Outcomes**  
An often overlooked component in the changing landscape of how services are delivered and paid for is the service recipients' voice in what outcomes are important to their recovery. This presentation will discuss an innovative approach to capturing this perspective and the findings as they relate to recovery oriented services.  
**Briannon O'Connor, PhD, John Lee, Brian Smith**, *Coordinated Care Services, Inc., Rochester, NY*

Y&F 144

### What's New in Family and Youth Peer Support

This workshop will focus on Family Peer and Youth Peer support. The presenters will discuss the roles and service definitions for both services and how they fit into the new Medicaid Managed Care system that will serve children and their families. They will also outline the steps and requirements needed to become a Family Peer or Youth Peer Advocate.

**Susan Burger, Stephanie Orlando**, *Families Together in NYS, Albany, NY*

**Anne Kuppinger**, *New York University, New York, NY*

CC 145

### Multicultural Competency Wellness Wheel: Systemic Approach to Mental Health Wellness & Recovery

Promote systemic mental health wellness and recovery, and support, peers, providers, related stakeholders in broadening their views on the concepts of wellness and well-being, within the context of systemic recovery, and bring awareness to the interlocking systems displayed within Multicultural Wellness Wheel (2016 National Wellness Institute Multicultural Competency Committee). This concept map addresses applied multicultural competency and the needs and goals of individuals, families, and workplaces.

**Deborah Wilcox**, *Confluency Consultants & Associates, Denver, CO*

**Theresa Hall**, *NYAPRS, West Babylon, NY*

5:15 pm ..... **Break**

5:30 pm – 6:15 pm ..... **NYAPRS Annual Meeting**

6:15 pm – 7:15 pm ..... **BBQ**

**Raffles, music by DJ Jenkins**

7:30 pm – 9:00 pm ..... **Stand Up for Mental Health! with David Granirer and comics**

**Sara Goodman, Angela Cerio, Digna Quinones, Jeffery McQueen, Michael Weitzman and Tanya Stevens**

8:30 pm – 9:30 pm ..... **Support Meetings:**

**Open Peer Support Meeting**

**Dual Recovery Anonymous Meeting**

**LGBTQI Peer Support Meeting**

**Veterans Peer Support Meeting**

9:15 pm – 11:00 pm ..... **Chess, Checkers and Dominoes Club**

9:15 pm – 11:00 pm ..... **Open Mic with Michael Skinner**

9:30 pm – Midnight ..... **DJ & Dancing**

### *Friday, September 15*

7:00 am – 8:00 am ..... **Intro to Qi-Gong**

7:30 am – 8:30 am ..... **Breakfast**

8:00 am ..... **Registration**

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**HHR = Health, Healing and Recovery**

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## Workshops Round 6 - 8:30 am – 9:45 am

- HHR 146 **Bathing in the Light**  
Our faith in the recovery process and consistency in efforts are two of the cornerstones on which it stands. We will review strategies to strengthen the foundation of our recovery, fortify the walls of our resilience, and crown it all in joyful relationships with self and others.  
**Neville Morris**, *Coordinated Care Services, Inc., Endwell, NY*
- E&A 147 **Mental Health Self-Direction in New York and the Nation**  
Increasingly, people with serious mental health conditions are self-directing their services and supports to pursue recovery goals. This session will explore what self-direction looks like in the context of mental health with examples from several states participating in the Demonstration and Evaluation of Self Direction in Behavioral Health.  
**Bevin Croft**, *Human Services Research Institute, Cambridge, MA*  
**Briana Gilmore**, *Community Access, New York, NY*
- E&A 148 **Men and Recovery**  
Today, it is clear that family, health, employment and housing are key issues for peers. It is also acknowledged that we as a society are also in need of strategies to improve the outcomes related to children and adolescents. This workshop will look at how men fare in family court and the child welfare systems, and how these outcomes can cause trauma to individuals, families and children. The presentation will focus on the issues of men and their children.  
**Lureen McNeill**, *NYS Office of Substance Abuse Services, Albany, NY*  
**Joseph Swinford**, *Office of Mental Health Office of Consumer Affairs, Albany, NY*  
**Neil Pollicino**, *Consultant, New York, NY*
- HHR 149 **Complementary and Alternative Healing Modalities: An Overview and How They Enhance Recovery Plans**  
Have you ever wondered how complementary and alternative healing practices can complement your wellness plan? Have you ever wondered how complementary and alternative healing practices can fit into a traditional mental health model of recovery?  
**Elizabeth Patience**, *NYS OMH, Syracuse, NY*  
**Luclann Stalzer**, *NYS OMH, W. Brentwood, NY*
- CI 150 **Collaboration for Recovery**  
This mixed town/suburban county of over 800,000 people is the home to a strong, and growing collaboration between peer support, Government, traditional providers, and law enforcement. We will discuss how we got here, where we are going, and how to help make this happen elsewhere.  
**Elena Kravitz**, *CSPNJ/Moving Forward Community Wellness Center, New Brunswick, NJ*  
**Jay Yudorf**, *NAMI New Jersey, Monroe, NJ*
- E&A 151 **Storytelling for Personal Transformation and Social Change**  
As the Native American saying goes: “tell me a fact and I’ll learn. Tell me a truth and I’ll believe. But tell me a story and it will live in my heart forever.” A dynamic art form with unlimited personal and professional applications, storytelling has the potential to create connection and inspire change like no other form of communication. In this fun and interactive workshop, we will explore the universal elements and skills of effective storytelling including the use of sensory details, the “rule of 3,” and how to determine what to include and what to leave out. We’ll do a fast and fun storytelling exercise to help you generate story ideas. Participants will leave this workshop with at least one story “seed” and the tools to develop it into a powerful and compelling true story for the page or the stage.  
**Leah Harris**, *Shifa Consulting, Alexandria, VA*

E&A 152

## Thank You for Your Service: Pathways to Recovery Supports for Veterans

A recent SAMHSA study found that approximately 50% of returning service members who need treatment and/or support for mental health conditions seek it, and that only slightly more than half of those receive adequate care. The presenters will describe strengths based approaches that successfully engage veterans, with a particular focus on peer models that feature innovative, holistic and person centered pathways to wellness. They will also touch upon ways to “bridge their way into the VA” to fully support veterans in a trauma informed, strengths-based and military-friendly way

**Steven Samra**, *Center for Social Innovation, Nashville, TN*

**Jeffery McQueen**, *Mental Health Association of Nassau County, Hempstead, NY*

**John Jarvis**, *Nassau-Queens PPS, East Meadow, NY*

Basics 153

## Looking Through the Recovery Lens

Let us introduce you to the power of recovery based service provision. Recovery happens and this training explores the research that proves it, personal experience that lives it, elements in relationships that nurture it and skills that foster it.

**Ruth Colon-Wagner**, *NYAPRS, Albany, NY*

Y&F 154

## Just Do You: An Engagement Program for Young Adults

Our presenters will describe an innovative intervention for young adults designed to engage them in their health and wellness, and assist them in developing a positive mental health identity, hope, empowerment and an understanding of how their mental health care can assist them in their recovery journey.

**Michelle Munson**, *New York University, New York, NY*

**David Kamnitzer, Redell Creary**, *ICL, New York, NY*

10:00 am – 11:00 am ..... **Award Presentations and Keynote**

## Free Your Mind and the Rest Will Follow – Reframing the Incarceration Experience

This keynote will discuss how reframing personal story is a potent self-advocacy tool for formerly incarcerated people, helping to repair relationships, gain employment, change policies, and improve restoration strategies and services. Lynnae will provide examples that explore how reframing the past provides access to a new identity, new opportunities, and ultimately a new life.

**Lynnae Brown**, *Howie The Harp Advocacy Center, New York, NY*

### Workshops Round 7 - 11:15 am – 12:15 pm

HHR 155

## Integrated Care in Action

This workshop will explore Kim’s background in working with peers, how the RWJ work led step by step of our current integrated work, what peers mean to you, your patients, and your team. There will be time to discuss suggestions/questions that will help you and other teams better understand about the work being done together.

**Dr. Kim Griswold**, *Buffalo General Medical Center, Buffalo, NY*

**Maura Kelly**, *Western New York Independent Living, Inc., Buffalo, NY*

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- PS 156 **From Movement to Profession: Parallels Between Social Work and Peer Services**  
 We often focus on what divides us, but this workshop highlights the commonalities between social work and the peer movement in an effort to learn from and understand the strengths and pitfalls of social justice work in the age of accreditation, certification, and professionalization.  
**Mary Szacik, Bill Gamble**, *Mental Health Empowerment Project, Inc., Albany, NY*
- PS 157 **Peer Advances in Criminal Justice Diversion and Re-Entry**  
 Peer agencies have been engaged in groundbreaking efforts to help reduce and/or improve criminal justice related responses to people with behavioral health conditions. The presenters will describe peer initiatives that help stabilize crises and train and accompany police to prevent avoidable incarcerations, as well as a well-established re-entry program that supports successful returns from Sing Sing Correctional Facility to the community.  
**Carla Rabinowitz, Lorenzo Diggs**, *Community Access, New York, NY*  
**Ellen Healion, James Ford**, *Hands Across Long Island, Central Islip, NY*  
**Steve Miccio**, *PEOPLE, Inc.*
- ADM 158 **Behavioral Health Value Propositions within the DSRIP Environment**  
 Behavioral health and substance use treatment providers are playing an increasing role to support projects designed to support the objectives of the Delivery System Reform Incentive Payment (DSRIP) program, including improving access to care, reducing health care costs and decreasing avoidable hospital admissions to improve health outcomes for New Yorkers. Learn what it takes to fashion a successful value proposition and about the experience several agencies are having with area PPS/DSRIP and healthcare systems.  
**Boris Vilgorin**, *McSilver Institute's Managed Care Technical Assistance Center, New York, NY*  
**Kim Taro**, *Mental Health Association of the Southern Tier, Binghamton, NY*  
**John Jarvis**, *Nassau University Medical Center, East Meadow, NY*  
**Ali Rashid, Harvey Rosenthal**, *NYAPRS, Albany, NY*
- ADM 159 **Performance Management Practices**  
 Performance management is a process that provides feedback, accountability, and documentation for performance outcomes. It helps employees to channel their talents toward organizational goals.  
**Jeffery McQueen**, *Mental Health Association of Nassau County, Hempstead, NY*
- HHR 160 **Ground Zero for Zero Suicide**  
 Suicide is the worst outcome not just of mental health problems but of isolation, stigma and despair. Many who struggle or have struggled with thoughts or feelings of suicide have felt silenced or shamed even in the context of the recovery movement. On the journey of recovery though suicidal moments may be important, even transformative times through which people grow in new ways by re-evaluating life's purpose and relationship to oneself. To 'flip the script' on suicide is to bring out the voices and experience of those that have been there as messengers of hope and champions whose struggles ended not just in less pain, but in a better life for themselves and others. We can save lives from suicide, not by stopping people from thinking or enduring suicidal struggles, but by spreading the word that enduring them without taking action to kill oneself promises a uniquely improved life. To get to zero suicide we must listen to those who are out there, activating their hope and heroism.  
**Eduardo Vega**, *Dignity Recovery Action! International, San Francisco, CA*
- Y&F 161 **Utilizing Website Building to Develop Transition Readiness and Self-Advocacy with Youth**  
 Students with "Emotional and Behavioral" conditions oftentimes don't have essential self-awareness, environmental awareness, and commitment - necessary rehabilitation readiness attributes to be active and empowered participants in transition planning. By teaching website development, Web-WAY uniquely empowers transition-age youth with knowledge and resources to take command of their own transition planning process.  
**David Merlo**, *Bryant & Stratton College, Rochester, NY*  
**Sharon Cavanaugh**, *Baker Victory Services, Lackawana, NY*



E&A 162 **The Recovery Meme: Can The Model Go Viral?**

Those of us in the psychiatric rehabilitation community know that mental illness is not a life sentence. We know that people recover. But what about the broader community who still resort to outdated solutions including stigmatizing catch phrases like "just take your meds?" How do we create a viral meme that captures the validation, respect and empowerment necessary for recovery? Join us to discuss how our ideas can go mainstream.

**Matt Costanzo**, *Community Access, New York, NY*

HHR 163 **Journey to Wellness: Discovering Our Pathways to Healing**

The process of wellness and recovery is different for everyone, yet we find so many ways we can relate as we hear about each other's inspiring journeys. Discovering and uncovering what works best for us often happens when we take the time to learn about other people and their stories of overcoming. Discover more about your own journey during this insightful and interactive workshop. Presenters will share their experience and personal approaches to healing, wellness and recovery as well as offer interactive opportunities to learn about and use personal wellness tools.

**Amanda Miles**, *NYCPS, Peer Alliance League, Oneonta, NY*

**Kate Hewlett**, *Otsego County Community Services, Oneonta, NY*

**Sarah Elaine Felman**, *Peer Support Specialist, Empowerment Exchange, Ronkonkoma, NY*

**Moderator: Chacku Mathai**, *Star Center, Rochester, NY*

12:15 pm – 12:30 pm..... **Break**

12:30 pm..... **Lunch**

1:00 pm..... **Closing Remarks**



*NYAPRS is proud to offer CEU hours for CRC and Social Work  
(and exploring CPRP options)*

*More information to follow*

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