



Collective

Recovery • Rehabilitation • Rights

NYAPRS Recovery and Rehabilitation Academy
For PROS and HCBS Practitioners

OUTREACH
TO ENGAGEMENT
TO ACTIVATION

THE VALUE OF PSYCHIATRIC REHABILITATION SERVICES

November 15 & 16, 2018

The Gideon Putnam, Saratoga Springs, NY

NYAPRS is proud to offer continuing education hours for LMHC, LMSW, LCSW, CRCC, and CPRP.

In Collaboration with
Center for
Practice Innovations

Sponsored by:
NYS Office
of Mental Health

The Coalition for
Behavioral Health, Inc.

Outreach to Engagement to Activation

ABOUT OUR KEYNOTE

Matthew Federici, M.S.

Matthew Federici, M.S. is the executive director of the Copeland Center for Wellness and Recovery, which operates the national consumer technical assistance center Doors to Wellbeing.



He serves on the Board for the International Association of Peer Supporters. Matthew has served in the public mental health sector for the past 23 years, is an Advanced Level Wellness Recovery Action Plan Facilitator and a Certified Psychiatric Rehabilitation Practitioner.

He received his M.S. in Rehabilitation Counseling from Rutgers University and was formerly the Program Director for the Institute for Recovery and Community Integration, a training and technical assistance program that developed and implemented the Pennsylvania Certified Peer Specialist workforce.

THURSDAY, NOVEMBER 15, 2018

8:00am

Registration & Continental Breakfast

9:00am

Opening Remarks

Harvey Rosenthal, Executive Director, NYAPRS

Edye Schwartz, Director of Systems Transformation, NYAPRS

9:15 – 10:15am

KEYNOTE PRESENTATION

Integrating WRAP, Psychiatric Rehabilitation and Peer Support to Promote Full Community Inclusion

Matthew Federici, Executive Director, Copeland Center for Wellness & Recovery and a co-author of the Certified Psychiatric Rehabilitation Practitioner (CPRP) Preparation and Skills Workbook

10:15 – 10:30am

Break

10:30 – 11:45am

1. PLENARY SESSION

Outreaching, Engaging and Supporting People to Get the Life They Want

David Barhome, Assistant Vice President, Integrated Health and Community Services, Family Residences and Essential Enterprises, Inc

Paul Ferrari, Director PROS, Behavioral Health Services North

Joe Woodward, CEO, Housing Options Made Easy, Inc.

Hear how our panel of experts have implemented innovative models of Home and Community Based and PROS services that are

successfully engaging and supporting people to advance their health activation and self-care and accessing what they need and want in the community. Learn about the opportunities found and the challenges that can be overcome as these organizations strive to deliver effective person-centered, recovery-oriented and outcome focused services.

12:00 – 1:00pm

Lunch

1:00 – 2:15pm

WORKSHOPS ROUND I

2. Explain Yourself! Learning to Promote Your Services to People Who May Not be Sold on What You Have to Offer!

Paul J. Margolies, Associate Director, Practice Innovation and Implementation, Center for Practice Innovations, Division of Behavioral Health Services and Policy Research, NYS Psychiatric Institute

Len Statham, Director of Employment & Economic Self Sufficiency Initiatives, NYAPRS

Mary VanLieshout, Consumer Services of Madison County PROS

Before they choose to use your PROS program or Home and Community Based Service, people must first understand how they can actually meet their needs and accomplish their goals. This session will feature PROS and HCBS providers who will share successful experiences in engaging service participants and helping them to achieve maximum benefit from the services they



offer. Participants will have the opportunity to share their own challenges and successes and learn from one another. Learn to present what you offer in a way that will have lots of people asking to choose to participate in your services!

3. Anti-Oppressive Practice: Make Your Practice Culturally Relevant and Trauma-Informed

James Rodriguez, Senior Research Scientist, McSilver Institute for Poverty Policy and Research

Our behavioral healthcare system is often marked by low rates of service use, high dropout rates and high turnover rates for front line staff. Participants in this session will gain a greater understanding of anti-oppressive practice and how it overlaps with other approaches that attempt to address these negative outcomes, especially for service participants from historically marginalized groups. Participants will also learn about VOICES, a practical set of strategies for implementing anti-oppressive care in daily practice.

4. Self-Directed Care: What is it and How is it Used to Promote Health Activation and Community Inclusion?

Bryan Cranna, Faith Davies, Independent Living, Newburgh, NY
Emily DeLorenzo, Program Manager, Bureau of Program and Policy Development, **Don Zalucki**, Director, Bureau of Program and Policy Development, NYS Office of Mental Health

Lauren Stander, Resource Consultant, Community Access

Self-Directed Care has come to New York State! Building on international models that have been developed in England and the United States, SDC is rooted in the fundamental principle that people in behavioral health recovery can best articulate and determine their own needs. SDC provides eligible individuals with the ability to meet their individualized goals through the approved purchase of goods and services they identify as critical to advancing their health and their lives, including independent housing, employment, education. Come join us for a conversation with a pilot site's SDC program manager, an individual currently participating in the program and representatives from the Office of Mental Health.

2:15 – 2:30pm

Break

2:30 – 3:45pm

WORKSHOPS ROUND II

5. Connecting with Employers: Let's Make Sure We all Benefit From These Relationships!

Jennifer Edwards, Employment Specialist, ACCESS: Supports for Living
Raymond Gregory, IPS Trainer, Center for Practice Innovations, Division of Behavioral Health Services and Policy Research, **Thomas Jewell**, Project Manager, Center for Practice Innovations, Division of Behavioral Health Services and Policy Research, **Paul J. Margolies**, Associate Director, Practice Innovation and Implementation, Center for Practice Innovations, Division of Behavioral Health Services and Policy Research, NYS Psychiatric Institute

Gail McKee, Director of Vocational Services, Restoration Society, Inc.

Len Statham, Director of Employment & Economic Self-Sufficiency Initiatives, NYAPRS

Developing employment networks and successfully developing jobs requires employers who are most likely to work with us if they see a benefit to their businesses. This session will feature PROS and HCBS providers who will share their successful experiences in connecting with employers. Join

The NYAPRS Collective engages organizations and professionals in learning, valuing and practicing the principles of Recovery, Rehabilitation and Rights by creating a learning environment that challenges mindsets, strengthens skills, and builds a foundation for recovery through the partnering of practitioners and consumers.



them in sharing similar practices that are succeeding across our state.

6. Building a Positive Peer Culture in Psychiatric Rehabilitation Services

Samantha Kleinman, PROS Director, Mental Health Association of Nassau County

Sametra Polkah-Toe, Rehabilitation Practitioner II, Restoration Society

Peer specialists play a critical role in engaging, inspiring and supporting people who participate in PROS and Home and Community Based Services to attain their goals. This session will underscore how peers can effectively operate in rehabilitation services and how they can best be integrated within the service team.

7. Mastering Structured Skill Development and Support: The SSDS Experience

Moderator: Amanda Saake, Director, The Center for Rehabilitation and Recovery, The Coalition for Behavioral Health

Clinton Green, Training & Implementation Specialist, **Marlo**

Pasion, Senior Training & Implementation Specialist, **Melissa Thomas**, Associate Director of Training, The Coalition for Behavioral Health

Structured Skill Development and Support (SSDS) is a PROS service that is designed to assist individuals with developing skills to meet their life role goals through a process of teaching, practice, and feedback. SSDS is

a critical intervention that is arguably the most “mysterious” one for PROS practitioners. Through presentation and experiential exercises, session participants will participate in a simulated SSDS group and receive tips and strategies to provide SSDS in their PROS program.

3:30 – 3:45pm

Break

3:45 – 5:00pm

WORKSHOPS ROUND III

8. The PROS Curriculum Project: An Opportunity to Successfully Outreach to New Groups

Trish Blizzard, NYS Office of Mental Health

Dawn LoGuidice, Program Director, **Joe Zwieg**, Director of PROS/ Behavioral Health Services, Jawonio

Daniella Labate, Director of Managed Care Initiatives, NYAPRS

The NYS Office of Mental Health is funding PROS providers to reach out to people living in adult homes and State Psychiatric Centers who may want to explore moving to a more independent community setting. They are offering specialized group curricula which explore living, learning, working and socializing for people who may not have had much opportunity or have been reluctant to set these kinds of goals. This session will provide an overview of these opportunities and a discussion

with a PROS program that has been actively reaching out and engaging people in adult homes.

9. Why Shared Decision Making? Learning to Listen and Look

Larry Hochwald, Training and Technical Assistance Facilitator, **Robert Statham**, Training and Technical Assistance Facilitator, NYAPRS

As recovery-based services become more common place, service recipients are taking the opportunity to identify their health and life goals and to be centrally involved in the service planning and decision-making process. In assisting people to begin the process and take ownership for making critical life decisions, we must strengthen our listening skills and actively “hear” and truly ‘see’ the individuals we serve. Join us for an engaging discussion on the shared decision making process in the world of recovery based services!

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10. Let's Move Forward: Assessing and Developing Readiness to Change

Paul J. Margolies, Associate Director, Practice Innovation and Implementation, Center for Practice Innovations, Division of Behavioral Health Services and Policy Research, New York State Psychiatric Institute

Amanda Saake, Director, Center for Rehabilitation and Recovery, The Coalition for Behavioral Health

Edye Schwartz, Director of Services Transformation, NYAPRS

Change is hard for everyone and working with people who want to challenge where they are and to move to where they want to be can be daunting for everyone involved. The Boston University Center for Psychiatric Rehabilitation has developed a tool to help people to assess their readiness to change and then offered ways to build on that readiness so that the change is less frightening and more manageable. This interactive session will explore how to use this innovative readiness assessment tool to help individuals to move forward with setting and achieving life goals.

FRIDAY, NOVEMBER 16

8:00am
Registration & Continental Breakfast

8:30 – 9:45am
WORKSHOPS ROUND IV

11. Assuring Your Services and Value Are Clearly Presented

Representative, Association for Mental Health and Wellness

Brandy Kotary, Program Coordinator, RSS

Marketing your services and communicating your value is an integral aspect of the outreach process for both PROS and HCBS providers. This session will explore strategies for successful outreach that both cultivate relationships and communicate the recovery focus and quality of your services to Managed Care Organizations, Health Home Care Managers, and other referral sources and stakeholders. Make sure that your program and services are the ones that are chosen.

12. Engaging Consumers through Cultural Activation Prompts

Lenora Reid-Rose, Cultural Competency and Health Literacy, Coordinated Care Services, Inc.

Cultural Activation Prompts (CAPs) are an effective, culturally responsive and respectful, consumer-focused interaction and relationship building engagement tool utilized by the consumer. CAPs support the activation of individuals, encouraging them to participate in their own care. Through the expression and detailing of their cultural identity and values, each person determines and shares what matters to them when receiving care and enhances the likelihood of desired and positive outcomes. Participants of this session will be introduced to the CAPs tool: what it is; why it is important; how to appropriately utilize it; and what to do with the cultural information collected.

CONTINUING EDUCATION UNITS AVAILABLE: All sessions are approved for continuing education units.

NYAPRS is also approved to offer CEUs for CRCs, CPRPs and LMHCs.

New York Association of Psychiatric Rehabilitation Services, Inc., (NYAPRS) SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0253.

New York Association of Psychiatric Rehabilitation Services, Inc. (NYAPRS) is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC- 0141.

13. Trickle Down Activation: Getting (and Keeping) Staff Motivated!

Audrey George-Owens, LMSW, MPA, Regional Director of Behavioral Health Housing, Respite and HCBS Services, S:US

Natalie Lleras, Clinical Director, Catholic Charities of Brooklyn & Queens, Rockaway PROS

Amanda Saake, Director, Center for Rehabilitation and Recovery, The Coalition for Behavioral Health

As practitioners, we strive to make sure we're providing services and supports that help individuals to cultivate hope, motivation and momentum toward achieving their personal wellness and recovery goals. In our everyday work, we sometimes forget to nurture ourselves and to keep ourselves well. As managers and supervisors, it is important to consistently evaluate and implement strategies that support our staff. In this session, participants will participate in activities that support staff activation and to hear and share concrete strategies and tips from PROS and HCBS providers on how to accomplish this.

9:45 – 10:00am

Break

10:00am – 12:15pm

SPECIAL SESSION

Recovery-Oriented Cognitive Therapy: An Empowering Evidence-Based Practice Designed to Support People to Get the Life they Want

Paul M. Grant, BA, MA, Ph.D., Research Assistant Professor of Psychology in Psychiatry, Perelman School of Medicine at the University of Pennsylvania

We now know how to help to advance the health and recoveries of people with the most longstanding and extensive behavioral health conditions. In this interactive session, national expert Paul Grant will demonstrate how an evidence-based recovery-oriented cognitive therapy (CT-R) is being successfully implemented in inpatient and community settings across the country, including NYS Psychiatric Centers. It is being successfully used by non-clinical professionals including direct care staff, peer specialist and recreational workers, along with some social workers and rehabilitation counselors. Join us in a discussion with the co-creator of CT-R and an interactive exercise that will give you the opportunity to:

- Sharpen your skills to meet individuals where they are at
- Practice strategies for collaborating with individuals to elicit and help them develop powerful aspirations that they can actively pursue
- Celebrate current successes and plan for greater ones.

Come see how sometimes the best therapy doesn't look like therapy!

12:15pm

Closing Remarks

OUR SPECIAL SESSION PRESENTER: Paul M. Grant, BA, MA, Ph.D.

Dr. Paul Grant is dedicated to supporting people to get the life they wish to be living. In conjunction with Dr. Aaron T. Beck, he is the co-developer of recovery-oriented cognitive therapy (CT-R), an active approach that focuses upon understanding and overcoming the challenges of serious mental health conditions and to promote meaningful lives imbued with purpose and connection. Paul has developed innovative team-based, milieu, and group versions of CT-R and successfully applied it to promote recovery and resiliency for individuals experiencing extensive behavioral, social and physical health challenges. He has also conducted the basic research that supports the approach and the clinical trial to validate it. He and his colleagues have trained mental health personnel in Pennsylvania, New York, Massachusetts, Vermont, Montana, Delaware, New Jersey, and Georgia.



REGISTRATION INFORMATION:

Register Online at www.nyaprs.org

Registration fees do not include hotel costs. The full Academy fee includes registration for Thursday and Friday and all Academy materials and lunch and continental breakfast on both days.

REGISTRATION FEES:

Full Academy Registration Fee:

NYAPRS Member: \$199 Non-Member: \$250

Thursday, November 15 Commuter Fee:

NYAPRS Member: \$120 Non-Member: \$150

Friday, November 16 Commuter Fee:

NYAPRS Member: \$120 Non-Member: \$150

HOTEL RESERVATIONS:

The Gideon Putnam

24 Gideon Putnam Road, Saratoga Springs, NY

Hotel rooms are blocked for this event. It is your responsibility to contact and reserve rooms with the hotel.

To reserve, call 1-866-746-1077

Booking Code: 9nb23r

Group Rate: \$109/night