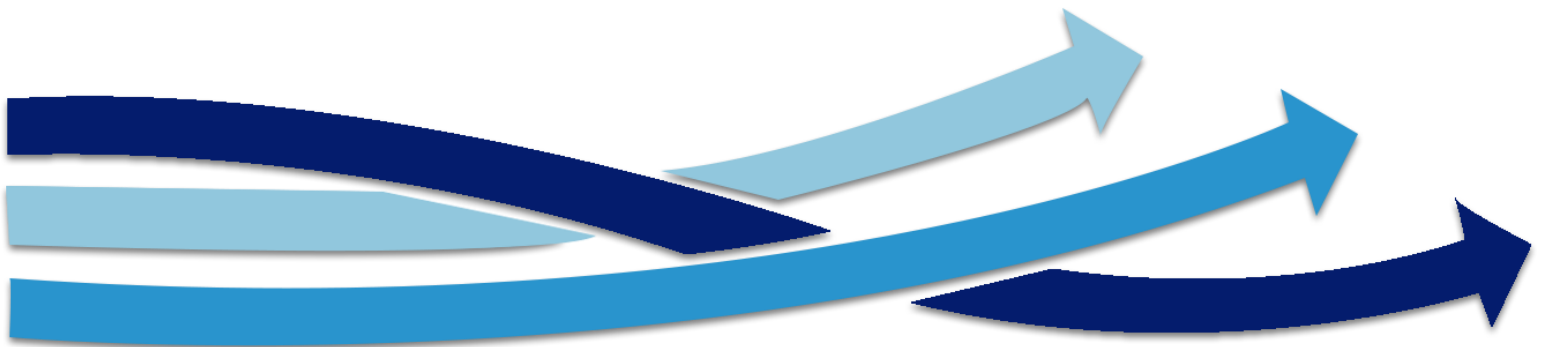




# Collective

Recovery • Rehabilitation • Rights

## NYAPRS Recovery and Rehabilitation Academy for PROS and HCBS Practitioners



## PATHWAYS *to* RECOVERY:

*Multiple Roads to Well-Being*

→ **November 14 - 15, 2019**

→ **The Gideon Putnam Hotel, Saratoga Springs, NY**

→ NYAPRS is proud to offer continuing education hours for LMHC, LMSW, LCSW, CRCC, and CPRP. We are exploring adding Certified Peer Specialist CE's.

In Collaboration with  
Center for  
Practice Innovations

Sponsored by:  
NYS Office  
of Mental Health

The Coalition for  
Behavioral Health, Inc.



## MEET OUR KEY NOTE



### Ken Nwadike, Jr.

Ken E. Nwadike Jr is a nationally acclaimed filmmaker, motivational speaker, and peace activist.

As a former homeless student athlete, Nwadike overcame many challenges to now own Superhero Events – an event production company that raises funds and awareness for homeless teens.

His energy, spirit, passion are helping to heal and narrow the social, political and racial divide that currently exists throughout our country. He brings with him a deeply inspiring personal story of his own healing and transformation.

## Thursday, November 14, 2019

**8:00am**

### Registration & Continental Breakfast

**9:00am**

### Opening Remarks

**Harvey Rosenthal**, Chief Executive Officer, NYAPRS

**Len Statham, MS, CPRP**, Chief Operating Officer, NYAPRS

**9:15 – 10:15am**

### Keynote

#### The Power of Positive Human Interaction

**Ken Nwadike, Jr.**, Nationally Acclaimed Filmmaker, Motivational Speaker & Peace Activist

In these challenging times, it's important to focus on how the power of positive, peaceful and loving human interaction can help foster much needed civility and unity to incorporate a more diverse and inclusive culture in all the work that we do. Come hear how our nationally acclaimed keynoter used these principles to overcome homelessness and personal struggles to transform his life with support from peers and professionals.

**10:15 – 10:30am Break**

**10:30 – 11:45am**

### 1. PLENARY SESSION

#### Beyond Recovery: Promoting Whole Health and Full Lives

**Mark Salzer, PhD**, Director and Principal Investigator of the Temple University Collaborative on Community Inclusion of Individuals with Psychiatric Disabilities and Professor, Department of Rehabilitation Sciences at Temple University.

**Robert Myers, PhD**, Senior Deputy Commissioner and Division Director, Adult Services, State Hospitals and Managed Care, NYS Office of Mental Health

**Denard Cummings, MPA**, Director, Bureau of Social Determinants, NYS Department of Health

**Kelly Sutton, LCSW**, PROS Program Director, BestSelf Behavioral Health PROS

**Nancy Singh, MA, CRC, CEO**, Restoration Society

**Facilitator: Edye Schwartz, DSW, LCSW**, Edye Schwartz Consulting

Across New York and the nation, new program designs, service innovations and raised expectations, are supporting people to advance their full health and whole lives. Mark Salzer is one of the nation's most prominent proponents and researchers in these areas and will open this session with examples of how states and providers are successfully addressing challenges in these areas. Our responder panel of key New York officials and experts will look at New York's experience, the progress we've made and the work that lies ahead.

**11:45 – 12:45pm**

### Lunch

**12:45 – 2:00pm**

### WORKSHOPS ROUND I

#### 2. Life in the Community like Everyone Else: Promoting Community Inclusion

**Mark Salzer, PhD**, Director and Principal Investigator of the Temple University Collaborative on Community Inclusion of Individuals with Psychiatric Disabilities and Professor, Department of Rehabilitation Sciences at Temple University.

Join Mark for a deeper dive into how community inclusion and participation are essential to promoting healthy and full lives and learn about a new tool for supporting people in identifying community participation interests and developing plans for making community inclusion a reality.





### 3. Understanding and Delivering the Short-Term Crisis Respite Service: An Overview for HCBS Providers

**Dawn Horath, MSW**, Program Manager, Mosaic Mental Health

**Steve Miccio**, CEO, People USA

HCBS services are taking off throughout NYS and many providers are now referring and delivering those services to individuals. HCBS short-term crisis respite services offer an alternative that individuals with mental health or substance use challenges can use to handle crisis and avoid inpatient and detox admissions. This workshop will provide an opportunity to learn about the evolution and effectiveness of the model from international acclaimed pioneer Steve Miccio and to hear how two agencies are currently delivering this service.

### 4. Resources and Supports for Promoting Dual Recovery for People with Mental Health and Substance Use Challenges

**Nancy Covell, Ph.D.** and **Paul Margolies, Ph.D.**, Center for Practice Innovations at Columbia Psychiatry, New York State Psychiatric Institute

With the right supports and services, most people working toward dual mental health and addiction recovery not only engage and stay in services but attain stronger recovery and more successful lives. This workshop will discuss how PROS programs are uniquely positioned to offer Integrated Dual Disorders Treatment (IDDT) as an effective, evidence-based IR service component. Presenters will describe the supports available through the Center for Practice Innovations' focus on Integrated Treatment (FIT) and other initiatives via a learning collaborative that is scheduled to begin in early 2020 that will assist PROS programs to implement Wellness Self-Management Plus (WSM+).

**Continuing Education Units Available:** All sessions are approved for continuing education hours. NYAPRS is approved to offer CE hours for CRCC, CPRP, LMSW, LCSW, and LMHC.

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.

### 5. Achieving Educational Goals & Strengths through Supported Education

**Carline Dalton, CRC, LMHC**, Vice President of Employment & Recovery Services, Goodwill Industries

**Kiki Garg, MS, LMHC**, Director of Rehabilitation Services, Northeast Career Planning

**Julie Pirog, MS, LMHC**, Supervisor, Supported Education Program, Northeast Career Planning

Hear how individuals are successfully selecting, obtaining and maintaining their educational goals ranging from attending college to simply improving basic literacy. Presenters in this workshop will share some ways community behavioral health providers can coordinate services with educational institutions to meet the educational support needs for individuals of all ages.

**2:00pm – 2:15pm Break**

**2:15pm – 3:30pm**

### WORKSHOPS ROUND II

#### 6. Let's Build a Talented Workforce through Apprenticeship

**Pat Dowse, MS**, New York Alliance for Inclusion & Innovation

**Martha Ponge, MS**, Director of Apprenticeship, MACNY, The Manufacturers Association

Apprenticeship offers job seekers career paths to meet their personal job goals. Businesses are establishing positions that are offering specialized on the job training through these apprenticeships. This workshop will explore this creative alternative to helping people confidently get back to work. Presenters will share details about a number of promising opportunities to employ this approach across the state.

#### 7. Racial Literacy: Addressing Anti-Racism & Anti-Oppressive Practices

**Lenora Reid-Rose, MBA**, Director, Cultural Competence and Health Literacy, CCSI

**Nancy Sung Shelton, MA**, Senior Consultant, Cultural Competence and Health Literacy, CCSI

Racism and oppression exist everywhere. They are so pervasive that we are socialized to accept the pain and the privilege. This workshop will present tactics of vigilance and activation to both recognize, counter, and combat racism and oppression in our closest proximity and furthest perspectives. Let's keep this conversation going!



## 8. Providing Services in Community Based Settings: New Opportunities for PROS Providers

**Liam McNabb**, Director of Rehabilitation Services, NYS Office of Mental Health

**Mary VanLieshout, RN**, Consumer Services of Madison County PROS

PROS help individuals to choose their goals and to develop skills for success in that role, but did you know your program can be reimbursed to provide these services in the community? There is no longer a need to create off site environments within the program milieu. This workshop will assist providers in identifying which reimbursable services can be provided in community-based settings. Presenters will share their experience planning and delivering relevant and reimbursable community-based PROS services.

## 9. Personalizing Home and Community Based Services: Assessing How Often, How Much and Just What to Offer

**Douglas Meyer, M.Ed**, Director of Services, MHA in Essex County Inc.

**Kristi Graziano, MSW**, HCBS Program Director, Association for Mental Health and Wellness

**Chris Roche, MS, CRC, LMHC**, Director of Clinical Services, Venture Forthe

**Kathy Garneau, LCSW, RN**, Homeless Shelter Clinical Coordinator, Association for Mental Health and Wellness

Adult Behavioral Health Home and Community Based Services are unique in the way they address each individual person's preferences, abilities, and challenges and are tailored to help that person reach their goal. But how do you, as a provider, know how much of a service someone needs or wants? This workshop will focus on assessing the frequency, scope and duration individuals can best benefit from Adult BH HCBS services and in helping us to formulate how we best individualize services based on particular need.

**3:30pm – 3:45pm Break**

**3:45pm – 5:00pm**

## WORKSHOPS ROUND III

### 10. Let's Get Working: Launching Young Adults with Mental Health Challenges Into Careers

**Evelyn Frankford, MSW**, Principal, Frankford Consulting

**Amanda Costa, BS**, Project Director II, Transitions to Adulthood Center for Research, UMass Medical School

**Ian Lane, PhD Student**, Research Coordinator, Transitions to Adulthood Center for Research, UMass Medical School

**Lyndsay Klepper**, Roadways Director, The Arc of Madison Cortland

Young adults between the ages of 18-30 with serious mental health challenges experience profound under-and unemployment This workshop will highlight ways to help them overcome the hurdles to career achievement. A focus will be on HYPE (Helping Youth on the Path to Employment), a manual-based intervention developed at the UMass Medical School's Transitions ACR to assist young adults to achieve goals in school and gain competitive employment. The presenters will also share a rural BOCES-based employment-oriented program for students with mental health challenges. Join us as we discuss new strategies for promoting recovery and employment among young adults living with mental health challenges.

### 11. Defining Value: Understanding Data to Demonstrate Outcomes

**David Wawrzynek, MS, MBA**, Senior Consultant, CCSI

Can you articulate the value of your services to attract new partners and payers? Sharing your outcomes and using compelling data is the strongest way to demonstrate the impact and cost-effectiveness of your services. This workshop will outline how you can best collect data to package your services for success and learn how even you can become "data savvy".

# PATHWAYS to RECOVERY:

## Multiple Roads to Well-Being



## 12. You Only Know What You Know: Mastering PROS & HCBS Billing and Operations

**Boris Vilgorin, MPA**, Health Care Strategy Officer, McSilver Institute for Poverty Policy and Research at NYU

**Laurie Best, MS**, Program Manager, Hope Connections Recovery Center, Catholic Charities of Onondaga

Other Panelist TBA

Strengthen your agency's infrastructure by better understanding implementation strategies for PROS & HCBS billing and in maximizing claim submission, data collection, life/service plans and more. Increased administrative efficiencies allow more time for staff to provide quality services. This workshop will focus on real-time issues and solutions that you can take back to your program today.

## 13. The Value of Rehabilitation and Recovery: Adult BH HCBS Providers and Care Managers Working Together to Improve Lives

**Nicole K. Haggerty, LMHC**, Director, Bureau of Rehabilitation Services and Care Coordination, NYS Office of Mental Health

**Stacey Hale, MSW**, Director of Care Coordination, NYS Office of Mental Health

Provider Representatives TBA

Medicaid funded home and community services are an historic advance for New York and nationally but the HCBS process can be confusing and hard to access. Care Managers are on the front lines and are critical at supporting individuals to take full advantage of these services. Presenters will discuss the important role of the care manager in accessing and connecting to Adult Behavioral Health Home and Community Based Services (HCBS), and how these services benefit HARP members. Come hear how Adult BH HCBS providers talk about services they provide to individuals and exactly what these services can do to impact an individual's recovery. The State's perspective on the use of data to look at performance measures for HARP will be discussed.

## Friday, November 15, 2019

8:00am

Registration &

Continental Breakfast

8:30 – 9:45am

General Session

Peer Service Innovations that Promote Whole Health

**Amanda Saake, LMSW, CPRP**, Special Assistant to the Commissioner, Office of Consumer Affairs, NYS OMH

**Isaac Brown**, CEO, Baltic Street AEH

**Jeffrey McQueen, MBA, LCDC**, CEO, Mental Health Association of Nassau County

**Kirsten Vincent, PhD, LMHC**, Interim CEO, Housing Options Made Easy

**Joseph Swinford**, Executive Director, Wellness Collaborative of NY

**Facilitator: Harvey Rosenthal**, Chief Executive Officer, NYAPRS

A new generation of peer service initiatives are showing great progress in helping people to successfully advance their mental, physical and spiritual health and their lives in communities of choice. The presenters will discuss why and how these approaches are working and the barriers they face in bringing fidelity level peer support to the individuals they serve. We'll also discuss successes and challenges that more traditional agencies face in the incorporation of peer staff and peer-delivered services.

9:45 – 10:00am

Break and Check-Out

10:00am – 11:15am

MINI-PLENARIES

14. Strategies Promoting Whole Health and Well-being

**Facilitator: Len Statham, MS, CPRP**, Chief Operations Officer, NYAPRS

**Nancy H. Covell, PhD**, Project Director, Center for Practice Innovations and **Susan Friedlander, LCSW**, Director of Community Integration and Wellness, OMH New York City Field Office

Other Panelists TBA

Holistic approaches extend far beyond mental health related issues. In fact, recent findings show that over 62% of admissions for individuals with major mental health conditions are for medical reasons, often for issues related to



heart disease, cancer, respiratory conditions and metabolic disorders such as obesity and diabetes. Promoting a healthy diet and exercise, tobacco cessation, and freedom from addictions are critical to addressing the whole person. Come and learn about emerging best practices for promoting whole health and well-being.

### 15. Why Should I Come and Why Should I Stay? Developing Effective Outreach & Engagement Strategies

**Ruth Colón-Wagner, LMSW**, Director of Training and Development, NYAPRS

**Mary May, LCSW-R**, Ellis Health Center

**Diana Arias, MSW, MS**, NYU McSilver Institute

**Bailey Renstrom**, RSS Sullivan County PROS

Successful engagement is the key to our work. New or improved service designs cannot succeed if people aren't drawn to fully participate. Engagement is a very individualized and personal process. Key to our success here is "starting where the person is" which can be rather different than the views, aims and needs of service providers, policy makers and payers. The presenters will share their experiences with engagement, sharing successful strategies, challenges and lessons learned.



**11:30am – 12:45pm**

#### Now It's Your Turn!

We've heard from the 'experts' throughout this year's Academy, yet ALL of our attendees have lots of expertise to share about what's working and what's needed. In that spirit, our final session will promote facilitated open discussions that will allow all of us to share and to learn from what's happening across the state to promote whole health and full community inclusion. Choose a topic of interest to you and come join the conversation.

#### Employment Initiatives and Challenges

Employment can play a critical factor in one's recovery, yet many individuals don't believe they can work. Join us as we discuss innovative ways that help people move beyond their fears and into the workforce.

##### Facilitators:

**Paul Margolies, PhD**, Center for Practice Innovations at Columbia Psychiatry, New York State Psychiatric Institute

**Len Statham, MS, CPRP**, COO, NYAPRS

#### Community Inclusion

Join us for a discussion about how to assist individuals in identifying areas in which they can increase their Community Inclusion activities. Discussion will center around the Eight Dimensions of Wellness as created by SAMHSA and explore strategies for increasing individuals overall wellness through community inclusion.

##### Facilitators:

**Ruth Colón-Wagner, LMSW**, Director of Training and Development, NYAPRS

**Marlo Pasion, MSW**, Director of Training and The Center for Rehabilitation and Recovery, The Coalition for Behavioral Health

#### PROS & Transition Age Youth

This facilitated discussion will examine the stressors of transitioning to adulthood and the wellness strategies PROS programs can offer young adults. Discussion will be centered around approaches to engagement that may be particular to this population and explore how PROS programs can help transition-aged-youth be successful in the environment of their choosing.

##### Facilitators:

**Daniella Labate, MSW**, Director of Managed Care Initiatives

**Liam McNabb**, Director of Rehabilitation Services, NYS Office of Mental Health

#### Initiatives in Primary Care & Behavioral Health Integrations

Integrated care approaches have been shown to improve health outcomes for individuals facing behavioral health challenges. Effective integrated care can enhance engagement and activation, which is associated with increased satisfaction, better quality of life, and increased well-being. This facilitated discussion will explore how to address whole person wellness and deliver services through this lens.

##### Facilitators:

**Elizabeth Breier, MHA**, Center for Rehabilitation and Recovery, Training and Implementation Specialist, The Coalition for Behavioral Health

**Yves Ades, PhD**, President, Ades Integrated Health Strategies

#### 12:45pm Lunch and Closing Remarks



## REGISTRATION INFORMATION:

Register Online at  
[www.nyaprs.org](http://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 14 Commuter Fee:

NYAPRS Member: \$120

Non-Member: \$150

#### Friday, November 15 Commuter Fee:

NYAPRS Member: \$120

Non-Member: \$150

## HOTEL RESERVATIONS:

**The Gideon Putnam**  
**24 Gideon Putnam**  
**Road, Saratoga**  
**Spring, NY**

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

#### To reserve:

Call 1-866-890-1171

**Booking Code:** 9nd5fh

**Group Rate:** \$119/night

