

18TH ANNUAL

Thursday, December 12, 2019

Anthony's Pier 9, 2975 Route 9W, New Windsor, NY

# CHRIS ASHMAN WELLNESS & RECOVERY CONFERENCE

7:30am to 9:00am Registration and Breakfast; Presentations from 9:00am to 3:30pm  
Tickets: \$40 per person (includes continental breakfast and lunch)



## Breaking the Cycles of Trauma, Addiction and Incarceration

### AGENDA

- 7:30 – 9:00 **Registration, Networking & Continental Breakfast**
- 9:00 – 9:15 **Welcome and Opening Remarks**
- **Doug Hovey**, Executive Director, Independent Living, Inc.
- 9:15 – 10:30 **Panel: “Responding to the Opioid Crisis”** Community leaders from Orange County’s Department of Mental Health, Department of Health, Montefiore St. Luke’s Cornwall Hospital and Cornerstone Family Healthcare, will discuss strategies & solutions for addressing the growing problems arising from opioid use in our communities.
- Moderator: **Michele McKeon**, Chief Operating Officer, Regional Economic Community Action Program
  - **Darcie M. Miller**, LCSW-R, Commissioner, Orange County Department of Social Services and Mental Health
  - **Irina Gelman**, MD, Commissioner Orange County Health Department
  - **Linda Muller**, MS, CEO Cornerstone Family Healthcare
  - **Daniel J. Maughan**, RN, BSN, MBA, MSN, FNP-C, VP Transformation, Montefiore St. Luke’s Cornwall Hospital
- 2019 Chris Ashman Wellness & Recovery Awards Presentation**
- 10:30 – 11:15 **Keynote Presentation: “Unveiling My Purpose from the Inside Out”**
- **Lindsey Sizemore**, Georgia State Consumer Mental Health Network
- 11:15 – 12:30 **Panel: “Breaking the Cycle of Incarceration: Innovations in Diversion, Rehabilitation and Re-Entry”**  
This powerful presentation will take a deep look at a number of nationally acclaimed innovations that promote reduced involvement in criminal justice systems, including Crisis Intervention Teams, Peer Respite and Stabilization Centers in the Hudson Valley, exciting re-entry initiatives from Georgia and Orange County and an inspiring account of the campaign for rehabilitation and treatment over the torture of solitary confinement in NYS prisons and jails.
- Moderator: **Harvey Rosenthal**, Executive Director, NY Association of Psychiatric Rehabilitation Services
  - **Lindsey Sizemore**, Georgia Mental Health Consumer Network
  - **David Duncan**, RECAP Parole Re-Entry Coordinator
  - **Steve Miccio**, CEO, People USA
  - **Martin Gromulat**, Esq., NYS Certified Peer Specialist
- 12:30 – 1:45 **Lunch**
- 1:45 – 2:30 **Keynote Presentation: “Understanding Our Trauma Through Our Own Stories”**
- **Luis O. Lopez**, M.A., M.S, Coordinator for Fidelity & Best Practices at the ACT Institute, NYS Psychiatric Institute Columbia Psychiatry
- 2:30 – 3:30 **Interactive session facilitated by Lindsey Sizemore and Luis O. Lopez**  
Audience participants will be invited to share their lived experiences, observations, trends, best practices, challenges and advocacy interests in an open forum.
- 3:30 **Closing Remarks: Where do we go from here?**
- **Doug Hovey**, Executive Director, Independent Living, Inc.

# 18TH ANNUAL CHRIS ASHMAN WELLNESS & RECOVERY

## Breaking the Cycles of Trauma, Addiction

**Panel Presentation** 9:15am – 10:30am

**“Responding to the Opioid Crisis”** Community leaders from Orange County’s Department of Mental Health, Department of Health, Montefiore St. Luke’s Cornwall Hospital and Cornerstone Family Healthcare will discuss strategies & solutions for addressing the growing problems arising from opioid use in our communities.

### Panelists

### Moderator



**Darcie M. Miller**  
Commissioner



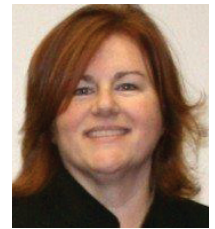
**Irina Gelman, MD**



**Linda Muller**



**Daniel J. Maughan**



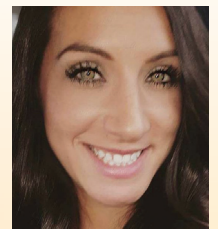
**Michele McKeon**

**Keynote Presentation** 10:30am – 11:15am

### “Unveiling My Purpose from the Inside Out”

**Keynote Speaker - Lindsey Sizemore, Georgia State Consumer Mental Health Network**

Lindsey Sizemore is a Georgia State Certified Peer Specialist of Addictive Disease (CPS-AD). Lindsey is employed with the Georgia Mental Health Consumer Network as the Forensic Peer Mentoring Training Project Director. She supports the training of Forensic Peer Mentors in the criminal justice system in an effort to support returning citizens to successfully return to our communities and live a life of meaning and purpose. Over the years, she has successfully supported others in telling their recovery stories all over the state. She worked closely with the RESPECT Institute of Georgia’s Outreach Team to expand the voice of recovery in order to fight stigma and promote healing within communities. Lindsey is a woman in long term recovery and with God on her side she has survived 12 years of addiction, 1 year of homelessness, and 3 years of being incarcerated. She feels it is her responsibility to network and connect with diverse communities to help spread hope by advocating for peer support and being the evidence that recovery is real!



**Lindsey Sizemore**



**Chris Ashman**

**Chris Ashman** is a native of Goshen in Orange County who has dedicated his life and career to public service. He had a 39 year career in the mental health field and spent 31 of those years working in the Orange County Department of Mental Health. During that period Chris was the Orange County Commissioner of Mental Health from February 1991 until his retirement in January 2012. He is well known in the region for his steadfast leadership of the Orange County system of care for people with mental health, substance use and developmental disabilities and continues to be a strong advocate for all people with disabilities. As Commissioner of Mental Health his vision was instrumental in establishing and funding our first Mental Health Wellness and Recovery Conference in 2002. He has attended every Annual Conference since that time. In 2012 our Annual Conference was renamed in his honor as a tribute to his legacy and his dedication to developing a service delivery system that promotes recovery for all. Since retirement Chris has remained active in our community serving on many Boards, Advisory Committees, and in volunteer positions in various fields of service. We are proud to have (retired) Commissioner Chris Ashman here with us today!

## and Incarceration

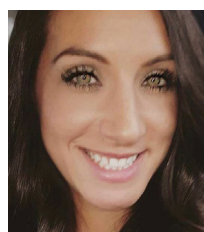


**Panel Presentation** 11:15am – 12:30pm

### ***“Breaking the Cycle of Incarceration: Innovations in Diversion, Rehabilitation and Re-Entry”***

This powerful presentation will take a deep look at a number of nationally acclaimed innovations that promote reduced involvement in criminal justice systems, including Crisis Intervention Teams, Peer Respite and Stabilization Centers in the Hudson Valley, exciting re-entry initiatives from Georgia and Orange County and an inspiring account of the campaign for rehabilitation and treatment over the torture of solitary confinement in NYS prisons and jails.

### **Panelists**



Lindsey Sizemore



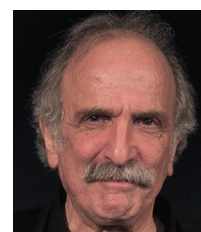
David Duncan



Steve Miccio



Martin Gromulat



Harvey Rosenthal

### **Moderator**

**Keynote Presentation** 1:45pm – 2:30pm

### ***“Understanding Our Trauma Through Our Own Stories”***

**Keynote Speaker - Luis O. Lopez, M.A., M.S., Coordinator for Fidelity & Best Practices at the ACT Institute, NYS Psychiatric Institute Columbia Psychiatry.**

Luis O. Lopez, M.A., M.S., is the Coordinator for Fidelity and Best Practices at the Assertive Community Treatment (ACT) Institute. He has been at the New York State Psychiatric Institute since 2013. A counselor, a trainer, a consultant, and a coach, he has an M.A. in counseling from New Jersey City University and a M.S. in Administration from Metropolitan College (previously known as Audrey Cohen College).

Luis has been involved in the implementation and application of Evidence Based Practices since 2003. Between 2003 and 2006, Luis was the ACT Team Leader for the Substance Use Services Assertive Community Treatment (SUS ACT) Team in Jamaica, Queens. Between 2006 and 2013, Luis was the Director of Training for SUS. During this position, Luis led the implementation of recovery principles and 3 evidence-based practices; Integrated Dual Disorder Treatment (IDDT), Illness Management and Recovery (IMR), and Wellness Recovery Action Plans (WRAP). Luis has facilitated 100's of training sessions and worked with dozens of programs throughout NYC.

Additionally, during this period, Luis consulted with the ACT Institute and provided support to a number of ACT Teams in Buffalo, Rochester, Long Island and Westchester. He provided guidance in implementing IDDT, harm reduction and recovery. In 2009 and 2010, Luis participated in the development of the Forensics Intervention Team (FIT) modules and he took part in 8 modules.

Luis has expertise in the areas of Trauma Informed Care, Motivational Interviewing, Dual Recovery, Group Dynamics, Cultural Humility, Stages of Change, Harm Reduction, WRAP, CBT, Wellness Self-Management, and the ACT Model. He has facilitated workshops in over 100 conferences nationally and in Canada. He has conducted consultations in Puerto Rico and the US Virgin Islands. He is a member of the American Counseling Association and ACA-NY.



Luis O. Lopez

This Conference is Sponsored By:



Orange County Department of  
Mental Health

**Montefiore**  
**St. Luke's Cornwall**



**Mental Health Association**  
in Orange County, Inc.

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A HEALTHY CONNECTION



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