



**11th Annual NYAPRS
Rehabilitation and Recovery Academy**

Reimagining Recovery:

New Challenges • New Trends • New Practices



Collective
Recovery • Rehabilitation • Rights

**November 12, 13, 18
2020**

Day 1: Thursday, November 12, 2020

12:45-1:00 PM

Opening Remarks

Harvey Rosenthal, CEO, NYAPRS; Len Statham, COO, NYAPRS, and Robert Myers, Ph.D., Senior Deputy Commissioner & Division Director, New York State Office of Mental Health

1:00-2:00 PM

Keynote: The Legacy of Bill Anthony: A Conversation about Psychiatric Rehabilitation

Marianne Farkas, Sc.D., Director of Training, Dissemination and Technical Assistance; Dori Hutchinson, Sc.D., Director of Services, Center for Psychiatric Rehabilitation, Boston University with Colleagues TBD, Lyn Legere, MS, Senior Training Associate (see page 7 for bios)

Bill Anthony was a giant in our field, leaving behind a world and a field transformed by his vision and his guidance. He developed and tirelessly promoted the groundbreaking principles of psychiatric rehabilitation that are based on the fundamental belief that people with psychiatric disabilities want and deserve the same things as everyone else in our world, a satisfying and successful life in the community with friends and loved ones to be with and support them. Along with his colleagues at The Center for Psychiatric Rehabilitation at Boston University, Bill designed the practice technology to achieve his goal. With Bill's passing, we are joined by the leadership at the Center in honoring his life and pioneering legacy.

2:00-2:15 PM: Break

2:15-3:15 PM: Workshops Round 1

1. Psychiatric Rehabilitation: From Philosophy to Practice in New York State

David Bucciferro, Senior Advisor, Foothold Technologies, Inc.; Paul Margolies, Ph.D. Associate Director for Practice Innovation and Implementation, Center for Practice Innovations; Edye Schwartz, DSW, LCSW-R, Principal, Edye Schwartz Consulting; Mike Stoltz, LCSW, Chief Executive Officer, Association for Mental Health and Wellness

This presentation will feature a stirring account of the journey undertaken by four New York based pioneers, from their first experience and training in the principles of psychiatric rehabilitation to how its values and practices continues to shape their world view and their practice today. Our presenters will talk about the work they have done to transform services from an illness

and deficit based model to one based on wellness and resilience and to the expectation that everyone can recover and take hold of their lives. They will also trace how New York built on the principles of psychiatric rehabilitation to shape common practice and to create PROS and BH HCBS services.

2. Skill Development During a Pandemic: Moving Skills Training from Community-based to Virtual

Jessica Fertig, LCAT, Assistant Director, Diana Fernandez, BA, Recovery Counselor; and Jennifer Scharf, LMSW, Recovery Counselor Service Program for Older People (SPOP); Clinton Green, LMSW, Senior Training & Implementation Specialist, and Natalie Lleras, LCSW, Associate Director of Training and CRR Center for Rehabilitation and Recovery, The Coalition for Behavioral Health

When COVID-19 initially hit New York State, many programs had to reimagine how they were supporting people. Part of that reimagining was how to help people continue developing and strengthening skills in the community. In this presentation, Service Program for Older People (SPOP) PROS will speak about how they made the transition to providing skills training in the community through telehealth platforms.

3. Transformational Culture Change: Activating Staff

Ruth Colón-Wagner, LMSW, Director of Training and Development, NYAPRS; Nathalia Meisner, LCSW, Assistant Director, MHA Rockland PROS

Staff are the lifeblood of our services and supporting them through change is vital for our success. This is neither an easy process nor a quick one. We will discuss one provider's experience with transformational culture change to becoming a Recovery Center of Excellence.



Day 1: Thursday, November 12, 2020

continued

3:15-3:30 PM: Break

3:30-4:30 PM: Workshops Round 2

4. Designing Virtual Groups and Engaging Individuals in Participating in Virtual Sessions

Isabel Restrepo, LMSW, Program Director, The Bridge; **Evan Feuer**, MA, LMHC, Manager of Behavioral Health Services, The Zucker Hillside Hospital PROS Program, Northwell Health
Moderated by: **Liz Breier**, MAHAP, CPRP, CPS, FMCHC, Senior Training & Implementation Specialist, Center for Rehabilitation & Recovery; **Marlo Pasion**, LCSW, CPRP, Director of Training and CRR, The Coalition for Behavioral Health

The current pandemic has compelled many psychiatric rehabilitation providers to be creative in their service provisions, which includes the utilization of web/online platforms to offer connections and pathways to healing. This panel of providers will explore ways practitioners can adapt their groups and individual services to align with present and emerging telehealth needs for skills-focused psychiatric rehabilitation.

5. Essential Tips for Providing Successful Community-Based Services

Julie Vincent, BS, NYCPS, Project Manager HCBS North and Sub-Contracts; **Katelynn Smith**, MS, NYCPS, Project Manager, HCBS South and **Kirsten Vincent**, PhD, Chief Executive Officer, Recovery Options Made Easy; **Ann Bergeman**, RN, BSN, CASAC, Unity PROS Manager, Rochester Regional Health System

PROS and BH HCBS Providers can be reimbursed for the provision of community-based services, but how do we design and implement these services successfully? What are the key ingredients to ensuring that practitioners are delivering quality services and seeing positive outcomes? Two leaders in our field will give us an overview of the key ingredients to creating a recipe for community-based service success. They will describe best practice engagement approaches and will have a candid discussion about the essential qualities staff should possess to be successful.

6. Achieving Educational Goals and Strength through Supported Education

Ian A. Lane, Research Coordinator, University of Massachusetts Medical School; **Debbie Nicoletlis**, MS, CRC, CPRP, Training Director, HYPE: Helping Youth on the Path to Employment, University of Massachusetts Medical School; **Pat Dowse**, MS, Consultant

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 education support needs for individuals of all ages.

4:30-4:45 PM Closing Remarks

Day 2: Friday, November 13, 2020

12:45-1:00 PM

Opening Remarks

Harvey Rosenthal, CEO, NYAPRS;

Len Statham, COO, NYAPRS

1:00-2:00 PM

Keynote: Dismantling Structural Racism in Mental Health

Ruth Shim, M.D., MPH, Luke and Grace Kim Professor in Cultural Psychiatry, Director of Cultural Psychiatry and Associate Professor, Department of Psychiatry and Behavioral Sciences, UC Davis (see page 8 for bio)

Few providers understand the role of structural racism on mental health outcomes, and particularly on the impact on mental health inequities. This presentation will define and describe the social determinants of mental health, will consider structural racism as a fundamental social determinant of mental health, and identify effective strategies and interventions to dismantle structural racism in mental health.

2:00-2:15 PM: Break

2:15-3:15 PM

Addressing Structural Racism and Health Inequities in Community-based Programs

Matt Canutusen, MA, Chief Diversity and Inclusion Officer, NYS Office of Mental Health; Kelly Dumas, LCSW, Chief Strategic Initiatives Officer, Best Self; Rachel Lugo, MS, LPC, Assistant Program Director, Community Access;

Lenora Reid-Rose, MBA, Senior Director, Cultural Competence, Diversity and Health Equity, Coordinated Care Services Inc.

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

Our panel will pick up on themes presented in Dr. Shim's keynote and engage attendees in a candid discussion on how structural racism has infiltrated our own mental health system and the many levels at which it inflicts harm to people of color. We will share a number of strategies to advance true health equity and equality within our services.

3:15-3:30 PM: Break

3:30-4:30 PM: Workshops Round 3

7. Whole Person Health: Helping Individuals Achieve Integrated Health Goals by Working with Certified Community Behavioral Health Clinics

Caitlin Roeder, LCSW, Assistant Director of PROS and Sherri Kaplan, LCSW-R, Division Director at Central Nassau Guidance; Joellen Stender, PhD, LMHC, Program Director, North Collins Clinic, Best Self

At long last, our society and field have come to understand the essential relationship between physical and behavioral health. We no longer treat someone from the "head up" when providing behavioral health services. Integrated care contributes to access to services reduced hospitalization and readmission and increased self-care overall improved health outcomes. Our presenters will describe how they work hand in hand with Certified Community Behavioral Health Centers (CCBHCs) to ensure continuity of care and integrated, whole person, health practices.

8. Addressing Tobacco from a Rehabilitation Perspective: Key Factors for Implementing Successful Tobacco Interventions in Behavioral Health Services

Susan Friedlander, LCSW, Director of Community Integration and Wellness, New York City Field Office, Office of Mental Health

Tobacco use is the leading preventable cause of death. Smoking has a disproportionate impact on people with behavioral health conditions, in terms of disease, early mortality and community inclusion. In other words, addressing tobacco use supports recovery and rehabilitation. This workshop will help practitioners to learn the key factors for successfully addressing tobacco use in behavioral health services

9. Supporting Staff Wellness

Jeffrey McQueen, MBA, LCDC, Executive Director, Mental Health Association of Nassau County

In the age of COVID-19 staff wellness is more important than ever. This workshop will showcase strategies to help your staff be well, stay well, and demonstrate wellness to those you serve.

4:30-4:45 PM: Closing Remarks

Day 3: Wednesday, November 18, 2020

12:45-1:00 PM

Opening Remarks

Harvey Rosenthal, CEO, NYAPRS;

Len Statham, COO, NYAPRS

1:00-2:00 PM

Keynote: Bathing in the Light of Resilience

Neville Morris, MBA, Coordinated Care Services, Inc.

(see page 8 for bio)

“Physician, heal thyself” is a quote that is often heard, and it remains a timely counsel to follow. Join Neville as he takes us on a journey of self-discovery as we fortify the walls of our own resilience and crown it all in joyful relationships with self and others.

2:00-2:15 PM: Break

2:15-3:15 PM: Workshops Round 4

10. Transforming Recovery and Rehabilitation Services: Shifting from BH HCBS to CORE

Stephen Vroman, MS, Mental Health Program Specialist 2 and Katie Merrill, MSW, Mental Health Program Specialist 2 New York State Office of Mental Health

New York State is making significant shifts in service design and delivery as we realize new opportunities to provide recovery-oriented services and supports. Policies are changing and we need to keep pace so we can improve access to services, and ultimately improve outcomes for those who receive services. As we approach 2021, BH HCBS will transition to Community-Oriented Recovery and Empowerment (CORE). Come hear what changes are being made and how these changes will help all rehabilitation providers assist individuals along their personalized recovery journey.

11. The Costly Price of Benefits: From Poverty to Employment

Len Statham, MS, Chief Operations Officer, NYAPRS;

Raymond Gregory, IPS Trainer, Center for Practice Innovations

The unemployment rate is not our biggest problem...the lack of participation in the workforce is. This workshop will take an honest look at what we need to do as a community and as providers to change this unsettling dynamic. Focusing on poverty and its relationship to mental health, this workshop will be a “call to arms” to empower both providers and individuals with lived experience to begin the conversation we need to have: Why are we settling only for public benefits.

12. Learning Tools to Help Build Resilience and Maintain Wellness

Paul Margolies, Ph.D., Associate Director for Practice Innovation and Implementation, Center for Practice Innovations, Associate Professor of Clinical Medical Psychology (in Psychiatry), Columbia University Vagelos College; Anthony Salerno, Ph.D, Innovation and Implementation Officer, McSilver Institute for Poverty, Policy, and Research, New York University

This workshop will examine the role and importance of trauma and resilience for behavioral and physical health self-management. An overview of what science tells us about trauma, resilience and wellness will be followed by an introduction to a number of important and useful tools which include workbooks for Wellness Self-Management (WSM)-designed for adults diagnosed with mental health issues, Wellness Self-Management Plus (WSM+)-designed for adults diagnosed with both mental health and substance use issues, Wellness Self-Management for COVID-19 (WSM-COVID-19)-consisting of six topics of relevance during the current pandemic and BRITE (Building Resilience for Individuals through Trauma Education), an innovative new program designed to empower and strengthen a person’s resilience. There will also be an emphasis on self-care for practitioners.

3:15-3:30 PM: Break

Day 3: Wednesday, November 18, 2020

continued

3:30-4: 30 PM: Workshops Round 5

13. Where Do We Go from Here? Engaging Transition Age Youth into Adult Services

Tiara Springer-Love, MSW, Director of Youth Power, Families Together in NYS

It can be challenging to support an individual to transition from children to adult services. Service providers often employ different strategies to engage people ages 18-25. This workshop will assist providers in planning and implementation of effective engagement strategies and interventions that will improve outcomes for young adults in your program. It will help providers identify and address the specific needs and challenges Transition Age Youth face today.

14. Supervising from Home

Paul Margolies, Ph.D. Associate Director for Practice Innovation and Implementation, Center for Practice Innovations; **Helle Thorning**, Ph.D., MS, LCSW, Research Scientist and Director ACT Institute, Center for Practice Innovations; **Alison Arthur DeHaven**, LCSW, AVP Community Support Programs, The Bridge, Inc.; **Laura Melissa Queliz**, LMHC, Regional Director-ACT and Pathway Home, Services for the Underserved, Inc.; **Saquayah Machicote**, MSW, Deputy Director of NYC ACT Services, Well Life Network

This workshop will focus on strategies for providing supervision to behavioral health treatment team members during current COVID-19 realities. For many, our current situation places an emphasis on providing services remotely while at the same time receiving supervision and training remotely. Teams have learned to function differently. Participants will learn about key elements of supervision, and how to adapt them to our current situation. Interprofessional team collaboration will be explored, highlighting the importance of communication and relationships. Self-care for supervisors will be highlighted.

15. Mindful Leadership: From Buddha to Cell Phones

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

The practice of Mindfulness seems to be in vogue now but in fact, people have been practicing Mindfulness for over 2,500 years. We will use the wisdom from ancient times and create for ourselves a modern Mindfulness practice to become, not only our best selves, but our best leaders.

CONTINUING EDUCATION UNITS AVAILABLE:

All sessions are approved for continuing education hours. NYAPRS is approved to offer CE hours for CRCC, CPRP, LMSW, LCSW, LMHC and NYS Peer Certification.

Day 1 Keynote Biographies



Marianne Farkas

Dr. Farkas is the Co-Principal Investigator of the Research and Training Center and Professor in Sargent College of Health and Rehabilitation Sciences at Boston University. She has authored and co-authored over 100 articles in professional journals, 4 textbooks, over

20 book chapters, and 7 multi-media training packages.

For more than 35 years, Dr. Farkas has worked in various capacities in the field of psychiatric rehabilitation, and recovery. Among her many roles providing training, research and consultation, Dr. Farkas was in charge of the World Health Organization Collaborating Center in Psychiatric Rehabilitation, providing training, consultation and research expertise to the W.H.O. network, serving as the Vice President of the World Association for Psychosocial Rehabilitation (WAPR) and President of the National Association of Rehabilitation Research and Training Centers (NARRTC). She has developed training, consultation and organizational change methodologies to support programs and integrative systems in their efforts to adopt psychiatric rehabilitation and recovery innovations around the globe. She is a Visiting Professor of Social Studies at Hanze University, Netherlands and Malmo University, Sweden and among other duties, was on a Research Advisory Committee at King's College, London, England investigating methods facilitating the recovery of individuals with serious mental illnesses. Her past grant experiences have ranged from helping the core disciplines develop curriculum for pre-service programs in Nursing, Psychiatry, Psychology and Social Work to co-leading an effort to create standards of evidence for disability research and a process for translating the research into practice tools across disability fields. She has served on Training Committees and Committees on Serious Mental Illnesses in both APA's (i.e. American Psychological and American Psychiatric Associations).

As an educator, Dr. Farkas received Boston University's Award of Merit; as an expert in development and implementation of innovations, she received the International Association of Psychosocial Rehabilitation Services John Beard Award for innovations in the field; the Lifetime Achievement Award (NYAPRS) as well as the National Commendation Award from the National Association of Rehabilitation Research and Training Centers for "pioneering scientific advances that have helped transform research on mental health and rehabilitation systems and being at the forefront of a paradigm shift that has helped practitioners, families, and society, as a whole, to see capacity and potential in people who were once perceived to be beyond hope."



Dori Hutchinson

Dr. Dori Hutchinson has worked at Boston University for 36 years and is currently the Director of Services at the Center for Psychiatric Rehabilitation, an Associate Professor at Sargent College of Health and Rehabilitation Services, the faculty advisor for BU's ACTIVE

MINDS group and a Faculty in Residence in a first year dorm, living with 600 first years students.

Over the last 2 decades, Dr. Hutchinson has worked to develop innovative college mental health services that support the success of students who live with mental health conditions. Her programs and services help students cope with wellness strategies, build skills that promote resiliency and help students thrive, support student led initiatives in Peer academic coaching for students with mental health conditions and suicide prevention. In addition, Dr. Hutchinson works closely with faculty and staff to enhance their knowledge and strategies in supporting students with empathy and responding to students in distress. She is a firm believer that everyone on campus has a responsibility and a role to play in creating campus cultures to support student mental health.



Lyn Legere

Lyn Legere is a person in long term recovery from substance abuse and mental health challenges. Lyn came to the Center for Psychiatric Rehabilitation as a volunteer in the early days of her recovery. The opportunity to meet and work with others pursuing mental health

recovery in an environment that fully supports peoples' strengths and abilities led Lyn to increase her work and eventually enroll in the Masters' program.

Lyn received her Masters' in Psychiatric Rehabilitation in 2005. After graduation, Lyn served as the Director of the Peer Support Training and Certification Program at the Transformation Center in Massachusetts for 8 years. She took on a similar role at Promise Resource Network in Charlotte, North Carolina, where she worked for 6 years. She has also consulted nationally and internationally on best practices in peer support training, supervision and peer roles within and beyond the behavioral health system. She is a consultant to SAMHSA and BRSS TACs (Bringing Recovery Supports to Scale, Technical Assistance Centers) on recovery and peer support.

Lyn returned to the Center for Psychiatric Rehabilitation in 2017 as a Senior Training Associate, supervising peer Photovoice trainers in a research project. Currently, Lyn is the Program Director for the RiseUP Above Benefits project and is working on several projects with Dr. Zlatka Russinova and Dr. Sally Rogers.

Lyn presents worldwide on psychiatric rehabilitation practices, recovery oriented services, and the critical roles of peers in the workforce. Her personal recovery experience is the foundation of her work.

Day 2 Keynote Biography



Ruth Shim

Dr. Ruth Shim, MD, MPH is the Luke and Grace Kim Professor in Cultural Psychiatry and the Director of Cultural Psychiatry and Associate Professor in the Department of Psychiatry and Behavioral Sciences at UC Davis.

Shim is the Luke & Grace Kim Professor in Cultural Psychiatry and director of cultural psychiatry and professor, Department of Psychiatry and Behavioral Sciences, at the University of California, Davis. Prior to these appointments, she was the vice chair of education and faculty development, and chief of outpatient psychiatric services at Lenox Hill Hospital, Department of Psychiatry, Northwell Health.

From 2008 to 2014, she held several positions at Morehouse School of Medicine, Department of Psychiatry and Behavioral Sciences, including associate professor of clinical psychiatry and medical director of the Grady Hospital Adult Outpatient Psychiatry Intake Clinic. At the Morehouse School of Medicine's National Center for Primary Care, she was the associate director of behavioral health.

She received her MD from Emory University School of Medicine; her MPH in health policy from the Rollins School of Public Health, Emory University; and her BS in psychology from the College of William & Mary.

Dr. Shim is a highly respected national change agent who has devoted much of her work over the past decade to addressing issues of race and disparities and in helping behavioral health systems and leaders to improve their services and outcomes by considering structural racism as a fundamental social determinant of mental health.

Day 3 Keynote Biography



Neville Morris