



13th Annual Academy
NYAPRS Recovery and Rehabilitation Academy
For PROS, CORE and HCBS Practitioners



Raising the Bar
for Recovery, Rehabilitation and Resilience

November 8-9, 2022

The Hilton Albany, Albany, NY

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13th Annual Rehabilitation and Recovery Academy

Raising the Bar for Recovery, Rehabilitation and Resilience

Program At-A-Glance

Day 1 ★ Tuesday, November 8, 2022

8:30-9:30 AM	Registration
9:30-9:45 AM	Welcome Remarks
9:45-10:45 AM	Keynote: Three Connecting Questions with Lonnetta Albright
10:45-11:00 AM	Break
11:00-12:00 PM	Workshops Round One
	<ol style="list-style-type: none"> 1. The Crisis Continuum: New York State's New Alignment of Crisis Services and Supports 2. Fostering a Culture of Peer Support in PROS and CORE Services 3. Conversation Café: Building an Agency Focused on Justice, Equity, Diversity and Inclusion
12:00-1:00 PM	Lunch Break
1:00-2:15 PM	Plenary: New Initiatives and Next Steps: A Dialogue with the Office of Mental Health
2:15-2:30 PM	Break
2:30-3:30 PM	Workshops Round Two
	<ol style="list-style-type: none"> 1. Strategies for Successful Job Development 2. Providing Trauma Responsive Psychiatric Rehabilitation Services 3. Conversation Café: Tapping Gen Z
3:30-3:45 PM	Break
3:45-4:45 PM	Workshops Round Three
	<ol style="list-style-type: none"> 1. Psychiatric Rehabilitation for Supervisors 2. Train Your Brain and Build Skills 3. Conversation Café: What Will Rehabilitation and Recovery Services Look Like in Five Years?

Day 2 ★ Wednesday, November 9, 2022

8:15-9:00 AM	Registration Continental Breakfast/Breakfast Conversations with OMH
9:00-9:15 AM	Welcome Remarks
9:15-10:30 AM	Keynote: The Eighth Dimension of Wellness: Spirituality as a Tool to Build Resilience with Peggy Swarbrick and Edi Pasalis
10:30-10:45 AM	Break and Check Out
10:45-11:45 AM	Plenary: The Personal Transformative Power of Recovery and Lived Experience with Stephanie Campbell
11:45-12:00 PM	Break
12:00-1:00 PM	Workshops Round Four
	<ol style="list-style-type: none"> 1. Managing Up: Making Your Job Easier by Assuring You Get What You Need from Supervision 2. Using the Cultural Formulation Interview as a Tool to Support Intake 3. Why Psychiatric Rehabilitation? Being the Best You Can



Day 1 ★ Tuesday, November 8, 2022

8:30-9:30 AM

Registration

9:30-9:45 AM

Welcome: Harvey Rosenthal, CEO and Len Statham, COO, NYAPRS

9:45-10:45 AM

Keynote: Three Connecting Questions Governor A&B

Lonnetta Albright, President, Forward Movement Inc and Executive Director, John Maxwell Team

In his book, “Everyone Communicates Few Connect,” renowned leadership expert John C Maxwell says, “People don’t remember what we think is important, they remember what they think is important.” Considering emotions, navigating intentions, evaluating assumptions, and respecting cultural differences all play important parts in the role of supporting others. This interactive keynote presentation will explore the three questions necessary for successful engagement and outcomes.

10:45-11:00 AM Break

11:00 AM-12:00 PM

WORKSHOPS ROUND ONE

1. The Crisis Continuum:

New York State’s Crisis Services and Initiatives Governor E

Denise Balzer, LCSW, Director of Crisis Services at NYS Office of Mental Health; Steve Miccio, Chief Executive Officer, People USA; Kathy Pandekakes, Chief Executive Officer, Human Development Services of Westchester; Shannon Higbee, Chief Executive Officer, Recovery Options Made Easy; Harvey Rosenthal, Chief Executive officer, NYAPRS, Moderator

This presentation will explore New York’s developing continuum of crisis mental health services that includes the new 9-8-8 hotline and Mobile Crisis, Crisis Stabilization, Peer Respite and Living Room programs. This panel will bring together OMH’s Director of Crisis Services and innovative leaders of these models to review progress to date and look ahead at next steps.

KEYNOTE SPEAKER



Lonnetta Albright, Author, Radio Personality, Change Agent, and Facilitator is one of the most dynamic and transformative speakers, facilitators and coaches working around the globe adding value to and changing the lives of thousands. She is particularly focused on developing those she fondly calls the Next Generation. As **President & Chief Visioning Officer of Forward Movement Inc.**, a minority and female-owned company she offers Executive and Life Coaching; Personal and Professional growth; Organizational and Leadership development; Speaking, Consulting and Facilitation. A certified personal and executive coach, she is an **Executive Director with the John Maxwell Team**. She also has a weekly radio Coaching segment on the Lonnie Hunter

Show, Reach Gospel Radio airing each week. Prior to starting her business, for 17 years she served as Executive Director of the Great Lakes ATTC at the University of Illinois at Chicago where she led national and international efforts to expand and shift our definition of Addiction Treatment to one of recovery as a process of change that leads to health, wellness, and a quality of life in the community. Lonnetta is a 2018 Hall of Fame Inductee, Museum of African American Addictions, Treatment and Recovery.

Find her at
<https://lonnettaalbright.com/>
<http://www.johnmaxwellgroup.com/lonnettaalbright>
<https://www.facebook.com/LonnettaAlbrightCoach/>
<https://www.instagram.com/lonnettaalbright/>
<https://www.linkedin.com/in/lonnettaalbright/>

Day 1 ★ Tuesday, November 8, 2022

2. Fostering a Culture of Peer Support in PROS and CORE ServicesGovernor D

Amanda Saake, LMSW, CPRP, NYCPS-P, Special Assistant to the Commissioner, Director of Office of Consumer Affairs, NYS Office of Mental Health; Stephanie Bouillon, MSW, NYCPS, Training and Implementation Specialist, Center for Rehabilitation and Recovery at the Coalition for Behavioral Health; Amanda Pierro, NYCPS, Program Director, MHA Columbia Greene

What is needed to align psychiatric rehabilitation services within PROS and CORE to capably understand and incorporate the unique values and practice of peer support? This panel will explore the distinction between person-centered planning and self-determination and identify key elements of fidelity-level peer support including rigorous mutuality, role clarity and specialized supervision.

3. Conversation Café: Building an Agency Focused on Justice, Equity, Diversity and InclusionGovernor C

Paul Margolies, Ph.D. Associate Director for Practice Innovation and Implementation at the Center for Practice Innovations at Columbia Psychiatry and Keshia Carter, Chief Diversity Officer, Coordinated Care Services Inc.

In this conversation café, you'll have the opportunity to discuss ways to build and maintain an agency that is focused on the values of justice, equity, diversity and inclusion. Our current climate demands that we actively address this urgent need so let's connect NOW with each other, share ideas and make this a better world for everyone. Join the conversation and be a part of the solution!

12:00-1:00 PM Lunch Break

1:00-2:15 PM

Plenary: New Initiatives and Next Steps: A Dialogue with the Office of Mental Health Governor A&B

Katie Merrill, MSW, Director of Rehabilitation Services; Emily Hetzel, MPA, Deputy Director, Policy Bureau, OMH Division of Managed Care; Andy Sink, Director of NYESS Employment Policy; Stacey Hale, LMSW, Director of Rehabilitation, Treatment and Care Coordination; Chris Coyle, Mental Health Program Specialist 2, Office of Consumer Affairs; and Katerina Gaylord, LMSW, Deputy Director, Bureau of Crisis, Emergency, and Stabilization Initiatives, Division of Adult Community Care, NYS Office of Mental Health

This session provides an opportunity to enter into a public discussion with key OMH officials on recovery-centered rehabilitation services like PROS, Behavioral Health HCBS and CORE. In particular, we will discuss CORE implementation and PROS redesign and employment initiative. No question is off the table.

2:15-2:30 PM Break



2:30-3:30 PM
WORKSHOPS ROUND TWO

1. Strategies for Successful Job Development Governor E

Gary Scannevin, MPS, CPRP, IPS Supported Employment Implementation Specialist, and Karen Broadway Wilson, IPS Supported Employment Implementation Specialist, Center for Practice Innovations; Stephanie Turco, LCSW, President and CEO, Gateway Hudson Valley; Maureen O'Brien, President and CEO, New York State Industries for the Disabled, Inc; Steve Vroman, MS, Mental Health Program Specialist 2, NYS Office of Mental Health

Successful job development relies on engaging and developing positive relationships with the business community, perhaps the most difficult challenge we face. This workshop will teach you the skills you need to best manage those relationships, to help them meet their procurement related needs and to work with them to create meaningful employment for the people you support.

2. Providing Trauma Responsive
Psychiatric Rehabilitation Services Governor D

Beth Brodsky, Ph.D., Associate Director Suicide Prevention, Training, Implementation and Evaluation Program, New York State Psychiatric Institute and Amani Mathis, Senior Counselor, Franklin PROS, BestSelf Behavioral Health

Becoming a trauma-responsive agency means making a commitment to changing practices, policies, and the culture of your entire organization. This type of change requires staff at all levels to modify what they do based on understanding of the impact of trauma and the specific needs of survivors of trauma. This workshop will explore what change of this magnitude entails, as well as provide resources that agencies can use to begin the transformation journey.

3. Conversation Café: Tapping into Gen Z Governor C

Stephanie Bouillon, MSW, NYCPS, Training and Implementation Specialist and Natalie Lleras, LCSW, CPRP, Associate Director of Training at The Center for Rehabilitation at The Coalition of Behavioral Health; Andy Santana, BS, Senior Recovery Counselor, Harlem Bay PROS, Goodwill Industries

In this conversation café, you will have the opportunity to discuss how we can tap into the strengths of Gen Z, the youngest generation in the workforce. Join your colleagues and peers to brainstorm how to leverage the strengths of your Gen Z staff and participants, learning from their open-mindedness, progressive thinking, and use of technology for connection. What can we learn from them and how can what we learn improve our services?

3:30-3:45 PM Break



Day 1 ★ Tuesday, November 8, 2022

3:45-4:45 PM
WORKSHOPS ROUND THREE

1. Psychiatric Rehabilitation for SupervisorsGovernor E

Tony Salerno, Ph.D., Innovation and Implementation Officer, McSilver Institute for Poverty Policy and Research; Paul Margolies, Ph.D., Associate Director for Practice Innovation and Implementation at the Center for Practice Innovations at Columbia Psychiatry; and Natalie Lleras, LCSW, CPRP, Associate Director of Training; The Center for Rehabilitation at The Coalition of Behavioral Health

As leaders and mentors in the field of psychiatric rehabilitation, we know how valuable our staff are to the mission of recovery. Facing the challenges of staffing issues, supporting new hires in their growth and supporting professionals who have been through a trying three years, this session hopes to explore the perspectives and skills that will help us keep the values of psychiatric rehabilitation at the center of the work. Please join us to explore how you can be the leader who is both true to yourself and a role model in recovery for your team.

2. Train Your Brain and Build SkillsGovernor D

Alice Saperstein, Ph.D., Assistant Professor of Medical Psychology (in Psychiatry) at Columbia University Irving Medical Center; Licensed Psychologist for New York State Office of Mental Health and Margot McCulloch, LCSW, Clinical Trainer, OnTrackNY/OnTrackUSA, Center for Practice Innovations, New York State Psychiatric Institute

This workshop will explore how cognitive skills training can support a person's recovery. Workshop presenters will discuss the how to's of providing skills training to foster recovery by promoting autonomy, expectations of success, aligning treatment and personal values and coordinating with other providers.

3. Conversation Café: What Will Rehabilitation and Recovery Services Look Like in Five years? Governor C

Daniella Labate Covelli, MSW, Director of Psychiatric Rehabilitation Initiatives, NYAPRS and Mike Stoltz, LCSW, Principal, Michael Stoltz Consulting

This conversation café will offer you the opportunity to share your ideas about what the future of rehabilitation and recovery services will look like. The café is your chance to connect with peers, learn from each other, and share ideas. Let's keep the conversation going!

CONTINUING EDUCATION UNITS AVAILABLE:

All sessions are approved for continuing education hours. NYAPRS is approved to offer CE hours for 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 hours 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-0441.

Day 2 ★ Wednesday, November 9, 2022

8:15-9:00 AM

Registration and Continental Breakfast

8:15-9:00 AM

Breakfast Conversations with OMH

Representatives from Program, Division of Managed Care, Employment, and Office of Consumer Affairs will be available throughout the breakfast for information, conversations and to answer your questions.

Program: CORE designation, PROS Redesign, questions about regulations and more;

Division of Managed Care and Finance: billing, utilization management, and anything managed care-related;

Employment: NYESS, Ticket to Work, and OMH Employment Initiatives;

Office of Consumer Affairs: CORE Peer Navigators, Participant Engagement in PROS Redesign, and Peer Certification

9:00-9:15 AM

Welcome: Harvey Rosenthal, CEO and Len Statham, COO, NYAPRS

9:15-10:30 AM

Keynote: The Eighth Dimension of Wellness:

Spirituality as a Tool to Build Resilience Governor A&B

Edi Pasalis, Lead Faculty, Kripalu Center, Partner, Integrative Leadership Practice; Peggy Swarbrick, PhD, FAOTA Associate Director of the Center of Alcohol And Substance Use Studies, Rutgers University; Harvey Rosenthal, NYAPRS

Over the past two decades, our work has been focused on addressing the Eight Dimensions of Wellness – emotional, environmental, financial, intellectual, occupational, physical, social, and spiritual – to achieve longevity and improved quality of life. Yet, the last one – the spiritual dimension – has gotten the least amount of attention.

This presentation by trainers from the internationally renowned Kripalu Center for Yoga and Health offers an experience of their evidence-based resilience training that has helped to enrich the work of frontline providers and leadership in some of the most critical social institutions in North America. This program has proven to make it easier to pay attention and stay calm, to build positivity, productivity and mental clarity and to improve stress resilience in the moment and over time, while easing symptoms of secondary trauma. Most important, it offers a set of experiences and skills we can share with the people we support to help them to promote their own health, wellness and recovery.

KEYNOTE SPEAKER



Edi Pasalis, MBA, MTS, Lead Faculty, Kripalu Center, Partner, Integrative Leadership Practice

Edi Pasalis, MBA MTS, is a strategic catalyst for conscious innovation, offering consultation and coaching for social impact. As Director of the Kripalu Institute for Extraordinary Living, her service responded to the widescale burnout in front line professionals. She was the major force behind RISE, Kripalu's award-winning, evidence-based program to

co-create more people-centered workplaces. Edie shepherded this ground breaking program from pilot phase, partnering with researchers to document significant stress reduction, through scaling up across geography and sector. She engaged and trained a diverse facilitator team, overseeing delivery of programs that enriched the work and wellbeing of individuals and teams working in critical social institutions in North America. Currently, Edie is Lead Faculty at Kripalu Center for Yoga & Health and Partner at Integrative Leadership Practices, a consulting firm focusing on leadership and team development for conscious innovation.

Day 2 ★ Wednesday, November 9, 2022

10:30-10:45 AM

Break and Check out

KEYNOTE SPEAKER



Stephanie Campbell, MA, MS, MSW

After receiving her MA from Columbia University, an MS from University at Albany, and an MSW from New York University, Stephanie joined Friends of Recovery – New York (FOR-NY) in 2015 and worked at the state and national levels on public policy issues affecting individuals and families impacted by addiction. As a person in sustained recovery, Stephanie now serves as Director of the NYS Ombudsman Office to oversee a new statewide

program to help New Yorkers access treatment, harm reduction and peer support services along the full continuum of healthcare and is an adjunct professor at NYU's Silver School of Social Work. She also is a member of the Recovery Policy Collaborative in partnership with the Addiction and Public Policy Initiative at the O'Neill Institute at Georgetown University, and serves on the national Harm Reduction Steering Committee, convened in 2021 by Substance Abuse and Mental Health Services Administration (SAMHSA), Office of National Drug Control Policy (ONDCP), and The Centers for Disease Controls (CDC).

10:45-11:45 AM

Keynote: The Personal Transformative Power of Recovery and Lived Experience

Governor A&B

Stephanie Campbell, MA, MS, MSW Director, NYS Behavioral Health Ombudsman Office

Stephanie Campbell, a national leader in the recovery movement, will address how the value of lived experience has helped inspire others to enact a shared vision that brings advocates together as change leaders. Her strengths-based approach focuses on the power of partnerships between advocates and government decision makers in shaping behavioral health policy. She will highlight the history of the role of people with lived experience in the field, as well as examples of collaborations between peer and clinical professionals that are harnessing the role of leaders with lived experience in public health. She will illustrate how the use of personal story has the ability to influence decision makers perspectives, including harnessing the role of leaders with lived experience in facilitating bridge-building between government, public health officials, and community activists.

KEYNOTE SPEAKER



Peggy Swarbrick, PhD, FAOTA, is the Collaborative Support Programs of New Jersey Wellness Institute Director and Associate Director of the Center of Alcohol & Substance Use Studies and a Research Professor in the Applied Department of Graduate School of Applied and Professional Psychology.

Over decades she has developed and evolved a strengths-based 8-dimensional wellness model that is been used for various populations as a strength-based approach for whole health recovery and prevention. Dr Swarbrick has made significant contributions

to the body of literature in occupational therapy, nursing, and community behavioral health care practice, focused on such topics as the 8 dimensions of wellness, wellness coaching, peer support, social determinants of health, financial wellness, employment, and professional self-care. She has created self-care wellness programs for people in recovery, caregivers, families, youth, and professionals including training materials and intervention manuals. Dr Swarbrick recently developed a program designed to support the wellness of the workforce and is a collaborator on peer support models for healthcare professionals and educators to prevent burnout

11:45-12:00 PM Break

12:00-1:00 PM WORKSHOPS ROUND FOUR

1. Managing Up: Making Your Job Easier by Assuring You Get What You Need from Your Supervisor Governor E

Edye Schwartz, DSW, LCSW-R, Principal, Edye Schwartz Consulting

Managing up entails learning to influence those above you to manage effectively and bring out the best in you as an employee so that you have what YOU need to be successful. When effective, managing up makes both you and your supervisor’s job easier. This workshop will teach you to apply techniques to manage up, build a better relationship with management and assure your relationship with your supervisor works for you, for your supervisor, for your supervisees and for the organization.

2. Using the Culture Formulation Interview as an Engagement Tool to Support Intake Governor D

Roberto Lewis-Fernandez, MD, Director, NYS Center of Excellence for Cultural Competence, NYS Psychiatric Institute and Professor at Columbia University

The Cultural Formulation Interview (CFI) is a protocol for asking people seeking mental health care about their and their families/friends’ views of their situation, past experiences, help seeking and expectations for future care. This tool is often used as a culturally sensitive method to engage participants in mental health services. This workshop will explore the development and content of the core CFI and briefly summarize implementation research. Workshop participants will have an opportunity to engage in small group activity where they will experience using the CFI as a tool for engagement and discuss how they might implement it in their practice.

3. Why Psychiatric Rehabilitation? Being the Best You Can Governor C

David Bucciferro, Senior Adviser of Radicle Health, and Paula Fries, LCAT, ATR-BC, CPRP, Chief Operating Officer/Compliance Officer, Association for Mental Health and Wellness

This workshop will provide an overview of psychiatric rehabilitation and explain why this approach is linked to increased outcomes for both participants and staff. Presenters will introduce the core principles of psychiatric rehabilitation, including empowerment, self-determination, partnering, and full integration into the community and explore how these principles and values support the advancement of a person’s recovery.



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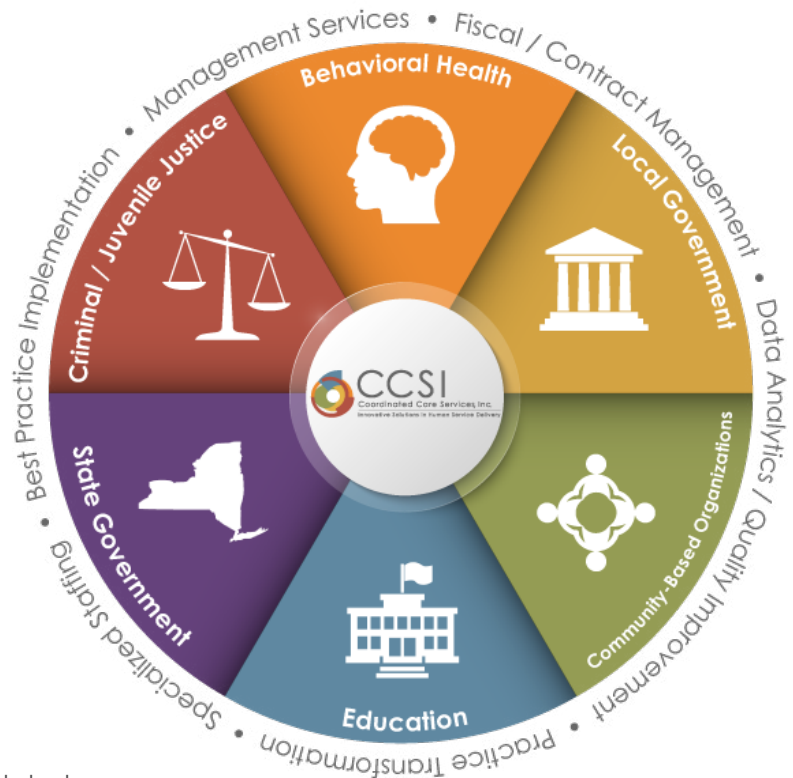
- We are a full-service employee benefits brokerage, consulting, and administration firm based on a foundation of strong financial expertise.
- Headquartered in Troy, NY with offices in Saratoga Springs and Amsterdam.
- One of the top Health Insurance Brokerage firms in the Capital District, serving over 1,000 businesses throughout New York State.
- We have been the Employee Benefits Broker for NYAPRS for the past two years.
- **For more information please call:** Stacey Blaauboer at 518-720-8888 Ext. 126



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For over 30 years, Coordinated Care Services, Inc. (CCSI) has partnered with organizations across NYS to provide the specialized management services, technical assistance, and implementation support needed to deliver innovative, high quality services across the behavioral health and human services delivery systems.



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What is Psychiatric Rehabilitation and how does it support people?

- Psychiatric rehabilitation is key to supporting people living with mental health challenges to obtain the skills, supports and resources needed to successfully advance their health and recovery and to meet their essential personal social, employment, housing, and related life goals.
- The emphasis is on self-determination, community participation, and improving quality of life.
- New York State is committed to increasing psychiatric rehabilitation services throughout the outpatient system, building it into a variety of program models.

NYAPRS' New Psychiatric Rehabilitation Initiatives:

