

NYAPRS 41st Annual Conference
Promoting Rights Across the Nation, Recovery Across the Lifespan
September 26-28, 2023
Villa Roma Resort Callicoon, NY

NYAPRS Conference 2023 Program Schedule

Tuesday September 26, 2023

10:00am Conference Registration and Multicultural Exhibition Open

10:00am NYAPRS Health, Healing & Arts Fair

11:30am Lunch

12:00pm Welcoming Remarks

Tuesday September 26, 2023

Round 1 12:30 – 1:45 pm

1. Fighting Forced Treatment From Coast to Coast

Andrea Wagner, California Association of Mental Health Peer-Run Organizations, Chico, CA; Cherene Caraco, CEO, Promise Resource Network, Charlotte, NC; Ruthanne Becker, INSET, White Plains, NY; Harvey Rosenthal, NYAPRS, Albany, NY

Over the past two years, state Governors and Legislatures have approved increases in the use of coercion by their local and state mental health, police and court systems. These have included expansions of involuntary mental health outpatient and inpatient commitment initiatives in New York State and New York City, a legislative proposal to do the same in Massachusetts and the creation of a "Care Court" program in California. The presenters will discuss advocacy strategies to defeat and/or limit the use of these initiatives. They will also discuss innovative voluntary alternative approaches that are underway at Promise Resource Network in North Carolina and the MHA of Westchester's INSET program.

2. Role Drift in the Peer Specialist Role

Elizabeth "Mya" Haley and Abigail "Abbe" Duke, Center for Practice Innovation, New York City, New York

This interactive presentation will be facilitated by two Peer Specialists who have moved from direct care to training at the Center for Practice Innovations. They will lead a conversation about what Role Drift is, how it can impact Peer Specialists' work and discuss strategies to avoid it. Both facilitators will also share materials from their respective programs that have been developed to support Peer Specialists on ACT and OnTrackNY teams.

3. Creating Cultures of Support & Recovery Across Diverse Chosen Families, Generations & Communities

Shantalee Martinez, Megan Spagnola, Deborah Faust, Michelle Gracia, Mental Health Association of NYS, Albany, NY

Join this workshop to learn about how a trauma-informed Relational Approach to mental health that supports the person with a diagnosis and also their chosen family and community members who are invited into the process - especially when they belong to diverse (e.g. immigrant, BIPOC, LGBTQ+) communities. Pioneered by the Mental Health Association in New York State (MHANYS) Family Mental Health Programs, the Relational Approach combats the individualistic Euro-centric bias of the mental health field by instead taking a collectivistic approach that more closely aligns with the perspective & values of people of color. Furthermore, sharing simple but powerful messaging about wellness & mind-body health makes concepts of mental health recovery universal & easy-to-understand for family & community members regardless of age or literacy level.

4. Overshadowed: Stories of Stigma in the Healthcare System

Melissa Wettengel, Alex Frisina, Hands Across Long Island, Central Islip, NY; Clarence Jordan, Vice President, Wellness and Recovery, Carelton Behavioral Health

Among other disparities, people with psychiatric life challenges are dying, on average, 25 years earlier than the general population. Statistically we also experience a markedly increased prevalence of chronic physical conditions like diabetes, COPD, and respiratory illness. Research shows that among the complex causal factors, stigma plays a strong role. This presentation will include a viewing of the recent "Overshadowed" video project, produced in partnership between peer advocacy organization Hands Across Long Island (HALI) and the award-winning filmmaker Lucy Winer (Unlocked, Kings Park: Stories from an American Mental Institution). The project explores the presence and effect of stigma in the healthcare system through short filmed first-person interviews where people with psychiatric diagnoses describe their experiences with medical care - the good, the bad, and the life-changing.

5. PeerTAC Peer Specialist Listening Forum

Rita Cronise, Rutgers University, Academy of Peer Services; Yvette Kelly NYU McSilver Institute for Poverty, Policy and Research, Co-Directors PeerTAC

This forum introduces the Peer Support Services Technical Assistance Center (PeerTAC), which is dedicated to increasing the quality of Peer Support Services in behavioral health settings. Highlights of current PeerTAC initiatives will be followed by an interactive small group discussion on how to grow the peer support workforce while staying true to peer support values. Groups will discuss interdisciplinary teamwork in behavioral health settings that can make peer support more widely available to those who are receiving services and their families.

6. Racial (In)justice and Employment

Paul Margolies, Karen Broadway-Wilson, Raymond Gregory, Thomas Jewel, Gary Scannevin, Norman Kim; Center for Practice Innovation, New York City, NY

It is well documented that employment in the United States is strongly influenced by racial injustice. Unemployment, access to jobs, compensation and wages, job stability and a very real wealth gap are all symptoms of the impact of systemic racism on minoritized and marginalized individuals. The intersection of racism with mental health issues is very real. This workshop is designed to explore ways in which we all can work towards equity and inclusion in employment. Focused discussion will examine the impact of injustice on employment and the experiences of the workshop leaders and participants. Specially designed scenarios and related discussion will bring these issues to life. We will spend time examining the path forward and ways in which each of us can play a role in improving the employment landscape for minoritized and marginalized individuals served by our mental health system.

7. Healing through Spiritual Practices with a Trauma Informed Lens

Patty Blum, Crestwood Behavioral Health, Sacramento, CA; Lori Ashcraft, Resilience, Inc, Nevada City, CA

This highly interactive workshop will explore the importance of providing spirituality in recovery service programming. Participants will identify linkages as to how spirituality supports and aligns trauma informed care. A discussion will be facilitated on how to bring spirituality into recovery practice and programs.

Break 1:45-2:00 pm

**KEYNOTE: Tiara Springer-Love, Director, Youth Power, Albany, NY
2:00-2:45 pm**

**NYAPRS ANNUAL AWARDS CEREMONY #1
2:45-3:30 pm**

TUESDAY September 26
ROUND 2 3:45-5:00 pm

8. Learning from Each Other: Bringing Movement Elders and Young Leaders Together

Chacku Mathai, Project Director, Center for Practice Innovation; Tiara Springer-Love, Director of Youth Power; Jessi Davis, President of the National Association of Peer Supporters, TBA

Come join this absorbing conversation with some of our most prominent recovery, rights and peer support leaders in an exploration of insights and lessons that can be shared across the generations.

9. Hospital Discharge Plans that Work

David Ruiz, Borough Director of Advocacy Programs and Director of Quality Assurance, Baltic Street AEH, Brooklyn, NY; Nicholas J. Coulter, Executive Vice President and Chief of Development and Community Engagement, Person Centered Housing Options (PCHO), Rochester, New York; Adam Selon, Peer Service Coordinator, Restoration Society Inc., Buffalo, NY; TBA, Fountain House

New York is poised to add over 1,000 new inpatient beds across the state. But there's no evidence that hospital stays promote recovery and successful community outcomes. In fact, between 10-24% of the time, New Yorkers are readmitted annually with no apparent improvements in their lives. The presenters will also recommend the use of discharge plans that can improve health outcomes and reduce inpatient readmission, including Peer Bridger, Housing First and Clubhouse and Recovery Center Programs.

10. Effective Individual and Group Peer Support Supervision Practices

Dwayne Mayes, Dillon Browne and panel, MHA of Westchester, White Plains, NY

There has been considerable discussion concerning Peer Supervision from an academic perspective. This workshop allows working Peers to describe their own experiences with receiving supervision, including what has worked to aid in their personal growth and career development, and approaches that could be improved. The presentation will also describe the effectiveness of a Peer Academy model of group supervision.

11. Contracting Peer Delivered Services with CCBHCs and Managed Care Organizations

Anthony Fox, Tennessee Mental Health Consumers Association, Nashville, TN; Buffalo, NY; Anna Gray, Prosumers International, San Antonio, Texas; Shannon Higbee, Recovery Options, Buffalo, NY.

A great deal of attention has been paid to the integration of peer services within more traditional programs or settings. Yet many believe that the best way to ensure improved outcomes are achieved is through direct contracts with peer run agencies that offer appropriate roles and supervision for peer supporters. Come hear how peer agencies in Texas, Tennessee and New York are successfully working with clinical agencies to ensure fidelity to the principles and practices of peer support.

12. Employment – Expanding Outcomes, Building Success

Regina Kaiser and Ruth Gonzales, Dreamcatchers Empowerment Network, Fairfield, CA

Work is an essential step on the pathway to recovery. Evidence-based Supported Employment Practices promote the belief that everyone with mental or physical health challenges are capable of working competitively in the community. We will describe approaches to employment that can be used in a variety of settings to help individuals reach their dreams of employment.

13. New York's Proposed Medicaid Changes: What They Could Mean for You

Lauren Tobias, Senior Advisor, Brown & Weinraub, Harvey Rosenthal, NYAPRS, Albany, NY

Lauren will discuss the latest updates on the progress for the NYS 1115 Health Equity Medicaid Demonstration Waiver and other expected changes to the NYS Medicaid plan. This will include a conversation on the role of Social Care Networks (SCNs) and how they can improve access to mental health services and supports, including the support of peers. She will discuss the timing for waivers and other changes as well as offer updates on avenues for community providers to get funding for services through the state Medicaid Plan and other funding streams.

14. Trauma Informed Peer Support for Sexual and Gender Diverse Communities

Elise Diamond, Recovery Specialist & Trainer, Center for Practice Innovations; Em Wasserman, Mental Health Empowerment Project, Albany, NY

In this training, participants will learn about challenges faced by sexual and gender diverse communities, and how Trauma-Informed Peer Support can contribute to healing and genuine community inclusion. Presenters will begin with an overview of trauma-informed peer support and offer insight into traumas faced by the LGBTQIA+ community through anti-LGBTQIA+ legislation, everyday gender enforcement, widespread bias, and the relationships of gender enforcement to racism and psychiatric oppression. We will then discuss opportunities for the larger peer support community to join the work of liberation from gendered oppression.

15. Rhythms for Resilience & Connection

Chrys Ballerano, E Bjorkman, NYS Coalition Against Sexual Assault

This workshop is an interactive experience where we'll all share an opportunity to connect with our innate sense of play and the healing and gentle power of rhythm. Participants are invited to bring their own drum or percussive instrument if they have one, although many drums and percussion instruments will be provided by the presenter. This is not a workshop about "beating" drums but about connecting with our own heartbeats, exploring our abilities to play in community, and responding to the rhythms of the natural world. If the weather permits, this workshop can be held outside as long as benches or chairs are provided.

Tuesday September 26 Evening Program

5:00 pm Diversity Bash/Fashion Show

6:00 pm Dinner

7:00 pm Keynote: Healing Through Hip Hop: 50 Years...and counting

Join us to hear the passion, personal stories, insight, and thought-provoking ideas about hip hop, its history, and how it relates to recovery, lived experience, and social justice. Workshop participants will learn from, and engage with, presenters whose lives are directly influenced by Hip Hop culture. Additionally, the presentation will discuss how Hip Hop has already been used to support healing and raise consciousness about the impact of discrimination, stigma, and inequality in our communities.

Presenters: Christopher "Mic Handz", Jerald "Dj Kareem" Jenkins, Luis "Dj LOL" Lopez, Chacku Mathai, Elizabeth Brier, Amanda Saake

8:30 pm Peer Support Meetings

8:30 pm 8:30 pm Zumba: A Foundational Wellness Tool in Behavioral Health 2.0

Greg Parnell, Crestwood Behavioral Health

Participants will see how Crestwood has added Zumba as one of our Foundational Wellness Tools & how adding Zumba to your Program or personal Wellness Toolbox - that we Celebrate Culture & Diversity, Foster Physical, Spiritual & Emotional Wellness as well as create Community, Connection & Inclusion. There will be discussion & presentation as well as application through a mini seated Zumba Fitness Class and a regular class with the option to sit or stand. And Hear the global effect that we've accomplished this year. Everyone can experience all the benefits 1st hand. It will be Fun, Empowering and Inspiring. And remember...no dance experience or coordination needed" 😊

9:15 pm Open Mic with Michael Skinner; Board Games

9:30 pm Dancing with DJ Jenkins

[Register for the Conference](#)

[Book Hotel](#)

Wednesday September 27, 2023

7:30 am Breakfast

Zumba! With Greg Parnell

Wednesday September 27

Round 3 8:30-9:45 am

16. Moving Through Times of Personal Crisis

Cherene Caraco, Promise Resource Network, Charlotte, NC; Lori Ashcraft, Resilience, Inc, Nevada City, CA; Jeff McQueen, Hempstead, NY

3 national experts in supporting people through mental health, addiction and/or trauma-related crises will from their own personal experience as to what has helped them to do the same.

17. What Can Your ILC Do For You?

Lindsay Miller, NY Association on Independent Living, Albany, NY; Stephanie Orlando, WNY Independent Living Center, Buffalo, NY; Aileen Martin, Northern Regional Center for Independence, Watertown, NY and Doug Hovey, Independent Living, Newburgh, NY

Independent Living Centers (ILCs) are operated for and by people with disabilities and offer a variety of community-based services, all of which are focused on addressing the social determinants of health. This workshop will review the Independent Living Philosophy and how it dovetails with the mental health justice movement. We will explore the power of our cross-disability movement and build a sense of community around the word disability. We will also review the Independent Living networks' state and federal advocacy priorities and how they would impact people with mental health disabilities. Attendees will learn what their local ILC can do for them and how to get involved in the cross-disability rights movement.

18. Passing and Protecting Criminal Justice Reform Legislation

Chacku Mathai, Daniel's Law Coalition; Victor Pate, HALT Solitary Confinement; Evelyn Graham-Nyaasi, Correct Crisis Intervention Today-NYC and Ismael Diaz Jr., Treatment Not Jail Campaign

People with mental health and substance use challenges are overrepresented in our criminal legal system. While decarcerating efforts have reduced the overall population in these settings, the percentage of the population with mental health and substance use challenges has increased in New York and the nation. This panel will cover three current and proposed bills in New York aimed at reducing arrests, diverting people from carceral settings, and preventing further trauma for people in prisons and jails. Attendees will hear from members of the various criminal justice coalitions and learn about the status of the individual reforms as well as strategize about how to pass or protect these needed changes.

19. Intersected: Community Dialogue on Psychiatric Systems, Lived Experience and Intersections with Other Contexts of Lived Experience

Ro Speight, Danielle Lopez, Tracy Puglisi, NYS Office of Mental Health, Albany, NY

This workshop will focus on intersecting psychiatric systems involvement with other forms of sociocultural system which impact lived experience perspectives, such as being racialized, gendered, gender identities

and expression, sexual orientation, citizenship status, socioeconomic status, faith and/or spiritual beliefs, and other sociocultural based identities.

Exploration of how these intersected aspects of identity factors into privilege and oppression will be a community discussion anchored by three questions, one from each of the facilitators.

20. Listening to the Peer Workforce: Top Ten Recommendations

Jeremy Reuling, People USA, Jessica Wolf, Decisions Solutions Consulting, CT; Rita Cronise, Rutgers University, Freehold, NJ

This interactive workshop will focus on a set of 10 recommendations to advance career development and improve working conditions for the peer specialist workforce. The recommendations were developed based in part on feedback gathered at last year's working peer specialist conference. Participants will be divided into three workgroups to discuss the recommendations and identify specific ideas for their implementation, as well as strategies for advocacy

21. Part 1: Wellness and Recovery (Resilience) Story Circle

Dr. Deborah Wilcox, Confluency Consultants and Associates; Theresa Hall, NYAPRS Board of Directors

Wellness and Resilience Story Circles opens a space for peers, clinical providers and related community constituents with the opportunity to build community and engage in collaborative partnerships. Story Circles grant opportunities for peers who are recipients of services the freedom to share their living and lived experiences in a safe, supportive and welcoming environment.

Come see how the Story Circle will open a space for participants to become actively engaged and involved in sharing their life experiences through the art of storytelling. Participants will share recovery challenges, healing wisdom, wellness journeys and the multiple ways personal goals and challenges can be worked through to heal human hurt, unlearn stigma, foster behavior change and to build sustained multicultural communities of wellness.

22. Trauma and the Workplace

Clarecetine (Teena) Brooks, NYC Department of Health and Mental Hygiene, LaVerne Miller, Transitional Services for NY, Patrice Peterson, Vibrant Emotional Health, Maryam Husamudeen, NYAPRS, Albany, NY; Cathy Cave, Inspired Vision, LLC; Helen "Skip" Skipper, *The NYC Justice Peer Initiative. Bronx, New York*

In this workshop we will define trauma, sources of trauma, trauma responses, the impact trauma has on those in the workplace and ways in which workplace practices can lead to trauma responses. We explore key concepts such as individual, interpersonal, community, climate, and cultural trauma and the cumulative effects of these experiences. We discuss how working in human services requires us to be especially sensitive to the impact of trauma on service participants and their families. People who work in human services need to be sensitive to power dynamics, use of force and subtle forms of coercion, and the impacts these traumatizing practices can have on staff, and service participants and their families.

Break 9:45-10:00 am

**KEYNOTE: Daryl McGraw Founder, Formerly Inc.
10:00 to 10:45 am**

[REGISTER FOR THE CONFERENCE](#)

[BOOK HOTEL](#)

Break 10:45 to 11:00 am

Wednesday September 27

ROUND 4 11:00 am -12:15 pm

23. Keeping the Movement Moving

Laura Prescott, Sister Witness International, Cornville, Arizona; Gayle Bluebird, Independent Consultant, Gainesville, FL; Laura Van Tosh, Global Mental Health Peer Network, Washington; Harvey Rosenthal, Albany, NY

This presentation will offer a rare opportunity to hear a conversation between 3 of our movement's most historic pioneers. Don't miss it!

24. Mental Health in the Schools

Kelly Davis, Vice President of Peer and Youth Advocacy at Mental Health America, Washington, DC; Dawn L. Yuster, Esq., Civil Rights Lawyer, NYC; Luke Sikinyi, NYAPRS, Albany, NY

BLURB Coming

25. Did They Say That? Yes They Did!- Dealing with Microaggressions in Supervision

Jonathan Edwards, NYC Department of Health and Mental Hygiene, NYC, New York; Jessica Wolf, Decisions Solutions Consulting, CT

Supervision can be a gnarly process. In addition to inherent power differentials, intersecting cultural and socioeconomic factors impact relationships. Despite the best of intentions, we may make hurtful and marginalizing comments. Unrecognized or unacknowledged microaggressions often create barriers in supervision and consequently affect how we do our jobs. This workshop will offer a lively demonstration of various communication styles and provide interactive opportunities for participants to model authenticity and respect in supervisory relationships.

26. The Development of a Peer Crisis Continuum

Jeremy Reuling, Maria Kavouras, People USA, Poughkeepsie, NY; Shannon Higbee, Recovery Options, Buffalo, NY, Susan Musante, former Director, Soteria-Alaska

This expert panel includes leaders in our field with several decades of experience in crafting one of the nation's most innovative and effective crisis mental health systems. Come hear about a continuum consisting of crisis drop-in centers, mobile response teams, stabilization centers, 8 and 28-day respite houses, historic non-medication centered Soteria houses and New York's groundbreaking amalgamation of these services within one location, the Kirsten Vincent Respite and Recovery Center.

27. The Power of Our Story

Patty Blum, Mertice Gitane Williams and Greg Parnell, Crestwood Behavioral Health, Sacramento, CA

In this fun, engaging, and highly dynamic interactive workshop, participants will learn how one statewide California based behavioral healthcare organization began in 2004 to transform recovery services in our operations using peer initiative, with intention and visioning. The team of twelve is called the Recovery Education Advocacy & Leadership (REAL) team. This transformative team models recovery, live/learn experiences and resilience for leaders while also providing peer support and recovery services to people being served and staff alike. In this workshop, participants will learn about four components to support organizational and system recovery. And it all starts with The Power of our Story!

27. Clubhouses in the Recovery Continuum

Panelists TBA Clubhouse New York Coalition

The history of Clubhouses can be traced back to the early 1940s, at Rockland State Hospital in Orangeburg, New York. While at Rockland, 10 patients formed a group that met in a clubroom where they shared their stories, read, painted, and participated in social functions. Unbeknownst to them at the time, this group would soon serve as the foundation for what would later become Fountain House, and the trailblazing concept of the Clubhouse model for people living with serious mental illness (SMI). This workshop will discuss what a Clubhouse is, how Clubhouses are a part of the continuum of care for people with serious mental illness, and how Clubhouses are a part of recovery for people living with major mental health, addiction and trauma-related challenges.

29. Strategies for Developing The Justice Peer Workforce

LaVerne Daisy Miller, Transitional Services for NY and Helen “Skip” Skipper, The NYC Justice Peer Initiative. Bronx, New York

Peers with histories of involvement in both the behavioral health and criminal legal system are becoming a larger part of the peer workforce, yet they are often confronted by legal, systemic, and organizational barriers that negatively impact on the ability of many to obtain and retain employment and advance their careers. This workshop will highlight the national trends of this emerging workforce and the strategies being used to overcome these barriers. This workshop will also highlight the work currently being done by the NYC Justice Peer Initiative to build and support this emerging workforce in New York State.

LUNCH 12:15 pm to 1:00 pm

**Keynote: Paolo del Vecchio, Director, SAMHSA Office of Recovery
1:00-2:00 pm**

NYAPRS AWARDS CEREMONY #2 2:00-2:45 pm

BREAK 2:45-3:00 PM

Wednesday September 27

Round 5 3:00-4:15 pm

30. Federal Public Policy Panel

Jennifer Mathis, US Department of Justice (DOJ); Dara Kass, US Department of Health and Human Services (HHS) and Paolo del Vecchio, SAMHSA Office of Recovery; Moderator: Harvey Rosenthal, NYAPRS

Don't miss this rare opportunity to enter into a free ranging discussion around the current and emerging state of federal policies that impact us the most from a panel of champions in the areas of healthcare (HHS), recovery (SAMHSA) and criminal justice reforms (DOJ).

31. Strategies for a Successful Re-Entry

Helen “Skip” Skipper, The NYC Justice Peer Initiative, Bronx, NY

Melissa Wettengel, Hands Across Long Island, Central Islip, NY

Far too many people living with mental health and substance use challenges cycle through jails and prisons due to the lack of adequate services to support individuals as they enter the community. Getting peer support providers into jails and prisons is a critical step in addressing these service gap issues for individuals being released from carceral settings. This panel will focus on successful strategies to support individuals as they re-enter their communities of choice, including pre- and post-release peer support, housing, and other needed services. Attendees will hear about the experiences of pioneering programs, learn about needed policy changes, and discuss ways to overcome common hurdles to providing these needed supports inside carceral settings.

32. No, Nothing, None! Answers to Three Critical Questions about Supervision of Peer Supporters

Joanne Forbes, Rita Cronise, Amy Spagnolo, Rutgers University, Freehold, NJ; Gita Enders, Health + Hospitals and Jonathan Edwards, NYC Department of Health and Mental Hygiene, NYC, New York

This 75-minute workshop will be a lively, interactive conversation about foundational aspects of supervision. No, Nothing, None! Answers to Three Critical Questions about Supervision, is a facilitated dialogue in which panelists offer their experience and perspective on how supervisors of peer support workers often come into the role without adequate preparation and support.

33. MYBody, MYLife: Physical Wellness Matters for Everyone

Kristopher Bly, Hands Across Long Island, Central Islip, NY

An in-depth review and discussion of Hands Across Long Island's MYBody program and its current and potential future impact for those who have or are currently experiencing trauma, mental health, substance use, and other life-altering challenges.

34. Multiple Pathways to Employment

Len Statham, COO and Rob Statham, Training Collective, NYAPRS, Albany, NY

For individuals navigating the journey of recovery, finding meaningful employment can play a pivotal role in fostering a sense of purpose and well-being. However, the road to employment is not one-size-fits-all.

In this interactive session, we will explore a range of innovative pathways that individuals can pursue to find fulfilling employment. Through real-life case studies, expert insights, and open discussions, participants will gain a comprehensive understanding of the various approaches available to them. Whether it's traditional employment, remote work, freelance opportunities, social entrepreneurship, or creative outlets, this workshop will empower attendees to identify and embrace the path that aligns best with their skills, aspirations, and unique circumstances.

35. Resilience: Bathing in the Light

Neville Morris, Program Manager, Prevention, Access, Self-Empowerment and Support, Coordinated Care Services Inc.

The road through recovery is different for each of us. While we often get help along the way, the role that we play will have the most direct effect on the outcome. It is not enough to sit and wait for the "Joy that comes in the morn", sometimes we just got to go out there and help navigate the course. In this workshop, we will cover some of the resilience preparations needed before the trip, during the ride, and life thereafter. The Recovering Art of Resilience is rightfully ours. Come join us and get a few gems for the journey life presents us.

36. Creative Recovery

Rebecca Nelson, Ariel Rowland, Mental Health Empowerment Project, Albany, NY; Gayle Bluebird, Jacksonville, Florida

New York's Mental Health Empowerment Project Team will join with Arts and Healing Pioneer Gayle Bluebird to discuss and practice the use of creative arts to promote recovery (music, dance, dramatic arts, visual arts, writing)

Break 4:15 to 4:30 pm

NYAPRS Annual Meeting 4:30 to 5:15 pm

Wednesday September 27 Evening Program

6:00 pm Annual BBQ Under the Stars

7:00 pm Special Celebration of the New Alliance for Rights and Recovery!

7:45 pm to 9:00 pm

Stand Up for Mental Health! David Granirer Vancouver, Canada and company

Each year, Stand Up for Mental Health's David Granirer guides aspiring comics to show their stuff at our Annual Comedy Show. These year's class includes Luke Sikinyi, Chacku Mathai, Becca Atkins, Stephen Nawotniak, Helen "Skip" Skipper, Em Wasserman

Part 2: How to Implement Wellness and Recovery (Resilience) Story Circles Within Your Agency and Organization

Dr. Deborah Wilcox, Confluency Consultants and Associates; Theresa Hall, NYAPRS Board of Directors

Part 2 of the workshop will provide a comprehensive overview of the needed organization development and implementation strategies for individuals and organizations who have an interest in incorporating Wellness and Recovery (Resilience) Story Circles within their agencies and communities.

8:30 pm Peer Support Meetings

8:30 pm Zumba: A Foundational Wellness Tool in Behavioral Health 2.0

Greg Parnell, Crestwood Behavioral Health

Fun, informative Workshop, Participants will see how Crestwood has added Zumba as one of our Foundational Wellness Tools & how adding Zumba to your Program or personal Wellness Toolbox - that we Celebrate Culture & Diversity, Foster Physical, Spiritual & Emotional Wellness as well as create Community, Connection & Inclusion. There will be discussion & presentation as well as application through a mini seated Zumba Fitness Class and the a regular class with the option to sit or stand. And Hear the global effect that we've accomplished this year. Everyone can experience all the benefits 1st hand. It will be Fun, Empowering and Inspiring. & remember no dance experience or coordination needed.

9:15 pm Open Mic with Michael Skinner; Board Games

9:30 pm Dancing with DJ Jenkins

Thursday September 28, 2023

7:30 am Breakfast

Zumba! With Greg Parnell

Thursday September 28

Round 6 8:30-9:45 am

37. Peer Service Innovations Across the Nation

Cherene Caraco, Promise Resource Network, Charlotte, NC; Patrick Hendry, Firsthand, NYC, New York; Steve Miccio, Poughkeepsie, NY

The presenters will describe a broad array of leading-edge initiatives their organizations offer, including a

- *for profit model that relies on a very successful mix of Recovery, Community Resources and Health Guides,*

- *a comprehensive array of peer services that include Diversion Court and non-police first responder Initiatives, Recovery High Schools and a complement of both peer supporters and community health workers and*

- *the nation's leader in creating a crisis continuum that includes a peer mobile forensic team, 4 crisis stabilization centers and 4 respite houses.*

38. Approach Matters: What Is Psych Rehab and Why Should I Ask For It?

Daniella Labate-Covelli, Steve Nawotniak, Brittany Higgins, NY Psychiatric Rehabilitation Training Academy, NYAPRS

It is important that people who participate in services advocate for individualized goals, voice, and choice to ensure that the most effective support is available. This support must respect past experiences, empower self-determination, and help develop the skills and supports necessary to live your best selves. Psychiatric Rehabilitation (PSR) is an evidence-based model used to support adults living with mental health challenges to obtain the skills, supports and resources needed to develop success and satisfaction in personal recovery goals. It recognizes the fact that people have a variety of roles in various communities, and the tools required to be successful in one setting are not always the same tools necessary to be successful in another. This workshop will share the components of PSR and why this collaborative approach makes a difference in your life

39. Radical Self-Care: A Springboard to My Higher Self

Emily Grossman, Peer Life Coach, Keynote Speaker, and Author

This interactive and engaging presentation explores how rather than being a negative, receiving a behavioral health "diagnosis" can lead to one becoming a higher, or better version of themselves. The key is radical self-care: a deep devotion to daily practices that not only assist with recovery- they help one to advance spiritually. In this workshop, attendees will learn some of the presenter's self-care practices, and experience some outside-the-box strategies for radical self-care. This presentation is geared towards people with lived experience and providers alike.

40. Healthy Aging

Michael Friedman, Geriatric Mental Health Alliance of NY; Harvey Rosenthal, NYAPRS, Albany, NY and panel
Longtime NYS and national mental health advocate and leader Michael Friedman will be joined by Harvey Rosenthal and panel to explore quality of life and health and mental health care related issues for aging people with mental health related challenges.

41. Empowering the next Generation of Disability HUMAN RIGHTS Leaders through Multigenerational Collaboration

Bianca Logan, Young Leaders and Advocates Network, Victor, NY;

Kevin Smith, Mental Health Peer Connection and Stephanie Orlando, WNY Center for Independent Living, Buffalo, NY

Empowering the next generation of the Advocacy Movement is integral to advancing the priorities of the ever growing and changing needs of people in recovery with purpose and intention. A multi-generational approach bringing together pioneers and young leaders will ensure continued progress together. When young leaders have a sense of hope, purpose and belonging they develop pride in this movement. Pioneers of the movement express interest in bringing up the next generation as they want to pass their torch. Collaboration between pioneers and young leaders provides the opportunity to share multigenerational pride in our movement. This presentation is focused on empowering the next generation of disability rights leaders through a multi-generational approach!

42. How to Meet and Mingle

Bill Gamble, Mental Health Empowerment Project, Albany, NY

Does the idea of talking to people you don't know make you weak in the knees? This workshop will offer some fun and engaging strategies that will help you to overcome your fears and meet new people with charm and confidence. This fun and interactive workshop will also present opportunities to brainstorm about how to overcome obstacles to dating such as budget limitations, transportation and the dreaded first date jitters.

43. NYAPRS Anti-Racism Initiative: Steps Forward in the Journey We've Begun

David Ferencz, Magaly Polo, Helen “Skip” Skipper, John FitzGerald and Nicole Rodriguez Moderator - Emily Childress

This workshop is a panel presentation from members of NYAPRS’ anti-racism committee. Over the last six months, committee members have continued work started in 2021 to answer the question, “What does a racially just organization look like?”. Join us to learn from these committee members about our collaborative process in becoming an anti-racist organization and how we are connecting through our individual experiences.

9:45 to 10:00 am Break

**TOWN HALL: Ann Sullivan, Commissioner
NYS Office of Mental Health**

10:00am to 11:00 am

[Register for the Conference](#)

[Book Hotel](#)

11:00 to 11:15 am Break

**Thursday September 28
Round 7 11:15 Am To 12:30 Pm**

44. Navigating Youth Recovery: Peer Support as a Cornerstone

Tiara Springer-Love and Youth Peer Panel, Families Together in New York State, Albany, NY

Engage in an illuminating panel discussion, "Navigating Youth Recovery: Peer Support as a Cornerstone," as part of the 41st Annual NYAPRS Conference. This esteemed panel brings together well-respected peers who deeply understand the journey of youth and young adults towards recovery. The panel focuses on the critical role of peer support in the lives of these young individuals. Delve into the unique challenges this demographic faces and explore how peer support, guided by the insights of experienced peers, can provide a foundation for their lifelong well-being. Through shared experiences and expert insights, attendees will discover innovative ways to promote mental health rights, reduce stigma, and ensure that the voice of youth is heard in the mental health landscape.

45. Foundations of Change

Carrie Woodcock, S.T.E.P. by S.T.E.P. Inc and Total Transformation, Ogdensburg, NY

Foundations is an overall wellness program that is based on building a solid foundation that takes into account each of the eight dimensions of wellness. The workshop explores how to effectively implement long-term behavior change, covering the following topics: the importance of self-care, SMART goal setting, daily accountability, strategies to tap into motivation, measuring and tracking goals, identifying obstacles and coping strategies to overcome them, managing chronic illness, and the importance of making sure your basic needs are met. Creating a solid foundation will give you the strength to effectively manage and overcome any challenge that life throws at you.

46. The View from the States

Amy Brinkley, National Association of State Mental Health Program Director Recovery Support Systems Coordinator; Amanda Saake Chief Advocacy and Peer Support Services Officer, NYS Office of Mental Health,

Albany, NY; Nanette Larson, Deputy Director, Wellness & Recovery Services, Illinois Division of Mental Health, Harvey Rosenthal, NYAPRS

Across the nation, leaders with lived experience have risen to top positions in state mental health agencies and play major roles in crafting mental health policies that effect millions of Americans. This panel will discuss the impact of the vision that they and their communities bring to policies in New York, Illinois and the former Bureau Chief of Indiana's Office of Consumer Affairs and now Recovery Support Systems Coordinator for the National Association of State Mental Health Program Director's (NASMHPD).

47. Seat at the Table

Steve Coe, Mental Health Advocate, New York City, NY; Christina Sparrow, Mental Health Advocate, New York City, NY; Dawn L. Yuster, Esq., Civil Rights Lawyer; Luke Sikinyi, NYAPRS

The Seat at the Table Campaign was formed in 2022 to reform the way mental health services are planned and financed in New York state. Workshop participants will learn about the state laws and regulations that control how mental health services are designed and why they often do not meet the needs of service users. Participants will reflect on their own experiences in trying to access a needed service or support and will learn how an advocacy campaign can establish a mental health system based person-centered services. The workshop will review the concepts of Design Thinking / human-centered design and why this approach is much different than traditional task forces or commissions, which have produced dozens of recommendations but often fail to produce tangible change. Finally, participants will learn the difference between an "advisor" and a "decider" and the power of having a seat at the table.

48. Making Mental Illness Fun Again

Dan Frey, City Voices, NYC, New York

Join us for an inspiring workshop at the conference where we delve into the fascinating journey of City Voices programs. From its humble beginnings to its present impact, we will uncover the rich history of our community initiatives. But that's not all! Discover the empowering secrets to kick-starting your own peer-led projects, whether through the non-profit route or by harnessing the power of mutual aid. Gain invaluable insights on effectively attracting and leveraging volunteers and unlock a treasure trove of resources and networking opportunities. Prepare to be inspired, ignited, and amazed as we explore the boundless potential of one person's vision in creating a dynamic enterprise. Remember, even by helping just one person, you hold the power to positively transform the world. Don't miss out on this transformative workshop that will leave you motivated and ready to make a difference.

49. Ancestral Healing Practices

Antoine Craigwell, CEO, DGBM; hots, first-ever LGBT Peoples of Color Mental Health Summit at Rutgers University

The Ancestral Institute is a forum in which participants bring and share ancestral/traditional healing practices and examine how these can be incorporated with contemporary mental health psychological paradigms to work toward achieving a "whole person" type of treatment for Black and peoples of color, and which will be included in training modules and therapeutic practices, especially for Indigenous, Black and people of color practitioners.

50. Finding a Way: Peer Navigation to OMH CORE Services

Emily Childress, NYAPRS, Director, CORE Peer Navigator Project and panel

This workshop provides an overview of OMH's Community Oriented Recovery and Empowerment (CORE) Services and the NYAPRS CORE Peer Navigator Project. The CORE Peer Navigator Project is an innovative project that connects our community members to OMH CORE Services. Through this project, community members, CORE providers, clinical providers, managed care organizations, and care management agencies are collaborating to increase access to mobile, community-based services of an individual's choice.

12:30 pm

CLOSING REMARKS

**RAFFLE PRIZES: Win a Scholarship to NYAPRS Conference
2024 or a Weekend at the Villa Roma!**

BOXED LUNCHES

[Register for the Conference](#)

[Book Hotel](#)