

NYAPRS 37<sup>th</sup> Annual Conference  
**Integrate, Innovate, Advocate, Celebrate:**  
**Keeping our Eyes on the Prize!**  
September 24 – 26, 2019  
Villa Roma Resort  
Callicoon, New York

**Tuesday, September 24, 2019**

- 9:00 am Health, Healing & Arts Fair (ongoing throughout the conference)
- 10:00 am Conference Registration
- 11:30 am Lunch
- 12:00 pm Opening Remarks  
Conference Co-Chairs:  
Traci Plouffe, Mental Health Association in Essex County, Westport, NY  
Luis Lopez, New York State Psychiatric Institute, New York, NY  
and Harvey Rosenthal, NYAPRS, Albany, NY

**Workshops Round 1 12:30 pm – 1:45 pm**

- PS 101 **The Value of a Peer Recovery Support Model to Address the Opioid Crisis**  
Rutgers Health University Behavioral Health Care has implemented the Intensive Recovery Treatment Support (RTS) program to serve six hundred (600) individuals challenged by opioid addiction who are being released from prison. This peer driven program focuses on a person-centered recovery and wellness support planning. This session will describe how this promising practice model, driven by and for individuals in recovery, has been successful in addressing the opioid crisis as well as transforming the prison culture. Creative strategies for building peer competencies, knowledge, and wellness self-care will be shared.  
Margaret (Peggy) Swarbrick, Practice Innovation and Wellness UBHC  
Micah Hillis, Rutgers University Behavioral Healthcare
- PS 102 **How Are We Doing? An Overview of Organizational Assess Tools for Peer-Run Programs**  
This workshop will shift the lens of evaluation from satisfaction surveys and other individual assessments to organization evaluation, providing tools and processes agencies can use to reflect on their values and programs.  
Todd French, Amy Colesante, Mental Health Empowerment Project, Albany, NY
- INN 103 **Wellness and Resilience Story Circles**  
Opens a space for participants to get actively involved in communicating life experiences and recovery stories through the art of storytelling in a safe, welcoming environment. Peers and providers will share lived experiences and healing journeys.  
Deborah Wilcox, Metropolitan State University, Denver, CO  
Theresa Hall, NYAPRS, West Babylon, NY

- INN 104 **Innovative Approaches to Real World Workforce Challenges**  
 The Organizational Wellness Landscape (OWL) Project is a collaboration between the Copeland Center and Crestwood to transform the wellness of Crestwood’s workforce. The project implements WRAP trainings, mentoring, coaching for staff and utilizing Six-Sigma methodology to systematically identify challenges, define, solve and verify the changes put in place are occurring.  
 Alec Atkin, Greg Parnell, Crestwood Behavioral Health, Inc., Sacramento, CA
- E&A 105 **Do you Know Your Consumer/Survivor History?**  
 This important workshop will inform you about your roots, how our movement started, and how we got from the early days to where we are now. Bluebird will show a PowerPoint presentation that will take us back to the early 1970s when people who had been institutionalized came together with a common outrage. You will learn about our heroes and sheroes who passionately gave of themselves to promote peer support and independent programs. Two of our well-known heroes, Celia Brown and Phil Schulman will be present to add their own unique perspectives on our history. You will enjoy this presentation!  
 Gayle Bluebird, Arts Consultant and Entrepreneur, Gainesville, FL  
 Celia Brown, Office of Mental Health, New York, NY  
 Phil Schulman  
 Sally Zinman, California Association of Mental Health Peer Run Organizations
- EC 106 **Cultural Competency: Erasing Stigma Through Understanding and Compassion**  
 This workshop will explore how greater levels and understanding of how cultural competency can help break down the walls of stigma. We will look at the concept that cultural competency isn’t a single moment but a lifelong commitment to understanding.  
 Kristen Vincent, Housing Options Made Easy Inc, Gowanda, NY
- E&A 107 **Facilitating Psychiatric Advance Directives: Relationships, Recovery & Empowerment**  
 Have you heard about psychiatric advance directives (PAD)? They are powerful Recovery tools that promote EMPOWERMENT and reduce coercion. They let people name who speaks for them in a crisis and choose what crisis care they would and wouldn’t want. Come learn how they work! Come hear personal and professional narratives about the impact of PAD on therapeutic alliance and shared decision-making! We’ll also talk about strategies for training peers and clinicians to support individuals creating PADs.  
 John Gresham, Esq., New York, NY  
 Judith Safern, NYC Department of Mental Hygiene, New York, NY  
 Rachel Zinns, MD, EdM, NYC Health and Hospitals Corp, East Elmhurst, NY
- HHR 108 **Empowering Recovery & Resilience with Mindfulness**  
 There are many health benefits that accompany mindfulness. Balanced breathing and regulated emotions are just a few. Mindfulness can also help promote recovery and adapting to adversity. This workshop will focus on empowering recovery and resilience.  
 Ruth Colon-Wagner, Perryn Dutiger, NYAPRS, Inc., Albany, NY
- 1:45pm – 2:00pm Break
- 2:00pm – 2:30pm **Working Together Toward Wellness for All New Yorkers**  
 Ann Sullivan, NYS OMH Commissioner
- 2:30pm – 3:00pm Keynote  
**Understanding Our Trauma Through Our Own Stories**  
 Luis will share some of his thoughts about personal trauma, trauma survivors, and how trauma is addressed in the field of behavioral health. Luis tells his stories with passion, humor, and love – be ready to think, laugh, and reflect.  
 Luis Lopez, Center for Practice Innovations, New York, NY

Workshops Round 2 3:15 pm – 4:30 pm

TRANS 109 **Taking Charge of Your Recovery Through Self-Directed Care**

Self-directed care initiatives that allow people to make strategic purchases to meet their most important goals are taking off across the nation. New York's pilot programs in New York City and the Hudson Valley are gaining national attention for their success at engaging and supporting people to move ahead in their lives in the most unique and creative ways that address their most important health, vocational and social needs. Come hear striking examples and impressive outcomes from representatives from those programs, state officials and one of the nation's leading researchers and resource.

Keith Aguiar, Lauren Stander, Greg Stanger, Community Access  
Bryan Cranna, Independent Living

PS 110 **Peer Support Throughout the Health Care System**

A common goal for those of us who work in peer support, and have benefitted from it ourselves, is to see that it is available to everyone who wants and needs it. Our unique ability to form meaningful peer to peer relationships also allows us to support individuals with a full spectrum of medical needs. This workshop will chart a path for the expansion of peer support throughout the healthcare system.

Patrick Hendry, Mental Health America

E&A 111 **Partnering to Build a Trauma-Informed NYS and Nation**

The presenters will discuss national efforts to move toward a system of trauma-informed policy and practice and highlight New York State's efforts to move toward a truly trauma-informed system of care. This workshop will serve as a blueprint for localities interested in starting their own trauma coalitions.

Jeffrey McQueen, MHA of Nassau County, Hempstead, NY

Samantha Koury, Buffalo Center for Social Research, School of Social Work, Buffalo, NY

Susan Green, The Institute on Trauma and Trauma-Informed Care, Buffalo, NY

Michael Berry, NYC Trauma-Informed Learning Community

Clarencetine Brooks, NYC Department of Health and Mental Hygiene, New York, NY

Dan Press, Campaign for Trauma-Informed Policy and Practice

HHR 112 **Wellness Self Care: A Habit for Personal and Professional Practice**

Working in the helping field can be rewarding through our commitment to others can impact our health and wellbeing. This session will review the basics of good wellness self-care and activities for self-reflection and personal planning.

Patricia Nemec, Collaborative Support Programs of New Jersey

Margaret (Peggy) Swarbrick, Practice Innovation and Wellness UBHC

EC 113 **Understanding Loneliness & Social Isolation: Impacts on People and Society at Large in a Connected World**

As understanding of the Social Determinants of Health and Mental Health builds, it becomes critical to focus our attention on the increasing awareness of social isolation and loneliness, how it impacts society at large as well as individuals with behavioral health issues, and how people can heal through social connectedness.

Robert Statham, Perry Dutiger, NYAPRS, Albany, NY

- CC 114 **Want to Work? We Want to Help! NYS’s Resources and Supports That Can Make a Difference**  
 We know that many people diagnosed with mental illness want to work, but traditionally few have found competitive employment. We want this to change in NYS. This presentation will focus on the priority placed on employment by the NYS Office of Mental health, how economic empowerment is an important aspect of recovery for many, and tools and resources available to help people find and keep jobs. Participants will learn about an approach – Individual Placement and Support – that helps people find meaningful jobs.  
 Paul Margolies, Karen Broadway-Wilson, Raymond Gregory, Thomas Jewell, Gary Scannevin, Center for Practice Innovations, New York, NY  
 Liam McNabb, Andy Sink, Office of Mental Health, Albany, NY  
 Len Statham, NYAPRS, Albany, NY
- HHR 115 **Families: Can’t Live *With* Them! Can’t Live *Without* Them! Strategies Towards Family Healing, Recovery and Wellness**  
 This workshop will focus on the impact of negative labeling often used for people with behavioral health challenges and their families. Facilitators will lead a discussion regarding strategies to dispel myths about family dynamics & how to address difficulties when experiencing trauma while maintaining a recovery and social justice perspective towards family healing and wellness.  
 Abaigeal Carson, Luis Lopez, Helle Thorning, Center for Practice Innovations, New York, NY  
 Celia Brown, Office of Mental Health, New York, NY
- HHR 116 **Self-Love and Self-Care**  
 We will share our understanding of balanced self-love and holistic self-care and share our healthy wellness practices motivated by self-love. Self-respect, self-awareness, self-acceptance and setting boundaries while giving the mind and body nourishment and many other things that are an essential part of self-love and self-care will be addressed.  
 Angel Serrano, Jacobi Medical Center, Bronx, NY  
 Kate Hewlett, Otsego County Behavioral Health Services, Oneonta, NY
- 4:30 pm – 5:00 pm Break  
 5:00 pm – 6:00 pm Cultural Diversity Bash, music by DJ Jenkins – Lower Lobby  
 6:00 pm – 7:00 pm Dinner
- 7:15 pm – 9:00 pm Tuesday Evening Program
- **Suicide: The Ripple Effect**
  - **Healing Through Hip Hop**, the team is back to talk about the power of healing and recovery through Hip Hop. Each presenter will share their story and the music that supported them. This year, the team will introduce a new artist who will share his story through verse and rap. This is a celebration of life with trauma survivors.  
 Luis Lopez, Celia Brown, Amanda Saake, Noah Gokul
  - **How Zumba Levels the Playing Field in a Behavioral Health Setting**  
 Join the journey of this fun-fact-filled wellness workshop. Discovery how Zumba levels the playing field, brings unity between staff and clients, lessens boredom, burns calories, increases happiness, and releases mood improving endorphins.  
 Greg Parnell, Crestwood Behavioral Health, Sacramento, CA

8:15 pm – 9:15 pm      Support Meetings  
                                  Open Peer Support Meeting  
                                  Dual Recovery Anonymous Meeting  
                                  LGBTQI Peer Support Meeting  
                                  Veterans Peer Support Meeting

9:15 pm – 11:00 pm      Chess, Checkers and Dominoes Club

9:15 pm – 11:00 pm      Open Mic with Mike Skinner

9:30 pm – Midnight      DJ & Dancing

**Wednesday, September 25, 2019**

7:00 am – 8:00 am      Tai Chi for Beginners, with Bryon Abrams

7:00 am – 8:00 am      Yoga for Every Body, with Alissa Trepman and Andrea Cole

7:30 am – 8:30 am      Breakfast

8:00 am                      Conference Registration

**Workshops Round 3      8:30 am – 9:45 am**

- INN      117      Psychosocial Rehabilitation: An Active, Person-Centered Approach that Promotes and Supports Recovery**  
 Psychosocial Rehabilitation is a person-centered and recovery-oriented approach that has been guiding consumers and practitioners for several decades. As time goes on, fewer people know about its value and how it can be used to help people choose, get and keep personally meaningful goals. This presentation provides a comprehensive overview of psychosocial rehabilitation principles and practices, with an emphasis on how in NYS they can serve as a foundation for our work in PROS and HCBS.  
 Amanda Saake, Office of Mental Health, Albany, NY  
 Paul Margolies, Center for Practice Innovations, New York, NY
- HHR      118      Life By Our Own Design**  
 “Dare to Dream” . . . “A goal is a dream with a deadline” – those words have guided me through my journey to creating my best life. “The rest of my life the best of my life” and “the best is yet to come” are my current mantras.  
 Sara Goodman, Baltic Street, AEH, Brooklyn, NY
- EC      119      Creating Sister Circles to Promote Health, Healing, and Recovery for Women of Color**  
 Despite the progress that has been made through health care reform, structural racism continues to compromise the health and well-being of women of color. Through the use of Sister Circles strategies for building mutual aide and peer support among WOC.  
 Clarentetine Brooks, NYC Department of Health and Mental Hygiene, Long Island City, NY  
 Celia Brown, Office of Mental Health, New York, NY
- HHR      120      Harm Reduction**  
 Harm Reduction is a range of public health policies designed to reduce negative consequences that are the result of many different types of human behavior. Most frequently associated with Substance Use Disorder.  
 Clinton Green, The Coalition for Behavioral Health, New York, NY

- HHR 121 **Rhythms for Wellness, Healing & Connection: Community Drumming**  
 This interactive workshop brings us together to play with the gentle power of rhythm. A good number of instruments will be provided; bring your own if you prefer. No drumming experience necessary.  
 Chrys Ballerano, NYS Coalition Against Sexual Assault, Albany, NY
- PS 122 **Powerful Partnerships: The Impact of Peers on Clinically Oriented Services**  
 Traditionally, peer-informed and clinical approaches to services have often been viewed as conflicting. With the right conditions and environment, however, each practice can complement the other. Presenters will use real-life examples to explore what circumstances allow the best collaboration between peers and clinicians, while maintaining strong role identity.  
 Jeremy Reuling, Ronda Speight, MHA of Westchester, NY
- CC 123 **De-Stressing Job Searching & Job Development**  
 Consumers and practitioners alike can find approaching potential employers a difficult and challenging activity. This highly interactive workshop will help the learner to think through and develop strategies that work.  
 Gary Scannevin, Noah Lipton, Raymond Gregory, Karen Broadway-Wilson  
 Center for Practice Innovations, New York, NY
- INN 124 **Data Informed & Driven Success in Accredited Clubhouses**  
 Accredited Clubhouses, based upon social practice and a community of well-being achieve research-backed success. Members benefit from this community of social practice that utilizes the environment as a therapeutic tool to create opportunities for recovery. These opportunities translate into outcomes that can be tracked including: employment, education, wellness initiatives, quality of life, and a reduction in hospital admissions and emergency room visits. A portion of this presentation will consist of a live wellness demonstration featuring an interactive fun-filled and culturally relevant dance demonstration.  
 Kevin Rice, Fountain House, New York, NY  
 Gloria Bedoya, Brooklyn Clubhouse/Services for the UnderServed, Brooklyn, NY

9:45 am – 10:00 am Break

10:00 am – 11:30 am Keynote

**From Surviving to Thriving**

Sarah Felman, Gainesville, FL

Lindsey Sizemore, Georgia Consumer Mental Health Network, Atlanta, GA

Vesper Moore, Central Mass Recovery Learning Community, Worcester, MA

11:30 am – 11:45 am Break

**Workshops Round 4 11:45 am – 1:00 pm**

EC 125 **Racism, Prejudice and Discrimination: Let's Continue the Conversations**

Racism, prejudice and discrimination live within a complex system of social and political structures, started generations ago and continuing today. Only by participating in the uncomfortable conversations can we begin to heal and help our systems move beyond denial to acknowledging and addressing the destructiveness that racism inflicts on individuals, families and communities. Let's dedicate ourselves to creating a healthcare system where there are equal opportunities for all. Join us in this workshop as we focus on understanding what racism is, how it functions, why it persists and how it can be undone, especially within our healthcare system. Be a part of the conversation and be a part of the change.

Lenora Reid-Rose, Coordinated Care Services, Inc., Rochester, NY

- PS 126 **Integrating Peer Services Within Traditional Medically Oriented Settings**  
 Discovery Project Re-Entry – an innovative peer drive program running under the auspices of Baltic Street, AEH. Utilizing wellness model peer counselors collaborate with people receiving psychiatric services and facilitate re-entry to community.  
 Isaac Brown, Myles Brakman, Baltic Street, AEH, Brooklyn, NY
- INN 127 **It’s My LIFE**  
 Learn about MY LIFE (Megellan Youth Leaders Inspiring Future Empowerment) program, which is one of the national’s leading programs for youth who experience mental health, substance use and/or foster care-related challenges.  
 Greg DiCharry, Magellan Healthcare
- TRANS 128 **HCBS Panel; What’s Working, What’s Needed**  
 Nicole Haggerty, Office of Mental Health  
 Peggy Elmer, NYS Department
- CC 129 **Life in the Community Like Everyone Else: The Essentials of Community Inclusion**  
 Meaningful community participation is crucial to physical, cognitive, mental health and wellness. This workshop will offer knowledge, tools, and techniques to spark implementation of practices, policies, programs to promote community inclusion.  
 Liz Breier, Marlo Pasion, Clinton Green, The Coalition for Behavioral Health, Inc., New York, NY
- PS 130 **Peer-Run Crisis Intervention and Hospital Diversion Programs**  
 This workshop looks at peer run crisis services programs, and hospital diversion programs, and examines why they are successful, and why the peer concept helps reduce traumatization by avoiding unnecessary hospital stays.  
 Kristen Vincent, Housing Options Made Easy Inc, Randolph, NY
- PS 131 **Putting “Career” into Peer Career Development**  
 As the peer workforce grows, attention to career development is essential. Co-presenters will identify current, emerging and needed career advancement practices, exploring ideas for advanced training content and sponsorship. Attendees will discuss and develop key career advancement options and an action agenda for peer employees and agencies employing peers.  
 Jeremy Reuling, MHA of Westchester, Tarrytown, NY  
 Jessica Wolf, Decision Solutions Consulting, Stratford, CT

1:00 pm – 2:00 pm Lunch  
 2:00 pm – 3:45 pm Award Presentation

Workshops Round 5 4:00 pm – 5:15 pm

- E&A 133 **A Work-In-Progress Screening!**  
**Unlocked: Stories of Public Mental Health Care**  
Acclaimed documentary filmmaker Lucy Winer will screen video highlights from her new film, Unlocked, which grew out of Lucy's experience producing the award-winning documentary Winer (Kings Park: Stories from an American Mental Institution) about the former Long Island state hospital to which she was committed as a teenager in the late 1960's. Unlocked allows us to delve more deeply into the stories of people featured in 'Kings Park.' Shared from multiple perspectives – consumers, peers, family members, direct care staff, clinicians, administrators, law enforcement, and corrections personnel – these stories provide a balance and an overview that challenges viewers to think beyond the scope of their own experience, inspiring open dialogue and better understanding. Even the most painful stories offer hope. Lucy Winer, Wildlight Productions, Inc., New York, NY
- TRANS 134 **Leading for Change: Building the Skills to be Successful in Managing Organizations and Services**  
We all know that the sustainability of our nonprofit organizations relies on strong and skilled leadership at both middle management and executive levels. Managers of nonprofits typically bring energy and passion to their jobs but often have had little training in management theory and practice and limited experience in administrative positions. The decisions they face are often complex and urgent, require extensive knowledge and expertise, and ultimately impact the overall success and sustainability of the organization. Join us as we explore the areas of focus needed to successfully manage and grow your organizations in the 21<sup>st</sup> century.  
Edythe Schwartz, Edye Schwartz Consulting, Mahopac, NY
- HHR 135 **Recovery for Everyone**  
The presentation will provide an overview of the ways in which NYS has led the way nationally for insurance parity and access to addiction and mental healthcare through New York State law and the ways in which the relationships building between local grassroots organizations (peers and family members in recovery) directly impacted by addiction and mental health conditions, not-for-profit organizations, healthcare professionals, and government agencies are partnering to address inequities in healthcare. In NYS where this partnership has flourished, the lived-experience of grassroots advocates and professionals is driving policy recommendations that are being incorporated into a multi-pronged approach to legislative, regulatory and funding initiatives to address the public health epidemics of drug overdose and suicide.  
Robert Kent, Stephanie Campbell, NYS Office of Alcoholism and Substance Abuse Services, Albany, NY
- INN 136 **Data and Documentation**  
Documentation is a necessary element in mental health services. Providers and people receiving services sometimes don't speak the same "language" when it comes to treatment planning and how to effectively convey a person's goals while also meeting funding requirements. Providers have been told to write goals "in the person's own words"; however, marrying Person-Centeredness to Medical Necessity is an art-form. Participants will be actively engaged in practical exercises, stimulating discussion around formulating recovery-oriented life-role goals that meet standards for medical necessity.  
Larry Hochwald, Perryn Dutiger, NYAPRS, Inc., Albany, NY

- PS 137 **Forensic Peer Support**  
 This continuing education opportunity is designed to enhance the capacity of Certified Peer Specialists to fulfill a serious gap in supportive services for justice involved individuals. Grounded in the philosophy of peer support services, this presentation uses a mutual learning approach and dialogue driven process to develop understanding of the impact of forensic involvement and introduces the Sequential Intercept Model as a tool to highlight the unique needs of individuals and discovery resources necessary to effectively navigate within and beyond the criminal justice system.  
 Lindsey Sizemore, Georgia Consumer Mental Health Network, Atlanta, GA  
 Tanya Stevens, Ali Rashid, Mental Health Empowerment Project, Albany, NY
- PS 138 **A Sneak Preview of the National Practice Guidelines for Supervisors of Peer Specialists**  
 National Practice Guidelines for Supervisors will be unveiled at this year's iNAPS conference. The guidelines help ensure the core values of peer support, as described in the National Practice Guidelines for Peer Supporters, are upheld through ongoing education and informed action by the supervisors of this emerging workforce.  
 Rita Cronise, Academy of Peer Services, Victor, NY  
 Jessica Wolf, Yale University, Stratford, CT
- TRANS 139 **The Power of Integrated Services: A Peer Professional Approach to Engagement**  
 MHA's pilot program, INSET, builds connections and decreases hospitalizations for individuals not engaged in traditional services. Building upon best peer and professional practices, including a dialogic and social network approach, this workshop will focus on integrated services and strategies to engage individuals and their families to maximize self-determination and recovery.  
 Cindy Peterson-Dana, Raquelle Bender, Ronda Speight, MHA Westchester, Tarrytown, NY
- PS 140 **Thirteen years of Recovery Learning Communities: Foundational Values and Future Visions**  
 Massachusetts Recovery Learning Communities have now attracted international attention for their innovation and ability to create both alternative community supports and systems change. Come learn what is possible when lived experience and non-clinical values such as "Self-Determination" and "Genuine Human Relationships" define an entire organization. This workshop will explore history, structure and funding of RLC's, as well as touch on RLC-specific developments such as Afiya peer respite, Rainville housing support, the "Alternatives to Suicide" approach, counter-narrative films, etc.  
 Cindy Marty Hadge, Erin Levesque, Western Mass Recovery Learning Community  
 Vesper Moore, Shulamitch, Central Mass Recovery Learning Community

5:30 pm – 6:15 pm NYAPRS Annual Meeting

5:30 pm – 6:15 pm **Michael Skinner in Concert**

6:15 pm – 7:15 pm BBQ - FORUM  
 Raffles, music by DJ Jenkins

7:30 pm – 9:00 pm Wednesday Evening Program

- **Stand Up for Mental Health!** with David Granirer, Guy Fessenden, Larry Hochberg, Celia Brown  
 What's so funny about mental health? As far as Stand Up For Mental Health (SMH) is concerned – everything! Founded by award-winning counselor and stand-up comic David Granirer who himself suffers from depression, SMH teaches stand-up comedy to people with mental health issues. It features David and a group of NYAPRS conference attendees that he has trained to perform with him.

- **Hearing Voices II: Testimony from Voice Hearers Themselves**  
 A new feature-length documentary which explores the experiences commonly labeled as “psychosis” or “mental illness” through the real-life stories of individuals working to overcome extreme mental states, and integrate these experiences into their lives in meaningful ways.  
 Oryx Cohen (co-producer), Sarah Felman
- **How to Implement Wellness and Resilience Story Circles Within Your Organization**  
 The goals of the Wellness and Resilience Story Circles initiative are to promote collaboration and partnership with providers, agencies, researchers, peer advocates, and community stakeholders, to promote systemic change within the mental health and the broader healthcare community, to improve the recovery of persons who suffer with mental illness and substance abuse challenges.  
 Deborah Wilcox, Metropolitan State University, Denver, CO  
 Theresa Hall, NYAPRS, Inc., West Babylon, NY

8:15 pm – 9:15 pm      Support Meetings  
                                   Open Peer Support Meeting  
                                   Dual Recovery Anonymous Meeting  
                                   LGBTQI Peer Support Meeting  
                                   Veterans Peer Support Meeting

9:15 pm – 11:00 pm    Chess, Checkers and Dominoes Club  
 9:15 pm – 11:00 pm    Open Mic with Michael Skinner  
 9:30 pm – Midnight    DJ & Dancing

### **Thursday, September 26, 2019**

7:00 am – 8:00 am      Intro to Qi-Gong, with Byron Adams  
 7:00 am – 8:00 am      Trauma-Informed Yoga, with Stephanie Esperance  
 7:30 am – 8:30 am      Breakfast  
 8:00 am                    Registration

#### **Workshops Round 6      8:30 am – 9:45 am**

- HHR    141    **What Unhealed Place Within Did You Inherit?**  
 This workshop will involve a discussion about the healing force that lives within us all. Three generations will share insight about the process involved in transforming inherited family trauma. Living with intention and purpose involved choice and when a mother and her daughter and granddaughter become intentional and tap into the healing force within, it becomes the catalyst for changing some unhealthy coping skills passed down from one generation to the next. The presentation includes a visual representation of intergenerational trauma and the path to healing.  
 Deborah Faust, Independent Consultant, Schenectady, NY  
 Natalie Smarro, Independent Consultant, Schenectady, NY  
 Isabella Smarro, Schenectady, NY
- CC        142    **Mental Health and Addiction Recovery: Collaborations and Conflicts**  
 Angelia Smith Wilson, FOR-NY

- TRANS 143 **EQ and You / Emotional Intelligence**  
 This course will focus on the five core competencies of emotional intelligence: self-management, self-awareness, self-regulation, self-motivation, and empathy and also include interpersonal skills  
 Jeffrey McQueen, MHA Nassau, Hempstead, NY
- HHR 144 **Food as Medicine: Discussions on Food, Health, and the Peer Movement**  
 This workshop is a peer led conversation on how the food as medicine movement has transformed the presenter's relationship to food and overall health. Presenters will discuss how processed food and the food industry adversely affects disadvantaged communities and offers insights for future dialog in support of peers.  
 Elizabeth Breier, The Coalition of Behavioral Health Agencies, New York, NY  
 Celia Brown, Office of Mental Health, New York, NY  
 Sean Brennan, Brain Food Garden Project, Jamaica, NY
- INN 145 **Problem Solving Techniques for Your Organization's Quality Improvement Challenges**  
 If you are a supervisor or program director, this workshop is for you! We will show how the Six Sigma methodology (Note: this isn't about stigma) is used in the behavioral health setting. We present examples of how employees solved a problem while our empowered clients solved it very differently.  
 Alec Atkin, Crestwood Behavioral Health, Inc., Sacramento, CA
- CC 146 **ACCES-VR and You: Let's Talk About Services**  
 This workshop will provide an overview of Adult Career and Continuing Education Service-Vocational Rehabilitation (Acces-VR) services to individuals. People will have the opportunity to participate in a focus group and share challenges, strategies and areas for improvement to Acces-VR services for youth and people with a mental health diagnosis.  
 Jennifer Semonite, Connie Glover, Catherine Green, Polly Mortensen, ACCES-VR, Albany, NY
- EC 147 **New York State Office of Mental Health: Strategies for Behavioral Health Equity: Leaving No One Behind**  
 The New York State Office of Mental health believes everyone should have an equal opportunity for mental wellness. This requires removing obstacles and implementing services and policies aimed at reducing disparities in access, quality and treatment outcomes for a broad diversity of groups, including people of color, members of the LGBTQ community, older adults, rural New Yorkers, Veterans, immigrants and people who are Limited English Proficient. This presentation will discuss OMH's policy initiatives related to workforce diversity, inclusion and the reduction of disparities in access, quality and treatment outcomes in NY's mental health system.  
 Matt Canuteson, Director, Bureau of Cultural Competence, Office of Mental Health
- PS 148 **Behind the Scenes at the Academy of Peer Services and NY Peer Specialist Certification Board**  
 Join the Academy of Peer Services and the New York Certification for Peer Specialists on a journey behind the scenes of course creation, technology that makes them work, reports that are generated about the learners and how the certification process works. Questions and comments are encouraged.  
 Amy Spagnolo, Annette Backs, Varsha Kamat, Rutgers University, Piscataway, NJ  
 Rita Cronise, Academy of Peer Services, Victor, NY  
 Joseph Swinford, Tyrone Garrett, Mental Health Empowerment Project, Albany, NY  
 Maryam Husamudeen, NYAPRS, Albany, NY

**Workshops Round 7 10:00 am – 11:15 am**

- HHR 149 Recovering Art of Resilience**  
Nobody said from a setback life would be easy. Yes, help is out there for us yet in the end how we sail through the storms along the way will certainly affect the outcome. It is not enough to sit and wait for the joy that comes in the morn. Sometimes it is our job to go and find that ship and then help to navigate the course.  
Neville Morris, Interpersonal Communications Skills and Development, Endicott, NY
- EC 150 Zappalorti Society: LGBT + MH Consumers in the MH System**  
An assembly of veteran psychiatric survivors/mental health consumers will relate their lived experience of thriving in the quest for empowering, quality, gay affirming MH & SS within the MH system and general society, clarification.  
Robert Coffman, Zappalorti Society, New York, NY
- PS 151 A Day in the Life of a Peer Advocate**  
The CDPC “peer pack” will present various scenarios they have encountered working as peer providers. Audience discussion and role-play will be an integral component of this presentation.  
Mike Ammendola, Mary Caggiano, Maureen Carr Domaratz,  
Capital District Psychiatric Center, Albany, NY
- HHR 152 Discovering and Knowing Your Purpose and Calling in Life**  
Calling can include work and many other essential things of life. One can also discovery calling and purpose by joining an organization with a vision and mission statement that fulfills one’s passion. One’s calling, meaning, and purpose is also discovered in other areas of life beyond one’s career!  
Angel Serrano, Jacobi Medical Center, Bronx, NY  
Kate Hewlett, Otsego County Behavioral health Services, Oneonta, NY
- PS 153 Empowerment, Triumph and Hope Through Peer Run Groups**  
By examining several models of peer run groups we will understand how peer run groups provides social and emotional supports to participants, while also expanding community supports. This offers a place for recovery and healing to be less lonely.  
Rebecca Finn, Kings County Hospital, Brooklyn, NY
- E&A 154 Rolling Out Mental Health Instruction in School: Year 1 Experience**  
New York State became the first state in the nation to make it mandatory to teach about mental health in school as of July 1, 2018. Along with implementation of the instruction, MHANYS received funding in the budget to create a School Mental Health Resource and Training Center to help provide awareness and help to develop create school climates that are focused on mental health and wellness. This workshop will explore findings and experience from the first year of implementation.  
Glenn Liebman, John Richter, Mental Health Association in NYS  
Amy Molloy, Mental Health Resource and Training Center
- E&A 155 Ups and Downs of Being a Tenant at a Supportive Housing Agency**  
The presenters will discuss the impact of being a tenant in a supportive housing setting. They will talk about the safety and security it provides after dealing with homelessness and the ways supportive housing with supports helps tenants to rebuild their lives, go back to school, get involved with their church and get back to work. They will also describe the challenges they have experienced, including the impact of frequent staff turnover and related issues.  
Phyllis Fisher, Eli Bean, Community Access

HHR 156 **Walking the Walk From 12-Steps to Harm Reduction**

This presentation will offer a candid discussion with a harm reductionist with lived experience with abstinence and 12-steps. Attendees will hear the story of how the presenter came to embrace Harm Reduction and how harm reduction supports others to expand options beyond the 12-steps.

Jay Stevens, Community Access, New York, NY

11:15 – 11:30 am Break  
11:30 am Lunch  
12:00 pm Closing Remarks

**TRACKS**

E&A Empowerment & Advocacy  
HHR Health, Healing and Recovery  
INN Innovation  
TRANS Transformation  
CC Community Connection  
EC Embracing Culture