

# 14TH ANNUAL CONFERENCE for NYC Working Peer Specialists - SECOND SEMINAR - August 20

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To: Rita Cronise <rmc277@shp.rutgers.edu>

## REGISTER TODAY

FOR THE SECOND SEMINAR -  
THURSDAY, AUGUST 20, 2020

**14TH ANNUAL NYC CONFERENCE  
for Working Peer Specialists**

## PEER SUPPORT:

VALUES | PRACTICES |  
OUTCOMES

THREE DAY ONLINE VIRTUAL  
CONFERENCE

### Overview

In this time of unpredictability and uncertainty, we have all discovered new ways of carrying on with what is important to us. Although we cannot convene face-to-face as we have for previous conferences, we are proud to hold the **14th Annual New York City Conference for Working Peer Specialists**, virtually.

As our world continues to change, as working Peer Specialists we are even more dedicated to supporting people in their recovery.

Please join us for the second of three sessions in our **Summer Seminar Series**.

## Date

Thursday, August 20, 9:00 am - 1:00 pm

## Welcomes

**Amanda Saake**, LMSW, CPRP, NYCPS-P  
Special Assistant to the Commissioner,  
Director of Office of Consumer Affairs

**Celia Brown**, NYCPS  
Regional Advocacy Specialist, New York State  
Office of Mental Health, Office of Consumer  
Affairs

**Carlton Whitmore**  
Director of The Office of Consumer Affairs,  
New York City Department of Health and  
Mental Hygiene, Division of Mental Hygiene

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**Seminars for Thursday,  
August 20**

The following are the exciting seminars for Thursday, August 20. We will send additional e-blasts for September 17th.

- 9:00 AM - 9:30 AM

**Welcomes and Housekeeping**

If you are new to the world of virtual workshops, we will teach you to navigate the Zoom platform to get the most out of today.

- 9:45-11:15 AM

**Workshops - A, B, and C**

(You will be asked to choose one of three Workshops A, B, or C)

- 11:30-1:00 PM

**Workshops - D, E, and F**

(You will be asked to choose one of three Workshops D, E, or F)

**Workshop A- 9:45-11:15 AM**

**You're Certified, Now What? An  
Exploration of Peer Career  
Development & Advancement  
Opportunities**

**Rita Cronise, M.S.,** Distance Faculty,  
Rutgers University

**Amy Spagnolo, Ph.D.,** Project  
Director, Academy of Peer Services  
(APS), Department of Psychiatric  
Rehabilitation and Counseling

Professions, Rutgers, School of  
Health Professions (SHP)

**Liz Breier**, MAHAP, CPRP, NYCPS,  
Senior Training & Implementation  
Specialist, The Center for  
Rehabilitation & Recovery/The  
Coalition for Behavioral Health

**Regina Shoen**, NYCPS, Advocacy  
Specialist II, NYS Office of Mental  
Health

**Curtis Dann-Messier**, Director, NYC  
Peer and Community Health Worker  
Workforce Consortium, DOHMH

**Clinton Green**, LMSW, Senior  
Training & Implementation Specialist,  
The Center for Rehabilitation &  
Recovery/The Coalition for  
Behavioral Health

**Ivanna Bond**, Chair, New York City  
Peer Workforce Coalition

This workshop is for certified peer  
specialists (or those soon to be certified)  
seeking to develop or advance their peer  
support career. The focus is on networking,  
employment opportunities, tapping into  
the knowledge of OMH Regional Advocacy  
Specialists, and greater awareness of the  
kinds of tasks and responsibilities required  
by agencies who employ peer supporters  
and supervisors.

**Workshop B-** 9:45-11:15 AM

## **Powerful Partnerships: The Impact of Peers on Clinically Oriented Services**

**Jeremy Reuling**, LCSW, NYCPS,  
Director/Team Leader, OnTrack NY

**Ronda “Ro” Speight**, Certified  
Community Behavioral Health Clinic  
& Recovery Specialist, MHA of  
Westchester

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.

### **Workshop C - 9:45-11:15 AM**

#### **Facilitating Peer Support Groups for Peer Specialists**

**Abaigeal Duke**, NYCPS, Recovery  
Specialist & Trainer, Center for  
Practice Innovations

**DJ Wilkerson**, Youth Coordinator for  
the SAMHSA Healthy Transitions  
Grant at OnTrackNY

This presentation will offer structure and implementation suggestions for agency led peer specialist support groups. The presentation will highlight the importance

of youth guided practice in groups specifically developed for youth advocates and young adult-specific peer specialists. The presenters will share their experiences forming and maintaining peer specialist support groups and facilitate an activity to mimic the support offered in these group.

### **11:30-1:00 PM - Second Round of Workshops**

(You will be asked to choose one of three Workshops D, E, or F)

#### **Workshop D - 11:30-1:00 PM**

##### **Community Inclusion: Engaging Individuals Around Community Participation**

**Clinton Green, LMSW, Senior Training & Implementation Specialist, The Center for Rehabilitation & Recovery/The Coalition for Behavioral Health**

**Liz Breier, MAHAP, CPRP, NYCPS, Senior Training & Implementation Specialist, The Center for Rehabilitation & Recovery/The Coalition for Behavioral Health**

Social isolation and lack of community supports are becoming more prevalent in the general population, more so for individuals dealing with mental health challenges. 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, and programs to promote community inclusion.

## **Workshop E - 11:30-1:00 PM**

### **Understanding Self-Injury**

**Bill Gamble**, NYCPS, Statewide Trainer, Community Organizer, Mental Health Empowerment Project

**Emily Vaianella**, NYCPS, Psychiatric Survivor, Outreach & Training Peer Specialist, HCBS Peer Specialist, Association for Mental Health and Wellness

This workshop will explore the difference between self-harm and self-injury, typical societal reactions to self-harm vs. self-injury, coping strategies for self-injury, and how to better support loved ones who injure. We will discuss self-injury as a strategy for self-preservation, which is used to cope with trauma or loss of control. We will review the "Cycle of Despair" that happens when someone reaches out for support or gets caught; discuss alternative coping strategies, and how to be sure our reactions aren't shame-based.

## **Afternoon Workshop F - 11:30-1:00 PM**

**Creating Sister Circles to Promote Health, Healing and Recovery for Women of Color**

**Teena Brooks**, Asst. Director, NYC  
DOHMH, Office of Consumer Affairs

**Celia Brown**, NYCPS, Regional  
Advocacy Specialist, NYS OMH Office  
of Consumer Affairs

This workshop will give participants an opportunity to learn how sister circles can be used to promote culturally competent engagement and support resilience.

During this workshop peer specialists will have an opportunity to learn about the origins of sister circles and how this model can be used to promote their own wellbeing and the health and wellbeing of women of color, practice using this model, and discuss strategies for successfully implementing it in diverse settings.

### **Offered at No Charge to Participants**

This conference was initially designed specifically for New York City Peer Specialists working in mental health, substance use, family and youth fields to enhance their skills and obtain new knowledge and information. We also welcome allies and stakeholders, including supervisors of peer specialists, program administrators, and organizations interested in employing peer specialists or expanding their peer specialist workforce. Workshops will reflect innovative national, state, and local programs, practices, and initiatives that support the future development



and sustainability of the peer specialist workforce.

### **CEU Approval for Conference Attendance**

CEU approval for conference attendance is pending with the NYPSCB.

### **Conference Sponsors**

We wish to thank our Conference Sponsors. New York State Office of Mental Health, Office of Consumer Affairs • New York City Department of Health and Mental Hygiene, Bureau of Mental Health, Office of Rehabilitation Programs • New York City Department of Health and Mental Hygiene • Office of Consumer Affairs, Division of Mental Hygiene • New York City Department of Health and Mental Hygiene, Bureau of Alcohol and Drug Use Prevention, Care and Treatment • Baltic Street AEH, Inc. • CBC Coordinated Behavioral Care • The Coalition for Behavioral Health: The Center for Rehabilitation and Recovery • NYC Health + Hospitals, Office of Behavioral Health • Howie The Harp Advocacy Center, a program of Community Access, Inc. • New York Association of Psychiatric Rehabilitation Services (NYAPRS)

**We wish to thank NYAPRS for their support in co-hosting this event.**

For further questions about registration or program email Celia Brown at [Celia.Brown@omh.ny.gov](mailto:Celia.Brown@omh.ny.gov) or call 646-784-4171.

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