Life & the Art of Wellness

HEALTH
RECOVERY
CHOICE
HOPE
WORK
COMMUNITY

CULTURE
CREATIVITY

TRAUMA
SPIRITUALITY

FAMILY
FRIENDS

ONE DAY CONFERENCE
NYU KIMMEL CENTER
60 Washington Square South, NYC

JULY 13, 2017
Conference Overview

Life & the Art of Wellness

Opening our 11th annual conference, our keynote speaker, Kevin Hines, helps us direct the conversation to a subject we often try to avoid talking about: suicide.

Suicide is the 10th leading cause of death in the United States, and it is even higher in our community. Keeping silent, either with our own pain or watching someone else at risk, does not help us stay alive. Recognizing the reality, and sharing our love of life and the unique wellness practices we’ve developed that keep us alive is what this conference is about.

Wellness is an art. Let’s share what we know works, hone our techniques and express our creativity and love through our wellness practices.

Kevin is one of only 34 people to survive a suicide attempt by jumping off the Golden Gate Bridge. As Kevin himself says, his story is a reminder for us to love the life we have.

Conference Location

This conference will be held at:
New York University – Kimmel Center
60 Washington Square South
New York, NY 10012

Conference Date

Thursday, July 13, 2017

Who Should Attend

This conference has been specifically designed for:
• Peer Specialists
• Peer Counselors
• Peer Advocates
• Peer Recovery Facilitators
• Peer Bridgers

Conference Planning Committee

• New York State Office of Mental Health Bureau of Recipient 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
• Baltic Street AEH, Inc.
• The Coalition of Behavioral Health Agencies: The Center for Rehabilitation and Recovery
• Howie The Harp Advocacy Center, a program of Community Access, Inc.
• New York City Health + Hospitals, Office of Behavioral Health
• New York Association of Psychiatric Rehabilitation Services (NYAPRS)
• Advocacy Consultation Services

We wish to thank the New York University Silver School of Social Work for their continued support in hosting the conference.
Kevin Hines

**Life & the Art of Wellness**

Kevin Hines is a mental health advocate, award-winning global speaker, bestselling author and documentary filmmaker who reaches audiences with his story of an unlikely survival and his strong will to live. Two years after he was diagnosed with bipolar disorder (19 years of age), he attempted to take his life by jumping from the Golden Gate Bridge. He is one of only thirty-four to survive the fall, and the only one to regain full physical mobility. He is the only Golden Gate Bridge jump survivor who is actively spreading the message of living mentally healthy. The fall would break his body, but not his spirit.

Today, Kevin dedicates his life to saving lives by spreading the message of hope and sharing his art of living mentally well. He is one of the most respected and admired voices of lived experience. Kevin's story is a remarkable testament to the strength of the human spirit and a reminder for us to love the life we have.
Program Agenda

- 8:15AM
  - Doors Open for Registration

- 9:00-9:15 AM
  - Lavender Light Choir singing *Seasons of Love*
    *Lean on Me*, from the musical Rent, asks what is the proper way to measure the value of a “year in a life.”

  We chose it to open our 11th conference as a way to honor the passage of time, what we have achieved as a group and what you all have achieved in your lives. The chorus says that the most effective way is to "measure in love".

  We bring you this conference with love.

  When Lavender Light was formed in 1985 it was only lesbian and gay gospel choir in the world. Through their performances and recordings, they seek to uplift, entertain and educate. They strive to be a visible force in this world, offering strength, peace and hope to their members and to their audiences.

- 9:15-9:30 AM
  - Welcome
  - Celia Brown
    Regional Advocacy Specialist, Bureau of Recipient Affairs, NYC Field Office, New York State Office of Mental Health

  - Ann Marie T. Sullivan, M.D.
    Commissioner, New York State Office of Mental Health

  - Gary Belkin
    Executive Deputy Commissioner, New York City Department of Health and Mental Hygiene

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

  - Benjamin Sher, MA, LMSW
    Dean, NYU Silver School of Social Work

- 9:30-10:40 AM
  - Keynote Speaker
    Kevin Hines - “Life & the Art of Wellness”
    Kevin Hines is a mental health advocate, award-winning global speaker, bestselling author and documentary filmmaker who reaches audiences with his story of an unlikely survival and his strong will to live. Two years after he was diagnosed with bipolar disorder (19 years of age), he attempted to take his life by jumping from the Golden Gate Bridge. Today, Kevin dedicates his life to saving lives by spreading the message of hope and sharing his art of living mentally well.

- 10:45-12:15 PM
  - Morning Workshops – 90 minutes
    Resource Room is Open

- 12:15-1:00 PM
  - Lunch and/or Resource Room

- 1:00-2:00 PM
  - Panel: Tools You Can Use
    What tools do you have for self-care? Do we just talk the talk and not walk the walk? We will hear our panelists’ recipes, recommendations and secret sauce for health, wellness and self-advocacy and we will also hear from you.

    - Moderator: Ruth Gonzalez, Wellness Recovery Educator, Advanced Level WRAP Facilitator, Crestwood Behavioral Health, Inc. Sacramento, CA

    - Sara Goodman, CPRP, Chief Operating Officer, Baltic Street AEH, Inc.

    - Richard P. Fragiacomo, Peer, Recovery Plus Inc.

    - Robert Fagan, Wellness Advocate, RELAY, Office of Recovery Systems, Bureau of Alcohol and Drug Use Prevention, Care & Treatment, NYC Department of Health and Mental Hygiene

    - Neesha Sunar, Peer Specialist at Transitional Services for New York, Inc. (TSINY)

    - Dan Bernstein, MH Mediate

- 2:15-3:45 PM
  - Afternoon Workshops – 90 minutes

- 4:00-5:00 PM
  - Reception
Morning Workshops 2017
10:45 AM - 12:15 PM

• Hidden Trauma: Sharing Our Narratives to Support Healing Others and Ourselves
Room 406

Linda Barron-Katz, NYC Trauma-Informed Approaches Learning Community (NYC TIA LC)
Beth Mangiaracina, Regional Coordinator, Mental Health Empowerment Project, NYC TIA LC, Co-facilitator
Teena Brooks, LMSW, Assistant Director, New York City Department of Health and Mental Hygiene, Office of Consumer Affairs, NYC TIA LC, Co-facilitator

For those of us who have experienced trauma, connecting with others to share experiences is a powerful source of transformation and healing. Through discussion and activities, this workshop will teach participants how to use their personal narratives to explore experiences that have shaped their lives and can be used to promote healing and resiliency when someone else is experiencing a crisis. Participants will learn the difference between a healing narrative and an illness narrative and how to share their narrative to facilitate connection and inspire hope for self and others.

• Intentional Peer Support Overview
Room 405

Eva Dech, Intentional Peer Support Member Education Specialist, Beacon Health Options

Come explore IPS, a model for thinking about and intentionally inviting powerfully transformative relationships among peers. Participants will learn to use relationships to see things from new angles, develop greater awareness of personal and relational patterns, and to support and challenge each other as we try new things.

• The Emerging Role of Peers in Suicide Prevention In New York State
Room 905

Tony Trahan, Deputy Director, NYS OMH, Office of Consumer Affairs
Jillian King, EdM, Program Manager, NYS SAMHSA Grant, National Strategy for Suicide Prevention

The National Strategy for Suicide Prevention explicitly promotes the use of people with lived experience when developing policy and programs to reduce the suicide rate. New York was one of only four states to receive funding to pilot efforts that incorporate peers in the development and implementation of its Zero Suicide initiatives. Participants will be able to challenge some of the common myths around suicide prevention, they will learn about some of the best practices in co-leading groups for people who have survived a suicide attempt, and they will learn about the NY State’s Suicide Prevention Plan: 1,700 Too Many, so they can advocate for suicide prevention to be part of the program they work in.

• “Start Me Up”—How to Develop Successful Home and Community Based Services (HCBS) Peer Support Services in Your Agency
Room 907

Malika Mohamedi, Program Director
Thomas Cusack, Certified Peer Specialist
Nilamont Santos, Peer Specialist
Jenna Tine, Senior Vice President of Behavioral Health Services Goodwill Industries of New York and New Jersey Peer Advocacy Leadership Program

In this workshop participants will learn how Goodwill Industries’ Peer Advocacy Leadership program developed and integrated HCBS into the existing agency structure. One key to success for HCBS is the ongoing training for Peer staff providing these new, innovative, and insurance reimbursable services. Participants will learn Goodwill’s “best practices” for providing and documenting HCBS Peer Support Services and the new skill set Peer Specialists need to successfully provide HCBS.

• Supporting Innovative Approaches to Employment
Room 906

Joel Simonds, Peer Specialist
Joel Layton
Ravi Kolhapure

South Beach Psychiatric Center, at Baltic Street OPD and Fort Hamilton OPD

We know that for peers being employed in any kind of work can be both therapeutic and empowering, however, current practices in vocational support have often ended in failure because peers are “fit” into existing jobs that they don’t like or which provide no room for advancement. Peer entrepreneurship as well as self-employment and peer-run businesses may open new opportunities for many people. Participants will learn about projects at Baltic Street OPD as well as individualized job placement and support.
• Peer Support at Rainbow Heights Club: Preventing Relapse, Recidivism and Reinstitutionalization in a LGBTQ+ Affirming Environment - Room 908
Randy Killings
Allen Minor, NYS Certified Peer Specialist
Bernis Young, Peer Specialist
Bert Coffman
Rainbow Heights Club

Peers working at the Rainbow Heights Club, a psychosocial and advocacy club in Brooklyn for LGBTQ+ people living with mental illness, will talk about their lived experience with incarceration and hospitalization, the support they needed to recover, and the work they do to provide that service to others.

• Who Defines “Peer Support?”: The Danger of Substituted Values and Voice Room 909
Darby Penney, Advocates for Human Potential

This presentation will explore how peer support has morphed into paid staff positions within traditional mental health agencies over the past 20 years and how this process has changed the field’s understanding of peer support. We will also offer recommendations for redefining terminology to distinguish between grassroots peer support and the current model and safeguard the future of genuine peer support. An ongoing federally funded study of Intentional Peer Support practiced in peer-run programs will be described and discussed.

• Check Yourself: Practicing What We Preach—Strategies for Maintaining Wellness in Adversity Room 904
David Ruiz, Program Manager, Staten Island Peer Advocacy
Taina Martinez, Director of Employment Services, HIPAA Compliance Officer
Baltic Street AEH Inc

While some workplace stress is normal, excessive stress can interfere with your productivity and performance, and impact your physical and emotional health. As peer professionals we often forget to practice what we preach. This workshop will look at how we manage our stress, what coping skills we are using, and perhaps learn some new ones. We will also explore using a self-assessment to measure our level of compassion fatigue and possible burnout. As peer professionals we realize that our own wellness is key to being successful in our ever-changing workplace environments.

• The NYC DOHMH Peer Support Workforce Consortium: Building and Improving Services by Those with Lived Experience in NYC Room 912
Lori Tannenbaum, Director
J.R. Cehonski, Coordinator
Kennedy Willis, Research and Evaluation Coordinator

Peer Support Workforce Consortium, New York City Department of Health and Hygiene, Office of Consumer Affairs

In this workshop we will discuss the current landscape of services in New York City provided by people who have a shared lived experience with those they support. Participants will gain insight into the various roles and tasks performed in these positions. We will explore the similarities and differences in approach, philosophy and practice between Youth and Family Advocates, Recovery Coaches and Advocates, Community Health Workers and Mental Health Peer Support Workers. The presenters will discuss practices across these jobs and participants will have the opportunity to give feedback based on their own experience in the workforce and identify new resources to improve and expand peer support practices.

• Supervision and Peers—A Continuing Journey Room 803
Gita Enders, MA, CPRP Associate Director, Consumer Affairs Coordinator
Jonathan P. Edwards, LMSW, ACSW, M.Phil.
Program Consultant, Office of Recovery Systems, Bureau of Alcohol and Drug Use Prevention, Care & Treatment, NYC Department of Health and Mental Hygiene

NYC Health + Hospitals, Office of Behavioral Health

Supervision is a complex process; even experienced peer specialists continue to face unique challenges on the job, which can, with skillful communication, be addressed and resolved through supervision. We will review the basic premise of supervision, as well as the key concepts, but this workshop will be primarily interactive with presenters serving largely as facilitators to stimulate participants’ small group processes. Attendees will be able to participate regardless of prior experience. Participants will formulate and present examples from challenging supervision experiences and use role play and discussion to explore approaches and solutions to address challenging situations in supervision.
• Advancing Peer Careers—Continuing the Conversation - Room 903

Jessica Wolf, Ph.D. Principal, Decision Solutions
Elizabeth Breier, M.A., Director of Wellness Centers Administration, Collaborative Support Programs of New Jersey

According to national survey findings and conversations with peer workers, key peer career advancement concerns include compensation, working conditions, and supervision, acquiring additional credentials, career ladders and advancement. This interactive workshop will engage all participants in speaking about their successes and challenges as working peer specialists. Together we will create and circulate written information on effective strategies and specific, practical goals to advance peer careers.

• Comfort/Creativity - Room 901

Conferences can be overwhelming. If you find you need someone to talk to for support, or if you want to use some art materials to express yourself or enjoy the process of making something, you can visit room 901 during the morning workshop time slot. People will be on hand to listen and offer support. In the afternoon you can visit us in the Resource Room, 914. We will be at the NYC Trauma Informed Learning Community table.

Afternoon Workshops 2017
2:15 AM - 3:45 PM

• Studying and Supporting Healthy Lives: Peer Specialist Experiences on a Healthy Lifestyle Research Study - Room 909

Kelli Adams, Certified Peer Specialist, Pathways to Housing PA, Columbia University School of Social Work
Kathleen O’Hara, MSW, Columbia University School of Social Work
Lawrence Samuels, Certified Peer Specialist, Project Home Philadelphia, PA
Yonnie Davis, Peer Specialist, The Bridge
Jeff Constan, Peer Specialist, The Bridge

This panel explores the role of peer lifestyle coaches working in a health lifestyle program called Peer-Led Group Lifestyle Balance (PGLB). The project, funded by the National Institute of Mental Health, seeks to learn if the model can be effective in helping overweight adults, who have a diagnosis of a mental health disorder, improve their diet and physical activity behaviors with the support of a peer specialist lifestyle coach. We will also discuss the parallel challenges peer specialists encountered while attempting to help people improve their health through diet and exercise.

• C.A.F.F.E. Family Night: The Effects on Youth and Family - Room 908

Melissa D. Walters, LMSW, Director of Peer Counselor Program
Melissa Edwards, Peer Counselor Level III
Aronda Vereen, Peer Counselor Level III
NYC Health + Hospitals/Kings County

C.A.F.F.E. stands for (We) Care About Family and Friends Education. Our motto is “it is time to talk,” and just like a welcoming cup of coffee we want to engage with the family and friends of our consumers and answer some very important questions they may have so that they can better support their loved one who has been living with a mental health disorder. C.A.F.F.E. Family Night at Kings County is an informal group led by Peer Counselors, created to provide education regarding the many issues faced by the families of our consumers, and our consumers. We also provide education and information on treatment, community and financial resources, communication tools that are useful to families and consumers managing psychiatric and addictions issues. Our curriculum that is both engaging, innovative and focused on health and wellness.
SafeTALK, Suicide Alertness for Everyone
This workshop has a special time - 1:00 - 4:00PM
Room 903
Silvia Giliotti, PhD, LCSW, New York State Office of Mental Health Suicide Prevention Coordinator for New York City and Long Island
SafeTALK is a three-hour alertness training that prepares anyone over the age of 15 to become a suicide-alert helper. Most people with thoughts of suicide don’t truly want to die, but are struggling with the pain in their lives. Through their words and actions, they invite people to help them stay alive. SafeTALK trained helpers can recognize these invitations and can connect people to life-saving intervention resources.

This is a three-hour workshop—participants must sign up for it in advance. A certificate of completion is given. Participants must attend the entire workshop to receive a certificate. Licensed Social Workers signing in with their license number can apply for CEUs. The process will be given at the workshop.

Using the Full Legal and Practical Power of Psychiatric Advance Directives - Room 905
John A. Gresham, Staff Attorney
Nina Loewenstein, Supervising Attorney
Disability Rights New York
Psychiatric Advance Directives (PADs) can tell treatment providers what you know worked well in the past and instruct hospitals in what will calm you down when you are upset. Few consumers in New York State have created PADs. We will discuss why we think this is so and what support would help more people use these self-empowering documents. We believe ongoing peer support is key for many people. We will cover the legal basics of consumer choice and PADs and health care proxies. A FAQ document will be presented and training on how to use it—and learn from the conference audience what working peers see as barriers to fuller use of PADs.

Building a Peer Mentorship Model for Eating Disorder Recovery: Successes and Challenges from our NYC Pilot - Room 901
Kristina Saffran, Co-founder, CEO, Project HEAL
Project HEAL launched their first eating disorder recovery mentorship and support pilot in 2017; this workshop will address lessons learned. Participants will learn about the benefits that those in recovery with eating disorders have found through peer mentorship and the importance of having a role model who shows that recovery is possible, understands the unique challenges of living in our thin-obsessed culture, and models a healthy relationship with food and exercise.

Participants will learn about the prevalence of eating disorders among minorities and the comorbidities with other mental health disorders and how to be a successful peer mentor to people who have an eating disorder.

Focus on Peer Specialist/Clinician Working Relationships: The Next Level of Mental Health Collaboration - Room 803
Sascha Altman DuBrul, Recovery Specialist and Trainer, OnTrackNY and ACT
Luis O. Lopez, Implementation Specialist and Trainer
Center for Practice Innovations, Division of Behavioral Health Services and Policy Research, New York State Psychiatric Institute
How do peer specialists and clinicians get along in their work places? How can peer specialists and clinicians optimally communicate with one another about their shared work? How are understandings similar or different depending on training and educational, economic, and cultural background? What are some of the power and privilege issues that get in the way of good communication? How can both roles work together to best support recipients of mental health services? Participants learn about programs like Parachute NYC and OnTrackNY, modalities and philosophies such as Open Dialogue and Intentional Peer Support, and learn how they address imbalances in power and how their principles can be used to develop healthier and more productive teams. Participants will gain a renewed understanding of the potential for the peer specialist role to move the mental health system to a new place.

Successful Families Can and Do Look Different: Perspectives from Parents Labeled with “Mental Illness” - Room 907
Tracy Puglisi, Coordinator of Peer Recovery & Wellness Education, Association for Mental Health & Wellness (MHAW)
Digna Quinones, Regional Advocacy Specialist, New York State OMH Office of Consumer Affairs
Bill Gamble, Statewide Trainer, Mental Health Empowerment Project (MHEP)
Anne Dox, Regional Coordinator, Mental Health Empowerment Project (MHEP)
George Badillo, Peer Support Group Facilitator, Association for Mental Health & Wellness (MHAW)
A panel of parents and grandparents will share their unique parenting roles and experiences with emphasis on how successful families can and do look different. Parents will share their experiences with relationships, systems, custody, rights, cultural competence and trauma informed approaches, and more.
Building Tomorrow's Peers Today…The Peer Workforce Development Coalition - Room 904

Helen Skipper, Certified Peer Specialist
Susanna Austin, Certified Peer Specialist

Peer Workforce Development Leadership Committee

The Peer Workforce Development effort is a grass-roots movement comprised of peers working in all aspects of the behavioral health system in New York State. It was born out of a need to support our newly expanding peer workforce. New York State peers have started to provide Medicaid reimbursable Home and Community-Based Services (HCBS). While this has created many new opportunities for peers, it has also opened our eyes to a range of disparities that we are trying to overcome in the peer workforce. We will discuss new initiatives for the workforce being developed for us, by us. We will envision the future and look at barriers to achieving our vision of more full-time jobs, pay parity and career advancement, as well as barriers such as background checks and prior history. We will also look at education and training to our success as professionals.

Creating and Sustaining Community - Room 907

Anne-Margaret Smullen, MA, CPR, Program Coordinator, Middlesex County Wellness Respite Services
Elena Kravitz, CPRP, Manager, Moving Forward Community Wellness Center
Ron Klein, B.A., Peer Advocate Coordinator, Acute Psychiatric Services

Collaborative Support Programs of New Jersey

Collaborative Support Programs of New Jersey's four programs are working together with other peer support and professional services to provide peers with a range of options to support wellness and recovery. Participants will learn how these programs create a continuum of volunteer and paid employment opportunities for peer providers, how these programs play a key role in community education and stigma reduction, including law enforcement education, and how lessons from this initiative can assist peer programs to replicate these efforts elsewhere.

Beyond the Book's Cover: Exploring the Truth Within, Chapter 2 - Room 906

Dennis Whetsel, Peer
Charles Brack, Peer Support Specialist

United Health

This workshop will examine some ways to reclaim and bolster our narratives for the purpose of maintaining our dignity and ensuring that we get the best care in clinical settings. Participants will learn how to reframe a personal narrative focused on strengths, abilities and personal interests beyond a clinical perspective as well as be able to disclose comfortably their areas of struggle and what services and natural supports they view as helpful.

4:00-5:00 PM

Reception Room 405 - 406
How to
To register for this FREE full day conference, you may register online, by mail or fax.
• Register online at: www.coalitionny.org/the_center
• Register by mail to:
  The New York State Office of Mental Health
  Attn: Deborah Mizell
  330 Fifth Avenue, 9th fl., New York, NY 10001
• Register by FAX: 212-330-6359
• Information: 212-330-6352
  or e-mail: nypeer@omh.ny.gov

Location
This conference will be held at New York University Kimmel Center, 60 Washington Square South, New York, NY 10012

Confirmation
To confirm your registration for the conference, a registration acceptance will be emailed to you whether you registered online or by fax. You must bring your printed confirmation the day of the conference.

Cancellation
To cancel, so others may attend, please e-mail: nypeer@omh.ny.gov We will maintain a waiting list.

Accommodations
The Kimmel Center is wheelchair accessible.

Lunch
Lunch is provided at no cost to all participants.

Transportation
By Subway
• Take the Lexington Avenue subway (No. 6 train) to Astor Place Station. Go west on Astor Place to Broadway. Walk south on Broadway to Waverly Place. Walk westward on Waverly Place until you reach Washington Square.
• Take the Broadway subway (N, or R train) to Eighth Street Station. At Broadway walk south to Waverly Place. Walk westward on Waverly Place until you reach Washington Square.
• Take the Sixth Avenue subway to West Fourth Street-Washington Square Station (A, C, E, B, D, F, or M train). Walk east on West Fourth Street until you reach Washington Square.
• Take the Seventh Avenue subway #1 to Christopher Street-Sheridan Square Station. Walk east on Christopher Street to West Fourth Street. Continue east to Washington Square.

Registration Form
(PEASE PRINT. Register online, mail or fax completed registration form to the address listed above.)

Name:

Title: Organization:

Phone-Work: ( ) FAX: ( ) E-Mail:

Mailing Address:

City: State: Zip:

Mail Registration or Fax:
New York State Office of Mental Health
Attn: Deborah Mizell, 9th Fl.
330 Fifth Avenue, New York, NY 10001
Online: www.coalitionny.org/the_center
TEL. 212-330-6352 FAX: 212-330-6359

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