

9TH ANNUAL CONFERENCE FOR NYC WORKING PEER SPECIALISTS

EYE on the FUTURE

A KALEIDOSCOPE OF POSSIBILITIES



PEER
SPECIALISTS
IN NEW YORK CITY

ONE DAY CONFERENCE
NYU KIMMEL CENTER
JULY 23, 2015

Eye on the Future

A KALEIDOSCOPE OF POSSIBILITIES



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 23, 2015

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

Conference Overview

Time for a new vision --- and it is up to us to create it. Imagination, ingenuity and invention are required in times of great change. This is a call for our community of trailblazers to come together to cultivate fresh ideas, perfect best practices, and develop innovative strategies for reaching out to the community and building bridges between providers and the people they serve.

Join us for the 9th Annual New York City Conference for Working Peer Specialists. The time is now.

Who Should Attend

This conference has been specifically designed for:

- Peer Specialists
- Peer Advocates
- Peer Bridgers
- Peer Counselors
- Peer Recovery Facilitators

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
- FEGS Health & Human Services
- Baltic Street AEH, Inc.
- The Coalition of Behavioral Health Agencies:
The Center for Rehabilitation and Recovery
- Howie the Harp Peer Advocacy and Training Center, Community Access, Inc.
- New York City Health and Hospitals Corporation, Office of Behavioral Health
- New York Association of Psychiatric Rehabilitation Services (NYAPRS)
- Advocacy Consultation Services
- YOUTH POWER!
- The Empowerment Center

Keynote Speaker



Keris Jän Myrick

Director of the Office of Consumer Affairs
Center for Mental Health Services, SAMHSA

Keris Jän Myrick, through the Office of Consumer Affairs at the Center for Mental Health Services, supports the inclusion of Peer/Consumer perspectives and issues throughout the agency and programs such as the Voice Awards, SAMHSA Wellness Initiatives and Wellness Week. She is a national mental health leader and non-profit executive known for her innovative and inclusive approach to mental health reform and the public disclosure of her personal story of lived experience with serious mental illness. Most recently, she has been

President and CEO of Project Return Peer Support Network, a Los Angeles-based, peer-run nonprofit, which manages over 100 self-help groups in Los Angeles County, a peer-staffed Warm Line, a Spanish language community peer and family center and Peer Run Crises Respite Home. In addition, she has been the President of National Alliance on Mental Illness (NAMI) and an advisor to the American Psychiatric Association (APA) Office of Diversity and Health Equity providing assistance with the psychiatry component of the SAMHSA/CMHS Recovery to Practice project. ■

Greetings and Opening Remarks



Celia Brown

Regional Advocacy
Specialist, Bureau of
Recipient Affairs, NYC Field
Office, New York State Office
of Mental Health



Lynn Videka, Ph.D.

Dean, NYU Silver School of
Social Work



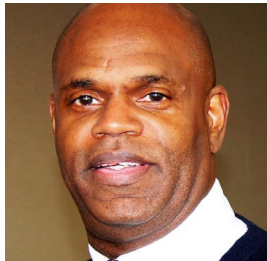
Ann Marie T. Sullivan, M.D.

Commissioner, New York State
Office of Mental Health



Gary Belkin, MD, Ph.D., MPH

Executive Deputy Commissioner,
Division of Mental Hygiene,
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

Eye on the Future: A Kaleidoscope of Possibilities

Program Agenda • Workshops • Thursday, July 23, 2015

Check Out the Resource Room in 914 - Coffee & Treats served all day

Program Agenda

8:15 - 9:00AM

- Registration and Continental Breakfast

9:00-9:30 AM

- Welcoming Remarks
- **Celia Brown**
Regional Advocacy Specialist, Bureau of Recipient Affairs, NYC Field Office, New York State Office of Mental Health
- **Lynn Videka, Ph.D.**
Dean, NYU Silver School of Social Work
- **Gary Belkin, M.D., Ph.D., MPH**
Executive Deputy Commissioner, Division of Mental Hygiene, New York City Department of Health and Mental Hygiene
- **Ann Marie T. Sullivan, M.D.**
Commissioner, New York State Office of Mental Health
- **Carlton Whitmore**
Director of The Office of Consumer Affairs, Division of Mental Hygiene, New York City Department of Health and Mental Hygiene

9:30-10:45 AM

- Keynote Address: Behavioral Health is Essential to Health – Prevention Works – Treatment is Effective – People Recover
- **Keris Jän Myrick**
Director of the Office of Consumer Affairs, Center for Mental Health Services, SAMHSA

10:45-11:00 AM

- Break - Resource Room is Open (Room 914)

11:00-12:15 PM

- WORKSHOP - SESSION 1

12:30-1:15 PM - LUNCH - 10TH Floor
Resource Room is Open (Room 914)

1:15-2:15 PM

Panel Presentation: Recovery and Culture – Our Stories through Hip-Hop

Stay on the 10th floor after lunch and hear a dynamic group of presenters share their passion, personal stories, insight and thought-provoking ideas around hip-hop and how it relates to recovery, cultural competency and systems advocacy. Audience members will learn from and engage with presenters whose lived experience and recovery are directly influenced by hip-hop culture. Hip-hop, like the psychiatric consumer movement, has brought awareness to discrimination, stigma and inequality for decades.

Panel Presenters: Recovery and Culture – Our Stories through Hip-Hop

- **Luis O. Lopez, MS**
Implementation Specialist/Trainer, Center for Practice Innovations at Columbia Psychiatry, NYSPI
- **Celia Brown**
Regional Advocacy Specialist, Bureau of Recipient Affairs, New York State Office of Mental Health, NYC Field Office
- **Amanda Saake, LMSW, CPRP**
Senior Program Associate, Center for Rehabilitation and Recovery, The Coalition of Behavioral Health Agencies, Inc.
- **Chacku Mathai, CPRP**
Director of Systems Transformation Initiatives & STAR Center, NAMI
- **Matthew Petite**
Peer Employment Coach, Mental Health Assoc.
- **Featuring DJ WilSyl**
- **2:15-2:30 PM**
 - Break - Resource Room is Open (Room 914)
- **2:30-3:45 PM**
 - Workshop - Session II
- **4:00-5:00 PM**
 - Wrap-Up and Reception
- **Back by Popular Demand ROUNDTABLES!**
In addition to the many workshops offered, attendees may also join interactive Roundtable discussions on a number of current topics relevant to the work, growth and wellness of peer specialists!
- **Roundtables are . . .**
 - 75 minute interactive discussions facilitated by subject matter experts
 - Structured dialogues with the goal of sharing experience and synthesizing knowledge
 - An opportunity to build a learning community that underscores the growth and sustainability of the peer specialist workforce.

Eye on the Future: A Kaleidoscope of Possibilities

Morning Workshops

- **Workshop - Session I 11:00AM-12:15PM**

Training Trauma - Informed Peers

Cheryl S. Sharp, MSW, ALWF, Senior Advisor for Trauma-Informed Services, National Council for Behavioral Health

This workshop will introduce Training Trauma-Informed Peers, a standardized two day curriculum that focuses on the knowledge, skills and relationships necessary to support a peer driven, trauma-informed workforce. Additionally, we will have the opportunity to explore the impact of culture and trauma, how to effectively use our stories to promote healing from trauma, and a variety of peer-delivered interventions that have proven to be effective to support post-traumatic growth.

- **Supervising Peer Counselors
What's the Big Deal?**

Gita Enders, Assistant Director/Consumer Affairs Coordinator, Office of Behavioral Health

Marylee Burns, Senior Director, Office of Behavioral Health
Organization: NYC Health and Hospitals Corporation

A critical supervisory role is providing a structure that creates appropriate boundaries, and reinforces the Peer Counselor's professional and personal safety as well as healthy morale. Participants will gain an understanding of the core functions of supervision, learn how to develop and navigate boundaries with supervisees, and identify common challenges in supervision and ways to manage them successfully.

- **What We As Peers Need to Know About
Compassion Fatigue and Vicarious
Trauma in Our Work**

Lorraine McMullin, McMullin Trainers

Come and learn about the impact and prevention of compassion fatigue and vicarious trauma in the work of peers. In this workshop, participants will learn useful tools to become more effective and satisfied at work, and remain healthy and balanced in life.

- **Peer Recovery: Strategies to Assist
Consumers with Accessing Housing
and Community Services**

Jody Silver, Executive Director; Pam Baker, Center Manager
Ranee Lesser, Peer Wellness Coordinator; Sam Clark, Peer Mentor
Organization: Collaborative Support Programs of New Jersey, Inc.

The purpose of this session is to discuss and present peer-directed strategies to help homeless and very low income consumers access community-based services to help them with wellness and recovery. Collaborative Support Programs of New Jersey, Inc. (CSPNJ) is a statewide peer-directed agency that supports 25 community wellness centers, and provides supportive housing to over 500 persons statewide.

- **The Peer-Led Group Lifestyle Balance:
Adapting a Healthy Lifestyle Intervention
for Diverse**

Supportive Housing Consumers

Kathleen O'Hara, MSW

Michael Simmons, Peer Specialist

Leopoldo Cabassa, Ph.D., MSW

Paola Volquez, MSSW

Ana Stefancic, Ph.D.

Organization: Columbia University School of Social Work

In this presentation, we discuss lessons learned from the adaptation and preliminary testing of a peer-led healthy lifestyle intervention to help supportive housing consumers improve their wellness. Using data from a pilot study, we examine the acceptability of the intervention and identify modifications to better fit the needs for people living in supportive housing.

- **Effective Advocacy: Building Common
Ground through Third Party Mediation**

Matthew Costanzo, CPRP, Coordinator of Recovery Services,
Pilgrim Psychiatric Center

This workshop will introduce peer specialists to effective methods for facilitating clear communication between consumers and providers in a variety of settings, and provide an opportunity to practice the skills that will be introduced. Workshop participants will gain an understanding that there is almost always the potential for common ground between consumers and providers, learn mediation techniques and practice skills learned through role play.

- **Sick or Gifted? Bridging the Connections
between Mental Illness & Spiritual Gifts**
Chiquita Montgomery aka "Ekhaya," Sangoma Healing and
Community Links, Baltic Street AEH, Inc.

This workshop identifies historical factors and modern data that many of those who have suffered from visions, hearing voices, and ultra-sensitivities to environments and emotions state that their experiences are spiritually connected. Participants will learn how traditional methods of healing, like meditation and shamanism, have transformed those who have suffered from mental illness.

- **The Evolution of Our Movement**

Bill Gamble, Statewide Trainer

Beth Mangiarcina, Statewide Trainer

Organization: Mental Health Empowerment Project

From the outcry of alleged lunatics in the late 1800s to the birth of the Mental Patients Liberation Movement in the 1970s. From the call for self-help and alternatives in the '80s to the birth of an industry in the '90s, this workshop chronicles one hundred years of history of people who have endured the public mental health system.

Eye on the Future: A Kaleidoscope of Possibilities

Morning Workshops

- **Institute on Criminal Justice and Behavioral Health**

Trish Marsik, Executive Director, Mayor's Taskforce on Behavioral Health and the Criminal Justice System

This institute will impart information regarding the new and cutting-edge behavioral health support services for people with criminal justice history currently being implemented by the Mayor's Task Force on Behavioral Health and the Criminal Justice System. It will also include information about the opportunities for forensic peer specialists.

- **Roundtables:**

- United we stand! Working toward a shared vision for peer specialists in the mental health and substance use systems.**

Lureen McNeil, MBA, Addiction Recovery and Policy Expert, NYS Office of Alcoholism and Substance Abuse Services

Teena Brooks, LMSW, Assistant Director, NYC Department of Health and Mental Hygiene, Office of Consumer Affairs

Joseph Swinford, Director, Bureau of Stakeholder Engagement, NYS Office of Mental Health, Office of Managed Care

Amy Colesante, Executive Director, Mental Health Empowerment Project

Andrew Bushing, CASAC, CARC, Coordinator of Recovery Services, Odyssey House Outpatient Services

Brenda Harris-Collins, MA, Director, Practice Innovation and Care Management, NYS OASAS

Long before policy makers began to realize the power of peer support, people facing challenges utilized and valued the support of those who had 'been there, done that'. The new interest in and increasing availability of peer services presents both exciting opportunities and significant challenges. The mental health and substance use treatment systems approach peer services and support differently, with distinct histories and goals. However, there is much both systems can learn from each other. It is imperative that the substance use and mental health communities work closely together to maintain the authenticity of peer services, continued development of practice standards, and ongoing development of peers as emerging professionals. This roundtable will explore findings from the *Bringing Recovery to Scale* white paper and discuss the experiences of peers working in both systems with an emphasis on lessons learned and policy implications.

- **Cultural Competency: A Roadmap for System Transformation**

Chacku Mathai, CPRP, Director of Systems Transformation Initiatives & STAR Center, NAMI

Luis O. Lopez, MS, Implementation Specialist, Center for Practice Innovations at Columbia Psychiatry, NYSPH

Carlton Whitmore, Director, Office of Consumer Affairs, NYC Department of Health & Mental Hygiene

Today's Peer Specialists are challenged with an ever changing landscape in the behavioral health care system. Communities are changing, services are expanding and opportunities for working peer specialists are greater than ever before. In order to make the most of these changes, we must understand the application of culturally competent principles at the individual, programmatic and agency level. Come participate in this roundtable discussion as we explore the impact of cultural competency on the work of NYC Peer Specialists.

Eye on the Future: A Kaleidoscope of Possibilities

Afternoon Workshops

Lunch 12:30 PM-1:15 PM

Workshops Session II

2:30 PM-3:45 PM

- **What Gets in the Way? Tips to Maximize Youth Peer Advocate Potential**

Kevin Mckee, Regional Youth Partner

Kristina Hebner Akbar, Peer

Anthony Turner, Youth Peer Advocate

Organization: YOUTH POWER!

The Youth Power! network connects, trains and acts as a voice of youth peer leaders across New York State.

In this workshop, we will describe the role of Youth Peer Advocates/mentors in various settings. We will open the conversation to what is helpful and what is harmful when supporting a Youth Peer Advocate. A panel of youth peer leaders and supervisors will share lessons learned and tips for success.

- **Recovery Guides**

Joseph M. Woodward, CEO, Housing Options Made Easy, Inc.

Utilizing a person-centered approach, Recovery Guides help consumers to develop personalized plans for improving their lives. Activities include guiding consumers in discovering their passions in life, locating community participation activities and finding volunteer and employment opportunities. Workshop participants will gain a greater understanding of how to guide consumers to achieve life goals, and how to develop a Recovery Guide program.

- **Peer Parents United**

George Badillo, Consultant

Kelly Lane, Peer Specialist, Pilgrim Psychiatric Center

Tracy Puglisi, Coordinator of Peer Recovery and Wellness Education, Association for Mental Health and Wellness, Suffolk County

Lorraine McMullin, Owner and Lead Trainer, McMullin Trainers

Workshop presenters will share their challenges and successes in reuniting with their children. Workshop participants will learn about laws and issues pertaining to peers who are parents; tips for parents involved in custody battles; the *Adverse Childhood Experiences* study and other information and tools useful for parenting. Participants will gain an increased knowledge of the family court system and leave the workshop with hope.

- **Supervision Institute: Dialogue and Exercises for Peer Employees and Supervisors**

Jonathan P. Edwards, LMSW, Training Specialist, Parachute NYC, NYC DOHMH

This workshop concerns the relationship, interplay and synergy between peers and supervisors, each partner coming to the table with a specific skill set, breadth of experience and inherent challenges. The vision of this workshop is to stimulate dialogue and build a collective knowledge base through interactive exercises and sharing of recommended practices. The goal of this workshop is to enrich supervisory practices, foster appreciation and increase mutuality between peer employees and supervisors.

- **Managing a Peer-Run Program**

Lynnae Brown, Director, Howie The Harp

Kendall Atterbury, LMSW, Director of Peer Informed Practice, Howie The Harp

Organization: Howie The Harp, Community Access, Inc. Join Kendall and Lynnae in a conversation about peer supervision and management of peer run programs. This presentation addresses both professional and interpersonal competencies through the lens of potential cooptation and professional needs. The presenters will identify and articulate management strategies that preserve and support people with lived experience in a peer-run program.

- **KeepSAFE: Creating a Suicide Alert Community**

Ellen Stoller, Associate Vice President for Professional Development and Consumer Affairs

Robert Memory, Peer Practitioner

Steven Bailey, Peer Specialist

Julia Minott, Consumer

Laura Anne Walker, Consumer

Organization: FECS Health & Human Services

KeepSAFE is a promising best practice group intervention designed by consumers, peer specialists and staff to help mental health consumers talk about thoughts of suicide as a way of de-stigmatizing the topic and getting people the help they need sooner. We will present the results of our initial pilot program in two FECS PROS programs, including quantitative and qualitative findings.

Eye on the Future: A Kaleidoscope of Possibilities

Afternoon Workshops

- **Workshops Session II** (cont'd)

2:30 PM-3:45 PM

- **Peer Specialist Certification:
How to Get There, and What it Offers**

Joseph Swinford, Director, Bureau of Stakeholder Engagement, NYS Office of Mental Health, Office of Managed Care

This session will focus on new opportunities for peer services under New York State's Medicaid Reform. Participants will learn about the certification process for Peer Specialists working in the mental health system including details of the application review process. Participants will learn about funding opportunities for peer services in a managed care environment

- **Peer Practice: A View from the Addiction Recovery Side**

Tom Hill, Senior Associate, Altarum Institute
Walter Ginter, Project Director, MARS
Victoria Abad, Project Director, BoomHealth!
Donald Powell, Project Director, Exponents

Peer programs that address recovery from addiction have been springing up across the nation, building synergy with their brother and sister mental health peer programs. More and more peers are coming together across disciplines to discuss similarities and differences in their practice and approaches.

- **Making It Happen: A Hands-On Look at Documentation**

Pamela L. Robbins, Writing Specialist, Howie The Harp, Community Access, Inc.

In today's fast-paced work environment, documentation can pose a challenge to workers because the rules are always changing. This workshop is designed to help people set up succinct and accurate progress notes. The workshop will outline the do's and don'ts of documentation writing, and how to demonstrate the program's goals in one's work.

- **Roundtable:
From Surviving to Thriving:
A Roundtable Discussion on the Benefits
of Trauma-Informed Peer Support**

Bill Gamble, Statewide Trainer,
Mental Health Empowerment Project

Beth Mangiarcina, Statewide Trainer, Mental Health Empowerment Project

Theresa Hall, NYAPRS Board of Directors and Cultural Competency Committee Co-Chair, NYAPRS

Yasmine Kamel, Director, Community Links, Baltic Street AEH, Inc.

While the vast majority of people receiving mental health service are trauma survivors, the availability of trauma-informed services in public sector services lags far behind the need. This roundtable will explore how people receiving services, peer-run organizations, and traditional providers can help build a grassroots demand for these services by educating themselves, provider organizations, and policy-makers about trauma and its impact and how trauma-informed approaches promote healing and growth.

- **4:00-5:00 PM**

- **Wrap-Up and Reception - Room 405/406**

Conference Registration

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: Curletta McClanahan-Michael
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 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

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

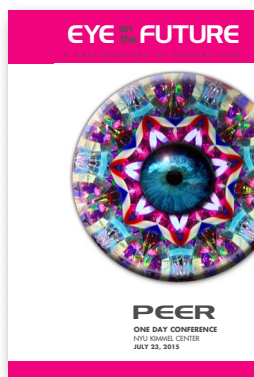
Name: _____

Title: _____ Organization: _____

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

Mailing Address: _____

City: _____ State: _____ Zip: _____



Mail Registration or Fax:

New York State Office of Mental Health
Attn: Curletta McClanahan-Michael, 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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