EYE on the FUTURE
A KALEIDOSCOPE OF POSSIBILITIES

9TH ANNUAL CONFERENCE FOR NYC WORKING PEER SPECIALISTS

PEER SPECIALISTS IN NEW YORK CITY
ONE DAY CONFERENCE
NYU KIMMEL CENTER
JULY 23, 2015
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

We wish to thank the New York University Silver School of Social Work for their continued support in hosting the conference.
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
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 culture. 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 Petitte
  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.
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
Randee 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
And Stefancic, Ph.D.
Organization: Columbia University School of Social Work

In this presentation, we discuss lessons learned from the adoption 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.
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, NYSPI
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.
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 mutualty between peer employees and supervisors.

- Managing a Peer-Run Program
  Lynnee 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 Lynnee 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: FEGS 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 FEGS PROS programs, including quantitative and qualitative findings.
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 Mangiacrina, 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 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: ____________________________

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