We’re revolutionizing the workplace culture . . . through creativity and innovation . . .
Conference Overview

New York City has more Peers working than ever before with more and more Peer employment opportunities coming online every day. Join your colleagues: working Peer Specialists, Peer Bridgers, Peer Advocates—for an inspirational day of professional development, sharing, networking, creativity and innovation at the NYC Fifth Annual Conference for Working Peers.

This year our keynote speaker, Patricia E. Deegan, Ph.D., embodies our theme of radical change, innovation and creativity.

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, Office of Consumer Affairs
- The Coalition of Behavioral Health Agencies: The Center for Rehabilitation and Recovery
- Howie the Harp Peer Advocacy and Training Center
- The Empowerment Center
- New York State Association of Psychiatric Rehabilitation Services (NYAPRS)
- New York City Health and Hospitals Corporation, Office of Behavioral Health
- Services for the Underserved (SUS)
- Baltic Street AEH, Inc.
- F·E·G·S Health and Human Services System

Patricia E. Deegan, Ph.D.

Patricia E. Deegan Ph.D. is an independent consultant who specializes in researching and lecturing on the topic of recovery and the empowerment of people diagnosed with mental illness.

She is the creator of CommonGround, a web application to support shared decision making in the psychopharmacology consultation.

Pat is an activist in the disability rights movement and has lived her own journey of recovery after being diagnosed with schizophrenia as a teenager. She is an Adjunct Professor at Dartmouth College School of Medicine and at Boston University, Sargent College of Health and Rehabilitation Sciences. She received her doctorate in clinical psychology from Duquesne University.

Conference Location

This conference will be held at:

New York University – Kimmel Center
60 Washington Square South
New York, NY 10012

We wish to thank The NYU Silver School of Social Work for their continued support in its hosting of the conference.
Program Agenda

8:15 AM
• Registration and Breakfast

9:00-9:45 AM
• Welcoming Remarks
  • Celia Brown
    Regional Advocacy Specialist, Bureau of Recipient Affairs, New York State Office of Mental Health, New York City Field Office
  • Michael F. Hogan, Ph.D.
    Commissioner, New York State Office of Mental Health
  • Trish Marsik
    Assistant Commissioner
    Bureau of Mental Health, New York City Department of Health and Mental Hygiene
  • Lynn Videka, Ph.D.
    Dean, NYU Silver School of Social Work
  • Jody Silver
    Director, Office of Consumer Affairs, Division of Mental Hygiene New York City Department of Health and Mental Hygiene

9:45-10:45 AM
• Keynote Address
  The Role of Peer Staff as Disruptive Innovators
  Patricia E. Deegan, Ph. D.

10:45-11:00 AM
• Break/Resource Room

11:00 AM-12:15 PM
• Workshop Session 1

12:15-1:15 PM
• Lunch/Resource Room

1:30-2:45 PM
• Workshop Session 2

2:45-3:00 PM
• Break/Resource Room

3:00-4:15 PM
• Workshop Session 2

4:15-5:30 PM
• Reception

Workshop Session 1
11:00 AM-12:15 PM
• Making the Connection: Peer Specialists Explore Culture as a Tool for Empowerment and Recovery
  • Sabrina Johnson, Peer Advocate, Westchester Independent Living Center, Co-Chairperson of the People of Color Network NYC
  • Carlton Whitmore, Assistant Director, NYC DOHMH Office of Consumer Affairs
  • Helen “Skip” Skipper, Project Assistant and Peer Advocate, The Empowerment Center

Recognizing and understanding cultural and ethnic differences can help us to be more effective as Peers by eliminating barriers and empowering consumers. Participants will discuss the inter-relationship of culture and recovery.

• Radical Community Integration: Peers Working in Research - A Seat at the Policy Table
  • Lester E.D. Cook, Field School participant
  • David Brown, Field School participant
  • Christina Pratt, Ph.D., M.S.S.W. Research Scientist
    Organization: The Center to Study Recovery in Social Contexts

Workshop participants will learn the elements of community based participatory research and engage in developing questions for research on recovery.

• Engaging Women Trauma Survivors in Peer Support: A Guide for Peer Specialists
  • Cathy Cave, Senior Program Associate
  • Darby Penney, Senior Research Associate
    Organization: Advocates for Human Potential

The National Center for Trauma Informed Care (NCTIC) has developed a tool to assist peers working in mental health settings to understand the impact of trauma on the lives of women and to incorporate the principles of trauma-informed services and supports into peer support activities.

• Welcome Home - Peer Specialist Supported Housing Program
  • Joseph Woodward, Executive Director, Housing Options Made Easy, Inc., Gowanda, NY

Housing Options Made Easy, Inc. is an innovative peer run Supported Housing program. Workshop participants will leave with a greater understanding of peer run supportive housing program principles, and learn how to develop programming to assist individuals in securing and maintaining housing.
Peer Specialists: Revolutionizing the Workplace Culture

Morning Workshops

Workshop Session 1 cont’d

• **Connecting the Disconnected: Using Technology in State and Community Programs**
  • Tony Trahan, NYS Office of Mental Health, Office of Consumer Affairs

Workshop participants will learn about OMH projects that use video conferencing to connect people in state and forensic hospitals, and the use of video for specialty populations in rural areas to receive telemedicine. Learn about OMH initiatives to help consumers become computer literate.

• **Fighting Stigma through Peer-Led Community Education Programs**
  • Malkia Maisha Newman, Community Educator
  • Amy Yashinsky, Coordinator of Community Education
  Organization: Community Network Services, Waterford, MI

As leaders in the anti-stigma movement in Michigan, the presenters will discuss the vital role that peer-led anti-stigma programs can play in your community.

• **The ARTIST FIRST Approach to Peer Work in Mental Health Recovery**
  • Janice Sorensen, Franklin County Coordinator
  • Cyndy Weeks-Patterson, Peer Art Series Artist
  Organization: The Western Mass Recovery Learning Community (RLC)

The Western Mass RLC has developed several initiatives for engaging people who identify as artists, and offering them support in both their creative expression and in their mental health recovery.

• **Great Expectations: F-E-G-S PROS Possibilities**
  • Nancy Walder, Peer Specialist
  • Adam Schutz, Peer Specialist
  Organization: F-E-G-S Health and Human Services System

This workshop will highlight the vital role Peer Specialists play in Personalized Recovery-Oriented Services (PROS). Workshop participants will learn how to facilitate engaging groups in the areas of Wellness Self-Management, Community Integration, and Integrated Treatment for Co-occurring Disorders.

• **Peers Developing Partnerships Across the Spectrum of Service Delivery**
  • Steven Wilks, Generalist, Brooklyn Psychosocial Clubhouse
  • Marie Sabatino, Program Director, Brooklyn Psychosocial Clubhouse & Project PREPARE Peer Specialist Training Program
  Organization: Services for the Underserved

This workshop will emphasize the importance of building strong partnerships with members and staff across the full spectrum of mental health service delivery. Participants will learn how to effectively use the workplace and community supports as a way to enhance personal and professional development.

• **Disability to Self-Sufficiency through Self-Employment**
  • James Rye, Executive Director
  • Mark Iskowitz, Fiscal Manager
  • Tom Shaw, Executive Assistant
  Organization: The Empowerment Center

Workshop participants will learn how to convert their hopes and dreams to visions and missions, and then to business plans and marketing plans. Panelists will discuss how ACCES-VR (VESID) and PASS plans can be used for start-up capital.

• **Communication Skills for Successful Engagement**
  • Coleen Mimnagh, CPWC, Peer Bridger
  • Max Gilford, CPRP, Peer Bridger
  Organization: NYAPRS

Workshop participants will learn skills for successful engagement with consumers. This interactive workshop will include role plays, self-assessment tools, and other useful techniques.

• **The Stages of Change and Motivational Interviewing**
  • Sara Goodman, CPRP, Director-Resource and Wellness Center
  • Stephanie Siravo, Resource and Wellness Specialist
  Organization: Baltic Street AEH, Inc.

How do you motivate people? The trick is to ask the right questions. This workshop will teach the stages of change and motivational interviewing techniques.
Workshop Session 2
1:30-2:45 PM

**Supporting People Transitioning from Incarceration**
- Clarence Smith, Reikers Island Internship Site Supervisor, HTH
- John Lynch

Learn about the needs of previously incarcerated people as they re-enter the community. Forensic peer specialists will speak about their personal experience and coach attendees on how to support this population.

**Work and Wellness: A Peer’s Perspective**
- Sandralyn Samms, MsEd, CRC, CASAC, Vocational Counselor
- Bernard C. Thomas-Pearman, BA, Peer Counselor
- Judith Shohet, Peer Advocate
- Tarsis Bolar, MSW, Peer Counselor
- Javier Penate, Peer Advocate

Organization: Creedmoor Psychiatric Center

Everyone has their own road to recovery. Presenters will discuss their personal checklists, and steps taken to achieve employment and self-sufficiency. They will also talk about the barriers they faced when returning to work and how they achieved success. Participants will learn how to develop a career action plan.

**Innovative Peer Specialists: Using Arts and Creativity**
- Gayle Bluebird, RN, Peer Support Team Leader
- Florence Alberque, Peer Team Leader

Organization: Delaware Psychiatric Center

Workshop participants will learn how to become change agents in the workplace by telling their stories creatively. Learn how having fun can be healing and productive.

**Supporting Parents with Psychiatric Disabilities Initiative**
- Lorraine McMullin, Director of Supporting Parents with Psychiatric Disabilities Initiative
- Tracy Puglisi, Parent’s Advisory Panel Co-Chair, Educator Consumer Training Program
- George Badillo, Parent’s Advisory Panel

Organization: Mental Health Association of New York State, Inc.

Workshop participants will learn about the Mental Health Association’s Supporting Parents with Psychiatric Disabilities Initiative. Participants will hear from Parent’s Advisory Panel members about their own custody struggles, work on changing policies, and new resources being developed to support parents and their families.

**Peer Boundaries in Community Work**
- Lisa Halpern, MPP, CPRP, CPS, Director of Recovery Services
- Mario Durand, CPS, Peer Coordinator
- Joseph Spinale, Peer Counselor

Organization: Vinfen, Cambridge, MA

This presentation will heighten the discussion of how boundaries serve the helping relationship in peer provided services. The workshop will include five key factors that help establish professional boundaries, how to set personal limits, role expectations and ethics, including personal disclosure.

**Winning @ Wellness**
- Sharon M. Cadiz, Ed.D, Director of Clinical Consultation Program, Office of Child and Family Health
- Sandra Mitchell, Peer Specialist, Kingsboro Psychiatric Center, Mary Brooks Transitional Living Residence

This interactive workshop focuses on taking an active role in maintaining healthy habits and a proactive attitude toward personal wellness. The session will feature information, guidance, holistic approaches and practical ways to integrate self-care and self-directed plans for work-life balance.

**Peer Counselor Effectiveness in an Acute Care Setting: Consumer and Non-Peer Staff Perspectives**
- Jonathan P. Edwards, LMSW, Assistant Director of Wellness & Recovery Services
- Miriam Azaunce, Ed.D. Associate Director, Wellness & Recovery Services

Organization: Kings County Hospital Center, Dept. of Behavioral Health

Kings County Hospital employs 27 Peer Counselors in emergency room, inpatient and outpatient services. Workshop participants will learn how Peer Counselors on interdisciplinary teams help to widen the lens through which traditional providers view people living with mental illness.

**A New Path for Peer Specialists in Psychiatric Medication Clinics**
- James Schuster, MD, MBA, Chief Medical Officer
- Pat Deegan, Ph.D., Consultant

Organization: Community Care Behavioral Health

Pittsburgh, PA

This interactive workshop will outline an effective role for peers in medication clinics and other clinical services. The presenters will discuss components of Common Ground which have been incorporated into the NY State program, MyPSYCKES.
Workshop Session 2 cont'd

- NYC Peer Wellness Coaching
  - Jody Silver, Director, NYC DOHMH Office of Consumer Affairs and the Staff of the Empowerment Center
  - Yumiko Ikuta, Deputy Director, Howie the Harp Peer Advocacy and Training Center
  - Kenneth Mick, Peer Health Educator, Postgraduate Center for Mental Health
  - Tyrone Garrett, Peer Wellness Coach, NYAPRS

With training, Peer Specialists can become Peer Wellness Coaches and play a unique role in health care. NYC DOHMH Mind Your Health Peer Coaching program has trained 36 Peer Specialists to integrate health and wellness initiatives in their work with consumers. This workshop will provide attendees with tools and strategies to begin this important work and highlight future training opportunities.

- Post-Psychotic Counselors Mentoring People In Psychosis
  - Milt Greek, Ohio University, Athens, OH

This workshop will outline techniques for peers to use their past experience to successfully mentor people who are experiencing psychotic symptoms. Participants will learn the basics of working as a team with family members and others using crisis intervention techniques.

- Teaching Each Other: Creating Ongoing Supports for the Working Peer Specialist
  - Moneer Zarou, Director of Technical Assistance Downstate, The Coalition
  - Anne Dox, Director of Technical Assistance Upstate, The Coalition

Organization: The Empowerment Center

Participants of this highly interactive workshop will have the opportunity to become the founding members of a brand new Peer Specialist Group in the New York City area that will continue long after this conference ends. This is an exciting opportunity to capture your ideas for how to further develop this group, including a look at which components might be explored that could benefit you, the Working Peer Specialist, throughout the year.

Workshop Session 3

3:30 PM-4:15 PM

- Trauma and Recovery: A Self-Help Approach
  - David Fuller, CPRP, NYAPRS

The goal of this workshop is to give participants an introduction on how to facilitate a self-help trauma support and skill development group. The intention of this workshop is to get peers and/or survivors to focus on developing skills to cope rather than finding the reason why, which is a question that may never be answered.

- Maximizing Our Resources to Better Serve the Cultural and Linguistic Needs of Consumers
  - Leonora Reid-Rose, Director of Cultural Competence and Diversity Initiatives, Coordinated Care Services, Inc.
  - Sigfrido Benitez, Advocate and Member, N.A.M.I. - Friends of Psychiatric Institute
  - Carlton Whitmore, Assistant Director, NYC DOHMH Office of Consumer Affairs

To be culturally competent, we must tap into the rich potential of those we serve, our colleagues, and the resources outside of our organizations. Workshop presenters will facilitate a discussion on some of the obstacles peers face and help them to identify their own strengths and resources. Presenters will provide strategies and resources that will help peers to create and provide culturally and linguistically competent, recovery oriented services.

- Bringing the Peer Specialist Role To Youth Services
  - Brian Lombrowski, Youth Involvement Specialist
  - New York State Office of Mental Health New York City Field Office

This workshop will give an overview of current strategies for developing a sustainable youth peer advocate/specialist workforce, using existing models within the children’s services system.
Workshop Session 3 cont’d

• The Peer Wellness Project: “We’re Finally Driving the Bus!”
  • Ian Yeager, Peer Wellness Specialist
  • Albert Wilson, Peer Wellness Specialist
  • Carmen Febres, Peer Wellness Specialist
  Organization: Pathways to Housing

This workshop will outline the innovative wellness services being provided by Peer Wellness Specialists at Pathways to Housing. Panel will present early outcomes that demonstrate the effectiveness of this program and how it positively impacts the quality of life of the individuals served.

• Career Development: A Family Resource Center’s Experience
  • Deborah Miller, M.S., FDC, Director
  • Gregory Bloomfield, Youth Advocate
  • Destiny Rodriguez, Family Advocate
  • Joanne Ward, FDC, Educational Specialist
  Organization: JBFCS Staten Island Family Resource Center

Career Development is an ongoing process that continues throughout a person’s life. This workshop will explore the need for peer mentorship, leadership development, peers in supervisory roles, and peer credentialing.

• A Smooth Transition: A Peer-Led ACT Transition Model
  • Gloria Roberts, Peer Specialist
  • Zachery Jackson, Peer Wellness Specialist
  • Kilvin Kelly, Recipient
  Organization: Pathways to Housing

It is a challenge to transition individuals from ACT Teams to less intense levels of care. Pathways to Housing has designed a transition model, with peer input, that is proving successful.

• Sexual Harassment in Workplace
  • Jody Szczech, Deputy Director, Mental Health Empowerment Project, Inc.

As peers move from receiving services to being employed as service providers, relationships between individuals change. What may be acceptable physical and verbal expressions between individuals in previous relationships and community settings can change when peers are in new and different roles.

• Made from the Heart: A Consumer Run Cooperative Craft Boutique
  • Christopher Ucciardino, Manager
  • Ruth Miller, Sales Assistant (and former Manager)
  Organization: Made from the Heart, located in the Ft. Hamilton Clinic, South Beach Psychiatric Center

The goal of this workshop is to share the experience of building a consumer-run business that promotes creativity and enhances self worth.

• The Impact of Metabolic Syndrome on One’s Wellness
  • Charles Bailey, Peer Specialist
  • Sylvia Gonzalez, Peer Specialist
  • Tiani Jay, Peer Specialist
  Organization: PSCH, Inc.

Workshop participants will gain important knowledge about Metabolic Syndrome, and learn effective wellness coaching techniques designed to encourage and support consumers making lifestyle changes.

• Wrap-Up and Reception - 4:15 - 5:30 PM
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: Carmelita Thompson
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 attend this conference you must bring your printed confirmation the day of the conference. If you register online, print your confirmation. If you register by fax, a registration acceptance will be e-mailed to you.

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, R or W 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 V 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.

Dates to Remember:
June 14th Final Day for Registration
June 21th Conference

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: Carmelita Thompson, 9th Fl.
330 Fifth Avenue, New York, NY 10001
Online: www.coalitionny.org/the_center
TEL. 212-330-6352 FAX: 212-330-6359