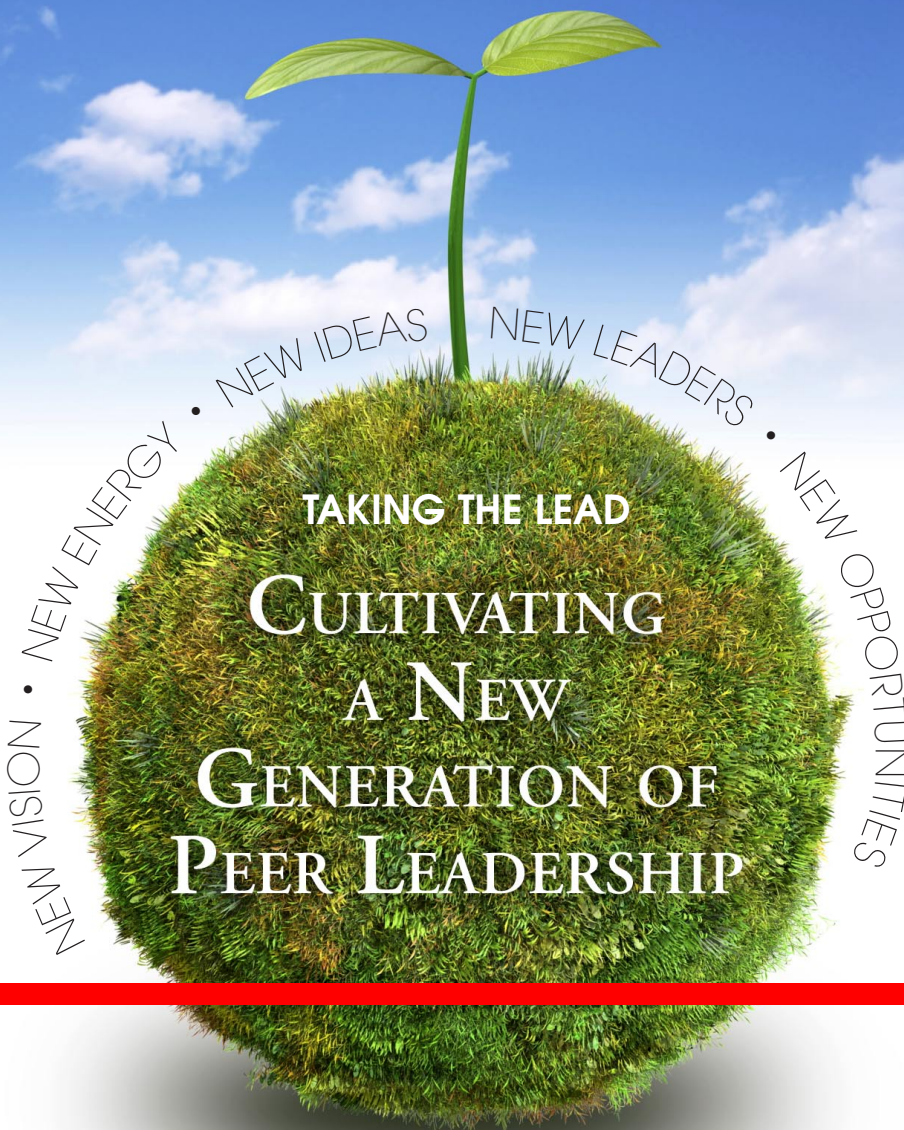


JOIN US
4TH ANNUAL CONFERENCE

PEER SPECIALISTS

IN NEW YORK CITY



NEW VISION • NEW ENERGY • NEW IDEAS • NEW LEADERS • NEW OPPORTUNITIES

TAKING THE LEAD
CULTIVATING
A NEW
GENERATION OF
PEER LEADERSHIP

**ONE DAY CONFERENCE
ADMISSION FREE**

JUNE 15, 2010

New York University Kimmel Center
60 Washington Square South • NYC

Taking the Lead In Cultivating a New Generation of Peer Leadership



New Vision

New Energy

New Ideas

New Leaders

New Opportunities

As Peer Specialists we act with passion and experience, as guides in people's recovery process. We are change agents in the transformation of the mental health delivery system in New York City. How can our experiences, creativity and ideas continue to improve recovery-oriented services? How can we take the lead in this process? How can we, as Peer Specialists grow into positions of leadership in our jobs and our careers? How can we nurture the next generation of Peer Leadership? Join in on the conversation. Attend the conference!

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 Center
- The Empowerment Center
- New York State Association of Psychiatric
Rehabilitation Services (NYAPRS)
- F·E·G·S Health and Human Services System

Conference Location

This conference will be held at:

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

Keynote Speakers

Jacki McKinney and Carlton Whitmore are both leaders in the Psychiatric Survivor Movement. Both are accomplished, acclaimed, heralded, but each is unique and followed a different path to the position of leadership they now hold. What can we learn about finding our own path? What can we learn about *Cultivating a New Generation of Peer Leaders*?

Jacki McKinney, MSW Consultant

Keynote: Looking Back, Moving Forward

Jacki McKinney is a survivor of trauma, addiction, homelessness, and the psychiatric and criminal justice systems.

She is a nationally known advocate and consultant to numerous social policy and research groups as well as federal agencies.

Ms. McKinney is an advocate specializing in the intergenerational effects of mental health issues, trauma, and violence on African-American women and their children. She also works to facilitate understanding of discrimination against people of color in relation to consumer services. Jacki is co-founder of the *National People of Color Consumer/Survivor Network*. She is well known for her powerfully moving and inspiring talks which are heard by audiences nationwide.

Ms. McKinney’s work gives her a view of the development of Peer Specialists throughout the country. She will talk about Peer Specialists and Peer Leadership from a “big picture” perspective, while highlighting New York City’s successes.

Carlton Whitmore

Assistant Director, Office of Consumer Affairs
Division of Mental Hygiene, Department of Health and Mental Hygiene

Keynote: Embracing Our Diversity and the Role of Peer Leadership

Carlton Whitmore is a consumer/survivor and Assistant Director at the New York City Department of Health & Mental Hygiene’s Office of Consumer Affairs. The Office of Consumer Affairs is responsible for assuring the consumer voice is heard at all levels of city government. Carlton’s primary function in this role is to support recovery and advocacy activities for consumers in NYC. Prior to his current position, he was a supervisor at Goodwill Industries’ Peer Advocacy Leadership program, where his responsibilities included providing supports for consumers reentering the workplace.

In recent years, Carlton’s focus on cultural competence has led to his involvement with various national, statewide and local groups. Mr. Whitmore is a recipient of the New York Association of Psychiatric Rehabilitation Services’ *2006 Brendan Nugent Leadership Award* for inspiring consumer leadership and promoting the empowerment of New Yorkers with psychiatric disabilities.

Mr. Whitmore will define culture and its impact on ourselves, the system and the consumers we serve and explain how cultural awareness (*of ourselves and others*) can help prepare the next generation of leadership. He will provide examples, resources and tools for Peers to use that help address our cultural diversity.

Peer Specialists: Cultivating A New Generation of Peer Leadership

Program Agenda • Workshops • Tuesday, June 15, 2010

Program Agenda

8:30-9:15 AM

- Registration and Continental Breakfast

9:15-9:45 AM

- Welcoming Remarks
- Michael F. Hogan, Ph.D.
Commissioner, New York State Office of Mental Health
- Adam Karpati, MD, MPH
Executive Deputy Commissioner for Mental Hygiene, New York City Department of Health and Mental Hygiene
- Lynn Videka, Ph.D.
Dean, NYU Silver School of Social Work
- Celia Brown
Regional Advocacy Specialist, Bureau of Recipient Affairs, NYS Office of Mental Health, New York City Field Office
- Jody Silver
Director of the Office of Consumer Affairs
New York City Department of Health and Mental Hygiene

9:45-10:30 AM

- Keynote Address
- Jacki McKinney, MSW, Consultant
Looking Back, Moving Forward
- Carlton Whitmore, Assistant Director
Office of Consumer Affairs, Division of Mental Hygiene, Department of Health and Mental Hygiene
Embracing Our Diversity & the Role of Peer Leadership

10:40-12:00 Noon

- Morning Workshops

12:00-1:00 PM - LUNCH

1:00-1:45 PM

- FACES, Maimonides Theater Network *(see page 6)*

2:00-3:15 PM

- Afternoon Workshops

3:30-4:30 PM

- Wrap-Up and Reception

Resource Room Open All Day

Morning Workshops

- **Supervising Peer Counselors in Inpatient and Emergency Room Settings**
 - Miriam Azaunce, Ed.D., Associate Director, Wellness & Recovery Services, Kings County Hospital Center Dept. of Behavioral Health
 - Jonathan Edwards, LMSW, Assistant Director, Wellness & Recovery Services, Kings County Hospital Center Dept. of Behavioral Health

This workshop will address the topic of supervising peer counselors working in psychiatric inpatient and emergency room settings. We will address some of the challenges peers face in the workplace including: dealing with stigma; differentiating between the skills needed for peers working with individuals who are acutely ill versus individuals who are more stable and further along in their recovery; understanding and employing Reasonable Accommodation; and establishing boundaries with co-workers and supervisors.

- **The Role of Peer Specialists**

- Kathryn Cascio, CPRP, Advocate, Federation of Organizations
- Lester E.D. Cook, Executive Director, Dreamweavers Peer Support, Inc.

What was the role of the Peer Specialist intended to be? Peer Specialists are change agents, Peer Specialists work to promote choice, informed consent and fight stigma from within the system. People who attend this workshop will learn basic skills related to informed choice, good listening skills, boundaries, shared decision making, recovery language, rights and resources and regain a sense of the mission of Peer Specialist and why their unique work is very important.

- **Non-Medical Tools for Managing Voices**

- Ken Braiterman, WRAP Facilitator, Consultant
- This workshop will teach researched and effective methods for managing voices. It will focus on daily maintenance, triggers and early warning signs. The presenter was a consultant with the Dartmouth Psychiatric Research Center on developing their Illness Management and Recovery Curriculum for community mental health centers.

- **Introduction to Trauma Informed Care**

- Jacki McKinney, MSW, Consultant

This workshop focuses on how trauma affects the Peer Specialist, the people we serve and support, and the community. Jacki McKinney will talk about tools to integrate trauma informed practices in our lives.

Peer Specialists: Cultivating A New Generation of Peer Leadership

Morning Workshops

Morning Workshops cont'd

- **Intentional Peer Support: The Next Generation**

- Rita Cronise, Advanced Level WRAP Facilitator
Intentional Peer Support Facilitator

The goal of this interactive workshop, adapted from "Advanced Crisis Planning" by Stephen Pocklington, is to demonstrate how the tasks of Intentional Peer Support (connection, worldview, mutuality, moving toward) apply to all relationships and how a crisis can be an opportunity to learn and grow.

- **Mary Ellen Copeland's Five Key Recovery Concepts: Hope, Responsibility, Education, Self-Advocacy and Support**

- Tracy Puglisi, Educator, Consumer Training Program, Mental Health Association in Suffolk County, Inc.
- Sylvia Gonzalez, Peer Specialist, Adult Home PSCH

Mary Ellen Copeland's Five Key Recovery Concepts are integral to understanding and knowing how to use a Wellness Recovery Action Plan. Participants will learn how the Five Key Concepts play a role in their own lives and how to teach other peers to incorporate these concepts into their lives.

- **Integrating Person-Centered Skills**

- Ruth Pasillas-Gonzales
Assistant Director of the NYAPRS Collective

Person Centered planning is critical to all service delivery settings from PROS to Case Management to Residential treatment. This workshop will increase Peer Specialists' competencies in the area of building collaborative relationships through Person Centered Engagement and increasing client recovery outcomes through strengths-based approaches.

- **The Youth Experience: Navigating the System to Sustain Youth Involvement**

- Brian Lombrowski, Youth Involvement Specialist
New York State Office of Mental Health, NYC Field Office
- Ewelina Wiecek, Youth Advocate, St. Luke's Waiver Program

The workshop will demonstrate how The Youth Experience, a free-standing peer support and advocacy group in NYC, leveraged their resources to build an infrastructure for sustainable youth involvement.

- **Services for the Underserved (SUS) Project PREPARE**

- Luis O. Lopez, MS, Director of Best Practices and Recovery Based Initiatives, Quality Assurance Staff Development Department, SUS
- Bruce Weems, Peer Counselor, Wellness Works Program, SUS
- Anthony Thomas, Peer Counselor, Wellness Works Program, SUS
- William Cox, Peer Counselor, Majestic and Montrose Residences, SUS
- Annette James, Peer Counselor, Mother Gaston Residence, SUS

Attendees will learn about a pilot project at SUS that provided 15 residents with training in best practices including: Recovery Based Counseling, Wellness Self-Management, Integrated Dual Disorder Treatment, Family Psycho-Education, Wellness Recovery Action Plan (WRAP) and Cultural Competence. The project sponsored internships and job placement opportunities.

- **Overcoming Stigma and Trauma**

- Herminio Maldonado, Advocate, Spokesman

This session addresses the effects of stigma, trauma and discrimination against people living with mental illness from society, the workplace, family and friends and individuals stigmatizing themselves. Workshop participants will benefit by gaining practical, useful solutions as well as inspiration and hope in overcoming issues that affect the lives of people living with mental illness.

- **Work Talk, What's Hot and What's Not**

- Joel Simonds, Peer Specialist, Garden of Eden Adult Home
- Alvin Mendez, Peer Specialist, Garden of Eden Adult Home
- Susan Thompkins, Peer Specialist, Garden of Eden Adult Home

In this interactive workshop participants will use real workplace situations to look at boundaries. Issues concerning clients or colleagues, or even supervisors often must be discussed during the course of the workday. Mostly these exchanges are professional. But it is easy for too much information to be exchanged at times. How do we make sure everyone is respected at all times?

- **Welcoming Lesbian, Gay, Bisexual and Transgender Clients into Care**

- Helen "Skip" Skipper, Rainbow Heights Club
- Michele Willard, Rainbow Heights Club

In this workshop LGBT-identified peer workers will review the particular obstacles and challenges that LGBT clients face when trying to find and access affirming mental health services.

Peer Specialists: Cultivating A New Generation of Peer Leadership

Afternoon Workshops

● PRESENTATION OF “FACES”

“FACES” by Maimonides Theater Network

“FACES” is an innovative, award winning, prevention and peer education program of the Community Mental Health Center, Department of Psychiatry, at Maimonides Medical Center in Brooklyn, NY.

“FACES” is an ethnically mixed group of adolescents directed by Susan Montez, a licensed social worker also trained in theater and acting techniques. Through the use of theatre they become the often unheard voice of the external and internal cause of teenage struggle and self-destructive behavior. They perform for schools, conferences and community groups through out the country and in Europe.

- Susan Montez, LMSW, Director, FACES, Maimonides Theater Network

Afternoon Workshops

● Engagement Guide for Trauma Informed Peer Support: Tools for the New Generation

- Cathy Cave, Sr. Program Associate
Advocates for Human Potential
- Beth Filson, CPS, MFA, Consultant

Workshop participants will gain understanding of the impact of trauma, the principles of trauma informed care and the impact of both on the peer relationship. Participants will get to preview sections of a new “Guide on Trauma Informed Care”. The guide includes tools to apply trauma informed ethics within peer relationships with a focus on safety, mutual empowerment, leadership, mentoring, cultural competence, healing and wellness.

● Using SSI PASS to Support Peer Job Development in These Difficult Economic Times

- Edwin J. Lopez-Soto, Organization/Business/Employer:
Cornell University ILR, Employment & Disability Institute;
Faculty, Employment and Disability Institute

Many individuals with diagnosis of mental illness will face multiple challenges as they prepare to enter or re-enter the job market. Some challenges relate to the need to identify funding to support these efforts. The SSI program’s Plan for Achieving Self Support (PASS) offers a unique way to supplement VESID funding or provide funding for items that VESID will not fund. PASS is the only funding source that is completely self-directed, allowing the individual to use their own income and resources to fund all or part of the cost of reaching a work goal. Come and learn about how it can help you or the people you serve.

● Peer Counselors and Smoking Cessation

- William Kelly, Peer Specialist, Clubhouse of Suffolk

This workshop will present Clubhouse of Suffolk’s successful Smoking Cessation program and the unique and important role that Peer Specialists play in making the program a success. As peer counselors we are in the unique position of having first person understanding of the stress and challenges people with mental illness face. This workshop will present specific strategies for coping with stress without cigarettes.

● Connecticut Recovery Services (C-RECS) Peer Coaching Peers: Promoting Employment of Persons in Recovery in the Behavioral Health Workforce

- Heather McDonald, Executive Director
Focus on Recovery-United, Inc. (FOR-U)
- Chyrell D. Bellamy, PhD, MSW
Assistant Clinical Professor, Director of Peer Services/Research at Yale University School of Medicine, Dept. of Psychiatry’s Program for Recovery and Community Health (PRCH)

This workshop presents an innovative peer-run employment initiative. It will cover peer to peer work-life-balance coaching; the benefits persons in recovery bring to the behavioral health workforce; organizational strengths and strategies in hiring and retaining persons in recovery; collaborative efforts with community and academic centers; and initial evaluation of program findings.

● Wellness through Community Inclusion

- Justin Caywood, Mental Health Empowerment Project

It is hard for many mental health consumers to assimilate into the community after a long in-patient stay or even a period of time in supported housing. In this workshop we will look at ways to foster community inclusion to support wellness and demonstrate how to connect peers with other like minded individuals in the community and how to mobilize people into active sustainable groups and associations.

● Raising the Bar: Cultural Awareness and the Peer Specialist

- Moderator: Carlton Whitmore, Asst. Director, Office of Consumer Affairs, NYC Department of Health and Mental Hygiene
- Panel of Peers will discuss their workplace experiences using cultural awareness as a recovery tool

Cultural awareness is a powerful tool for Peer Specialists. Cultural awareness impacts our own experiences in the workplace and also the recovery of those we serve. As peers, we are in a unique position to not only identify cultural barriers but also encourage empowerment through cultural awareness. How can we use cultural awareness to become more effective at our jobs? How can cultural awareness help support the recovery of the consumers we serve?

Peer Specialists: Cultivating A New Generation of Peer Leadership

Afternoon Workshops

Afternoon Workshops cont'd

- **The Empowerment Center's NYWORKS: an online work support website, nyworks.org**

- The Empowerment Center, **Jim Rye**, Executive Director, and the Staff of the Empowerment Center

Experience the launch of the dynamic nyworks.org website. This workshop will familiarize new peer leaders with the online work support offered by nyworks.org. People will learn how to use NYWORKS to link to statewide and national employment website resources, find benefits and entitlement information, create their own web-based journal, leave a message on the work message board, generate their own work support chat room and find employment opportunities in their area, all in a safe and secure online peer driven website. The Empowerment Center will be providing laptop work stations for participants to experience nyworks.org first hand in the Resource Center. NYWORKS supporting working New Yorkers.

- **Tools of the Trade for Peer Wellness Coaching**

- Elizabeth R. Stone, MA, CASAC-T, NYAPRS
- Coleen Mimmagh, NYAPRS

The emerging field of Peer Wellness Coaching was born from the need to integrate physical health care with behavioral (mental health and substance misuse) health care and the natural benefit of incorporating peers into the workforce. Techniques from a pilot program at UMDNJ that trained peers to work as wellness coaches and how two NYC peers are adapting them to the OptumHealth CIDP in Queens will be shared.

- **Integrating Wellness Coaching into Mental Health Services in NYC: the Mind Your Health Peer Coaching Project**

- Jody Silver, Director of the Office of Consumer Affairs, NYC Dept of Health & Mental Hygiene
- Marlene M. Reil, Ph.D., CASAC, Coordinator of the Office of Health Integration, NYC Dept. of Health & Mental Hygiene
- Kenneth Mick, Peer Specialist Advocate Health Coach, Postgraduate Center for Mental Health

This workshop will detail the evolution and implementation of the Mind Your Health Peer Coaching Workshop series, a program that trained peer specialists to help mental health consumers set and achieve health and wellness goals. The workshop will address modifiable behaviors such as smoking, substance use, nutrition, physical activity and stress reduction to provide peer specialists with the tools to assist others and themselves to improve their physical health and overall wellbeing.

- **Forming a State-wide Association A Facilitated Discussion**

- Rita Cronise, Advanced Level WRAP Facilitator
Intentional Peer Support Facilitator

In this facilitated forum we will discuss the benefits and challenges of forming a state-wide association for peer support specialists. Participants will share what they are doing now and what their needs are related to ongoing education and support for peer specialists.

- **WRAP Stands for Wellness Recovery Action Plan**

- Sarah Brown, Copeland Center for Wellness and Recovery

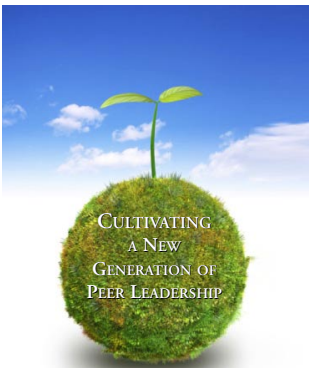
WRAP is a self-management and recovery system developed by people who had mental health difficulties and were struggling to incorporate wellness tools and strategies into their lives. In this workshop participants will receive a comprehensive overview of the key recovery concepts, the main components of WRAP, as well as Crisis and Post Crisis Planning.

- **Using Your Wellness Skills to Manage Your Time More Effectively**

- Charlene Bannon, MSW

This workshop takes general mental health wellness skills and shows you how to use them to better manage your time and how to be prepared for whatever life sends your way. Areas covered will include: procrastination, staying focused, managing anxiety, unexpected situations and tools for organizing your time.

Wrap-Up and Refreshments



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

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, e-mail: cocbcete@omh.state.ny.us so others may attend. 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 7th | Final Day for Registration |
| June 15th | 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