

PAPRS Newsletter

Pennsylvania Association of Psychiatric Rehabilitation Services

*“You don’t have to control your thoughts,
you just have to stop them from controlling you.”*
- Dan Millman

Officers:

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Ellwyn Andres

President Elect

Kim MacDonald-Wilson

Secretary

Rochelle Reimert

Treasurer

Susan Poznar

Immediate Past President

Rita Kraus



Education Manager

Tricia Fisher

tricia.fisher@paprs.com

Operations Manager

Beth Ricker

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PAPRS Board of Directors

Class of 2025 Nominations NOW OPEN!

PAPRS is entering into election season. Nominations for the Class of 2025 Board of Directors opened on September 30, 2022. The nomination form was posted on our website on September 30, 2022 and is open until October 20, 2022.

Class of 2025 - term one runs January 1, 2023 – December 31, 2025. Meetings of the Board may be virtual or in-person.

Please consider possible candidates for nomination to the Board of Directors. Anyone can make a nomination. You may nominate yourself or a colleague. The nominee must be a PAPRS member or agree to join PRA/PAPRS by December 31, 2022.

We strive to have a diverse Board of Directors that represents all areas of Pennsylvania. Members of the Board of Directors can serve two consecutive three-year terms, but the second term requires re-election. Due to some resignations, and normal turnover resulting from term-limit provisions, we have several seats to fill this year.

Please approach potential candidates to assure their willingness to serve as a volunteer Director of PAPRS, and begin to gather information for a brief bio that describes the candidate and their qualifications to serve. Do not delay. Nominations will close October 20, 2022, so that we can proceed with the election from November 7 through November 21, 2022, as required by our Bylaws.

All members of PAPRS are eligible to vote in the election. Watch our website and your email for a link to the ballot in early November.

Thank you for your participation, which helps to maintain PAPRS as a member driven organization.

-Membership Committee

Board Members:

Amanda Burke
Aaron Burkhardt
Stephanie Cameron
Marcie Cole
Collette D'Angelo
Skyler Deitrick
Gwen DeYoung
Virginia Dikeman
Pamela Nabried-Abdullah
John W. Rosengrant
Julie Sanders
Kelly Shuler
Brittani Smerkar

2023 Board Meeting Dates:

- January 19 & 20, 2023
- March 23 & 24, 2023
- June 8 & 9, 2023
- September 21 & 22, 2023
- November 9 & 10, 2023

Board Networking:

Thursdays from 4-6 PM

Full Board Meetings:

Fridays from 9 AM - 1 PM

Meetings are currently held through Zoom

Annual Open Membership Meeting:

Friday, April 14, 2023

During Virtual Conference

Membership Networking:

Thursday, December 15, 2022
11 AM to 12:30 PM

**Watch Member Landing page on website for registration link!*

PRA Update

PRA has recently transitioned to a new management company, Meaningful Measurement, for Membership and Certification processes. We are already seeing hopeful signs of improvement.

If you have unresolved issues with membership status or certification status, please go to our website and click on the PRA UPDATE (<https://papers.memberclicks.net/pru-update>) to read the message from PRA and find current contact information. If your last message to PRA requesting help was prior to March 2022, please contact them again to request assistance. PAPRS is very hopeful that you will now be able to get resolution.



Contact Us



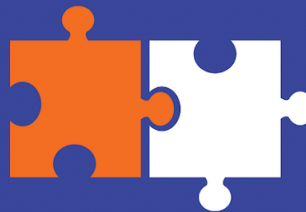
312.878.9797



info@psychrehabassociation.org



PSYCHREHABASSOCIATION.ORG



THINGS ARE COMING TOGETHER

The Psychiatric Rehabilitation Association Board of Directors is excited to announce that PRA is moving toward independent operations by partnering with Meaningful Measurement, Inc.

Meaningful Measurement has overseen test development and psychometric services for PRA's CPRP and CFRP certifications for over a decade. Because of this, they have a deep understanding and appreciation for our field and share our hope and optimism for our organization's future.

Working together, we will renew and revitalize PRA. Stay tuned as we keep you informed of progress, projects, and initiatives along the way.

Thank you for your continued support of PRA and for being a valued member of our community.

To a new beginning,

Steve Miccio

Chair, Board of Directors
Psychiatric Rehabilitation Association



Call for Presenters!

Each year, the PAPRS Conference provides a statewide forum for people committed to psychiatric rehabilitation and recovery to come together, celebrate, share ideas, exchange knowledge, develop new models and approaches, and envision ways to create a responsive and empowering mental health system.

The richness of this conference emerges from the breadth of workshops we offer, which come from YOU, the participants! Submitting a workshop proposal gives you the chance to both benefit and contribute to this vital, yearly event. Proposals are encouraged from across the field: people in recovery, family members, providers, advocates, administrators, researchers, executive directors, and government officials. PAPRS especially invites first time submitters to send proposals for consideration.

For more information and the presenter application, please visit the PAPRS website!

Applications are due by Friday, November 4, 2022.

Topics Include:

- ❖ Engagement Skills
- ❖ Relationship Building
- ❖ Boundaries and Ethics
- ❖ Motivational Interviewing
- ❖ Trauma Informed Care
- ❖ Practitioner Skills
- ❖ Youth and Young Adults
- ❖ Crisis Intervention
- ❖ Co-occurring Disorders
- ❖ Dual Diagnosis
- ❖ LGBTQIA+, Gender Identity, and Transgender Services
- ❖ Social Justice, Racism, the Black Experience, & Diversity
- ❖ Cultural Competence
- ❖ Managing Recovery Oriented Programs
- ❖ Exemplary or Emerging Practices
- ❖ Suicide Prevention
- ❖ Value Based Purchasing
- ❖ PR in Residential Services
- ❖ Health, Wellness, Recovery
- ❖ Telehealth Services
- ❖ Child and Family Resilience

Update on Proposed Amendment to Chapter 5230 Regulations

The public comment period following the publication “as proposed” of 55 Pa.Code Chapter 5230 – Psychiatric Rehabilitation Services (Regulation #14-548) has ended. All public comments and the comments issued September 7, 2022 by the Independent Regulatory Review Commission (IRRC) have been posted to the IRRC website under IRRC # 1347 at <http://www.irrc.state.pa.us/regulations/RegSrchRslts.cfm?ID=3358>.

The Department of Human Services must now review and respond to the comments and make any relevant changes to the preamble and annex in the “final form” regulatory package. The Department has expressed intent to move through this process promptly.


Following review by the Department and the Governor’s office, the “final form” package will be submitted to the IRRC. A public hearing will be scheduled soon after, at which time interested parties may give public testimony. For the rules regarding testimony, go to <http://www.irrc.state.pa.us/meetings/>.

At the completion of the hearing, the IRRC members will vote to approve or disapprove the amendment to Chapter 5230 – Psychiatric Rehabilitation Service. If disapproved, the process ends. If approved, a final review of an approved regulation is made by the Office of the Attorney General. After full approval by the Attorney General, the new regulation will be published in the PA Bulletin with an effective date noted.

Until then, please continue to operate under the existing published regulation in use since 2013.

For updates on the process, interested parties may subscribe to IRRC alerts by entering the IRRC regulation number 1347 and completing the subscription form at <http://www.irrc.state.pa.us/regulations/subscribe.cfm>.

Save the Dates!



**PAPRS
Virtual
Conference**

**Psychiatric
Rehabilitation:
The Next Chapter**

April 13, 14, 20 & 21, 2023

Program Spotlight

Hello, my name is Melissa Glenn, I am the supervisor of the Psych Rehab and Peer Support programs at Community Counseling Center of Mercer County. I wanted to share a little about our Psych Rehab program. Our site-based program currently offers approximately 40 groups a week, allowing individuals to work on living, learning, socializing, working, and self-maintenance goals. At the end of next month, we are planning to have a Halloween themed social with many fall themed festivities. The participants always love our Psych Rehab socials!

One of the favorite groups is our cooking group which always makes the entire building smell amazing, making everyone hungry! We also have a gardening group that has been able to grow produce to then use in the cooking group. Some of the gardening group participants were able to volunteer and help out at the local community garden in Sharon.

Wellness groups have been popular allowing individuals to increase activity and feel better. A few groups offered have been walking, yoga, and dimensions of wellness. Groups that work on socialization are also important and appreciated. Creative Expressions is a group allowing individuals to express themselves through creative outlets. Psych Rehab often displays their art throughout the building, even our ceiling tiles are decorated by participants. The music in mental health group explores how music can be helpful in recovery, creative writing promotes self-expression, confidence in social settings and communication skills. Coffee talk is a group that enjoys a morning cup of coffee while discussing topics of interest and current events. Psych Rehab also has a group called Good News, they create a newsletter to share inspirational and positive stories. These are just a few of our groups, there are many more but the important part is our members enjoy coming and get so much out of the Psych Rehab program. Just today I had a participant tell me how Psych Rehab is the highlight of her day and how it has changed her life.

Thanks for letting me share about our psych rehab program! Hope you have a fantastic day!

Training Opportunities

All sessions are Virtual, conducted on Zoom. To Register for sessions, go to the PAPRS Calendar on the PAPRS website. Navigate to the date for the session, scroll down and click on the link to register for the session date you have chosen. Complete and submit the registration form. The link will be sent to your email account.

- **Skills in Psychiatric Rehabilitation**
October 27, 2022
9:00AM – 12:00PM (3 hours)
Price: Members \$50; Non-members \$100
- **PR Services Documentation Skills that Work for Regulators, Payers, and People in Services**
December 1 & 2 and December 8 & 9, 2022
9:00 AM – 12:00 PM (12 hours)
Price: Members \$175; Non-members \$300
- **Creating Welcoming Services for LGBTQIA+ Individuals and their Families**
December 13 & 14, 2022
9:00 AM – 12:00 PM (6 hours)
Price: Members \$75; Non-members \$125

Pennsylvania Association of Psychiatric Rehabilitation Services

Training Announcement

**Assessing and Managing Suicide Risk for Direct Care Staff Working
in Outpatient Health and Behavioral Health Care Settings**

This course provides 3.0 CPRP & CFRP credit hours training for staff who provide direct care to clients and support the clinicians managing client treatment. This course teaches skills in the recognition, assessment, and management of suicide risk and the delivery of effective suicide-specific interventions.

<h2 style="margin: 0;">Free for Members</h2> <hr style="width: 20%; margin: 10px auto;"/> <h2 style="margin: 0;">Discounted Rate for Non-Members \$20.00</h2>	<p style="margin: 0;">Virtual Session Schedule</p> <p style="margin: 0;">August 25, 2022 1:00 PM – 4:30 PM Registration closes 8/11/2022</p> <p style="margin: 0;">September 14, 2022 9:00 AM – 12:30 PM Registration closes 8/31/2022</p> <p style="margin: 0;">October 19, 2022 1:00 PM – 4:30 PM Registration closes 10/5/2022</p> <p style="margin: 0;">November 30, 2022 9:00 AM – 12:30 PM Registration closes 11/16/2022</p>
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Additional Sessions Added!



pennsylvania
DEPARTMENT OF HUMAN SERVICES

This training is offered in collaboration with the PA Department of Human Services, Office of Mental Health and Substance Abuse Services..

Register Now
www.paprs.org

*Please note, this is an interactive virtual workshop via Zoom and will require you to participate with audio and visual technology.

For more info contact Tricia Fisher
tricia.fisher@paprs.org