

## Pennsylvania Association of Psychiatric Rehabilitation Services

### PAPRS

[www.paprs.org](http://www.paprs.org)

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Tricia Fisher, MS, CPRP

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PAPRS (Pennsylvania Association of Psychiatric Rehabilitation Services) is an association of more than 60 psychiatric rehabilitation organizations and practitioners throughout the commonwealth which works in close collaboration with OMHSAS. PAPRS is affiliated nationally with PRA (Psychiatric Rehabilitation Association).

PAPRS was organized over 20 years ago to promote and support the philosophy, values, and practices of Psychiatric Rehabilitation for people in recovery from mental illness and to exercise leadership and encourage the development of continually improving concepts and practices of Psychiatric Rehabilitation in Pennsylvania. It offers training opportunities and technical assistance in close collaboration with OMHSAS in the areas of Psychiatric Rehabilitation, Recovery, and Service Transformation. Training is offered through an annual conference, institutes, workshops, and regional trainings. In conjunction with PRA, PAPRS offers training and encouragement of practitioners to attain the status of Certified Psychiatric Rehabilitation Practitioner (CPRP), nationally recognized as evidence of competence and proficiency in the field. Pennsylvania currently has more CPRPs than any other state.

PAPRS is dedicated to the promotion and improvement of a range of services and approaches that facilitate recovery and is very supportive of Peer Support. The PAPRS Conference is held in April in State College, PA. See the web site for more information.

More information about PAPSRS can be found at [www.paprs.org](http://www.paprs.org). Look there for Conference and training information. Contact PAPRS at any time regarding membership or member-services information at [info@paprs.org](mailto:info@paprs.org) or calling 717-655-7662.

### PAPRS

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# **2017 Psychiatric Rehabilitation: Pathways to Recovery In Review**

We would like to thank everyone who made the PAPRS 2017 Conference – Pathways to Recovery a success. The dedication of the conference committee, unwavering support of the board of directors and the hard work of our staff has made PAPRS Conference the premier training for recovery based services in Pennsylvania.

The Pathways to Recovery Conference content included a range of cutting edge topics on best and evidence based practices in the field by state and national experts. Topics included the following workshops to name a few: Assessing and Managing Suicide Risk, History and Progress of a Transitional Age Psychiatric Rehabilitation Clubhouse, Psychiatric Rehabilitation Services for Youth and Young Adults, The Added Value of Psychiatric Rehabilitation in Medicaid Managed Care, and Compassion Fatigue. We were extremely pleased with our first Keynote speaker, Kevin Breel. Kevin is a 23 year old inspirational speaker from Canada who became famous after his TED talk “Confessions of a Depressed Comic.” Kevin’s honest and humorous take on his firsthand experience with depression and his message of ending stigma around mental illness was well received in Pennsylvania. Our second Keynote speaker was Judge Linda Fleming. Judge Fleming oversees the Family Law Division and the Mental Health Treatment Court in Cambria County. Judge Fleming offered how Mental Health Treatment Court benefits not only the program participants but also the local criminal justice system and the entire community. She connected with and offered suggestions to many individuals who reside in counties that do not currently offer Mental Health Treatment Courts. Additional workshops were provided that had direct impact with individuals who currently or had past involvement with the criminal justice system including Making Mental Health Courts Work and Valued Social Roles – The Bridge between our Past, Present and Future. We also wanted to thank the G.O. M.A.D. players who performed their thought provoking and entertaining anti-stigma and advocacy skits.

The conference provided a platform for individuals to share their thoughts and ideas on the current system and ideas for the future. Over 300 individuals attended the conference this year, including 139 CPRP’s and 30 CPS’s. The diverse mix of individuals included people with lived experience, family members, direct service staff, advocates, researchers and organizational and government leaders from the mental health community.

**We look forward to seeing everyone at our 2018 conference at the Penn Stater Hotel and Convention Center in State College, PA on April 10, 11, and 12, 2018.**

**Registration is now open.**

Please find specifics about our conference including featured Keynote Speakers, the Respect Poster Contest, and conference schedule on our website [www.paprs.org](http://www.paprs.org)

Thank you to everyone for your continued support! Hope to see you all in April!

Jen McLaughlin and Maureen Walsh– Conference Co-Chairs





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# **Upcoming Continuing Education Opportunities**

**Practitioner Orientation:  
Foundations for Recovery-Oriented Psychiatric Rehabilitation Services**

March 14 & 15, 2018	Resources for Human Development Lehigh Valley ACT Site 601 East Broad Street Bethlehem, PA 18018
May 3 & 4, 2018	Community Counseling Center 2201 East State Street Hermitage, PA 16148

**PR Services:  
Documentation Skills that work for Regulators, Payers, and People in Services**

January 25 & 26, 2018	Excelsa Health Westmoreland 532 West Pittsburgh Street Greensburg, PA 15601
March 1 & 2, 2018	Giant Foods Store 3301 Trindle Road Camp Hill, PA 17011

**Engagement Skills in the Psychiatric Rehabilitation Process**

March 16, 2018	Resources for Human Development Lehigh Valley ACT Site 601 East Broad Street Bethlehem, PA 18018
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**Training dates will continue to be added at  
[www.paprs.org](http://www.paprs.org)**

**Visit the website for complete descriptions of each  
training.**

**Please contact Tricia Fisher, Education Manager to  
discuss your organizations training needs.**

**Email: [tricia.fisher@paprs.org](mailto:tricia.fisher@paprs.org)**



# Membership

## Live Our Mission, Achieve Our Vision

### Ensure you are Receiving the Latest News in the Psychiatric Rehabilitation Field!

Update your organizational and individual PRA and PAPRS contact information NOW:

You need to update your information on both websites as they are not linked to each other.

#### PRA

1. Go to <https://www.psychrehabassociation.org/user>
2. Log in
3. Update Profile/Contact information

**Easily update your staff listing online if you are your Organizations Primary Contact**  
Login to the PRA website by using your email address and password (If you forgot your password, simply select the "Forgot your Password" option below the login fields).

Click the **My Information** link on the left, then click on the organization's name under **Organization Information** to access your organization's profile.

Once there you can manage the staff listing and make sure that all individuals are linked and receiving benefits by using the **Manage Org Individuals** feature to add new staff members and request the removal of those who are no longer with the organization.

#### PAPRS

1. Go to <https://www.paprs.org/eweb/DynamicPage.aspx?Site=PAPRS&WebCode=LoginRequired>
2. Log in
3. Update Profile/Contact information

If you need assistance with the PAPRS website, please contact Tricia Fisher at [tricia.fisher@paprs.org](mailto:tricia.fisher@paprs.org)





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## **Policy Update**

Warm greetings from the PAPRS Policy Sub-committee. Our goal is to keep you informed on policy issues and support you to be an advocate for the interests of mental health providers and the program participants we support.

Once again, Medicaid is under attack and it's our job to let our legislators know that we won't tolerate it.

Yesterday, House Bill 59, known as The Human Services Code, passed in the Pennsylvania House, and will go to the Governor for his signature to become Law.

HB 59 would force Medicaid recipients in PA to jump through hoops to access coverage. The bill also fast-tracks cuts to non-essential benefits and restricts choice of providers and pharmacists.

Thankfully, Governor Wolf has spoken out against this Bill. His spokesperson has stated the Governor **"strongly opposes these backdoor changes to Medicaid that could have widespread and potentially life-changing effects on the health and well-being of millions of Pennsylvanians."** This suggests the Governor will choose to veto the bill, and toss it out.

**Contact the Governor's office and share that you support his position and that we are relying on him to veto The Human Services Code.**

Call 717-787-2500 or [follow this link to send him an email](#).

Let the Governor know we value his support and appreciate him standing up for Medicaid.

For more information, check out these articles in the [Philadelphia Inquire](#), and the [Pittsburg Post-Gazette](#).

Thank you for your advocacy!

Fondly,

Elisha Coffey





## "Just Like Everyone Else" - Education Plus Celebrates 50+ Graduations

"I really want to get my degree and make enough money to buy a car and a house but it's just too hard to manage. It's too stressful and I have no support." This was the typical response from participants at Horizon House who were mainly working in entry-level jobs when we suggested that they go back to school. College and Certificate programs are difficult for most people but when you add the challenges of having a mental health diagnosis and other issues like a learning disability, staying in school is just too much. In 2002, with the assistance of Dr. Mark Salzer, Director of the Temple University Collaborative on Community Inclusion at Temple University, Horizon House created the Education Plus Program. The program's mission is to provide the necessary supports to help students stay in school and reach their education and employment goals by learning how to successfully navigate the academic environment.

With funding from The Pew Charitable Trusts and the Philadelphia Department of Behavioral Health/Intellectual disAbilities Services, *Education Plus* was created and is based upon the principles of psychiatric rehabilitation and SAMHSA's best practices mobile approach to supported education. (Over the past few years we have added funding from the PA Office of Vocational Rehabilitation) Each student receives individualized help from an Educational Specialist with whom they meet at least bi-weekly on college campuses, at venues in the community, or by phone. Students develop a plan in conjunction with their Educational Specialist based upon identified areas where they need help. Most often, this includes time management, course selection, getting along with students and faculty, learning to advocate for yourself, how and where to seek help on the campus, managing financial aid including completion of the FAFSA form and searching for scholarships, and maintaining mental and physical health. Referrals are made for essential services like housing outside of the academic arena. Also, since many students have difficulty in accessing learning supports and other services on campus, the Education Specialists help with finding the right services and often accompany students to their first visit.

Education Plus services go way beyond what college staff can provide but it is essential to partner with the college's Office on Disability Services that deal with accommodations. Students who need employment while in school and upon graduation can utilize Horizon House's Supported Employment Services. Emphasis is placed on raising the students' confidence and self-esteem. Having a person to call when the student is in a panic, not knowing what to do, has made all the difference. Many of our students who tried school on their own and failed have been successful with the additional support. To quote Dr. Salzer, our students are entitled to "the opportunity to live in the community and be valued for one's uniqueness and abilities like everyone else." They have the same hopes, dreams, and goals in life and are entitled to receive the supports they need to realize them.

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## "Just Like Everyone Else" - Education Plus Celebrates 50+ Graduations

This year we are celebrating 50 plus graduations since 2003. (Several students have achieved more than one degree) This event is a testament to the determination and hard work of the students who demonstrate that individuals with disabilities can achieve their academic goals when given the right supports. Schools represented in the total include 25 from Community College of Philadelphia, 12 from Temple University, plus 10 other post secondary institutions in the 5-county Philadelphia region including several proprietary certificate programs. On average, *Education Plus* serves 45 to 50 students each semester. Referrals come from college Disability Services, mental health agencies, Office of Vocational Rehabilitation and by word of mouth. Beginning with the new semester, we will be working with Disability Services staff at two colleges to create workshops for students who need support services, but have difficulty asking for help, due in large part to feeling stigmatized.



**Top Left:** Present and past students who have graduated from Temple, DeVry University, Lincoln University, St. Joseph's University, Community College of Philadelphia

**Bottom Left:** Rose with Jerry Howard, long time Horizon House employee & Emily Scott, Program Coordinator

**Bottom Right:** Rose received her bachelor's degree in Human Services from Lincoln University, previously received an Associate's Degree from Community College of Philadelphia (CCP)

