

# Pennsylvania Association of Psychiatric Rehabilitation Services

## Virtual Conference 2021

### PAPRS

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

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# PAPRS Annual Conference 2021

Finding Success & Satisfaction  
in a Changing World  
April 22nd, 23rd, 29th & 30th

Can you feel the excitement?! Really can you?  
We are 7 weeks away from PAPRS Annual Conference!  
Please join us for

## **Finding Success and Satisfaction in a Changing World**

This year we are back virtually and better than ever! We have spread the conference out over 4 days; April 22 and 23; April 29 and 30. You can choose to attend the entire conference or pick from our ala carte menu and pay by the workshop. We are able to save you money on rates this year due to offering the conference virtually.

### Member Rates

Full Conference - \$175

Individual workshop session - \$25

### Non-Member Rates

Full Conference - \$300

Individual workshop session - \$45





## **Pennsylvania Association of Psychiatric Rehabilitation Services**

**Three Keynote Sessions!! 20 different workshops!!  
So many choices to choose from... Our line up will not  
disappoint! Our Keynote Speakers are:**

**Felecia Hatcher:** Author and transformation speaker Felecia's mission is to build out social impact and technology solutions to help companies uniquely solve Diversity, Equity and Inclusion issues through storytelling, national convening, urban innovation spaces and economic development through inclusive innovation.

**Dan Tomasulo:** Psychologist, Professor, Speaker, and Author Dan's passion is Positive Psychology. While traditional psychology focuses on our weaknesses, positive psychology focuses on our strengths, cultivating our best selves so we can lead meaningful and fulfilling lives.

**Minding Your Mind:** The organization's primary objective is to provide mental health education to adolescents, teens and young adults, their parents, teachers and school administrators. The goal is to reduce the stigma and destructive behaviors often associated with mental health issues. Speakers:

Jordan Burnham- is a survivor of a suicide attempt during his senior year in high school and shares his powerful story of fighting depression and finding recovery.

Dr. Jenna DiLossi - is a specialist in Cognitive Behavior Therapy and currently serves as the co-founder and clinical director of the Center for Hope & Health.

## **PAPRS Outcomes Work Group**



### **Outcomes Focus Groups from January**

Submitted by Sara Mays

The PAPRS Outcome Workgroup was pleased with the response to the January focus groups. We had representation from providers and stakeholders across the state. There was great conversation and feedback. It was so good to see many familiar faces and to meet some new members of the PAPRS community! The outcomes workgroup is currently working on reviewing the data collected. The goal is to use this information to support the needs and future outcome measures of psych rehab programs across the state with a focus on value based payments and most importantly individuals satisfaction and success. Some themes that were discussed across the focus groups include:

- Creative planning
- Adaptation Benefits and Challenges
- Impacts on clients
- Impacts on staff
- Collaboration

Once data is reviewed and summarized, this helpful information will be shared with our PAPRS membership.

**Pennsylvania Association of  
Psychiatric Rehabilitation Services**

***To Honor the Memory  
of an Amazing  
Colleague***

It is with great sadness we report the death on February 6, 2021 of Pennsylvania Association Psychiatric Rehabilitation Services member, Dr. Barbara Granger.

Dr. Granger's education included a BA in Social Science and Women's Studies from University of Pennsylvania, and later a Masters of City Planning from U. Penn in 1974. She received her doctorate from Bryn Mawr College for her dissertation titled "Process and Participation in Needs Assessment: Approaches to Defining the Housing Needs of People with Psychiatric Disabilities." Her key areas of expertise included collaborative relationships within and between organizations to promote recovery, and integration of peer support services into behavioral health services, including promotion of strong co-worker and supervisory relationships.

Her career, which began in 1970, had included research, evaluation/assessment, training, workforce development, and organizational development in the fields of psychiatric rehabilitation and mental health services; earlier experiences included housing development, community organizing, and long-term care advocacy. In 2000, Barbara Granger became a member of the Psychiatric Rehabilitation organization and in 2001 earned her CPRP.





## *To Honor the Memory of an Amazing Colleague continued...*

Her passion had been to facilitate, where possible, raising the voices of people living with disabilities and chronic illnesses and their families to assure that policies and supports in their communities truly reflect and respect their stated needs.

In 2006, she partnered with Dr. Eri Kuno and received a knowledge exchange grant regarding Supported Employment for individuals with mental health challenges. This involved hosting a delegation from Ichikawa, Japan (near Tokyo) and then traveling with a US delegation to Ichikawa to tour programs, meet with program participants, deliver symposia, and support the development of community-based psychiatric rehabilitation in Japan. This project included the making of two films about Supported Employment, one here in the US and one in Japan, featuring the stories of several individuals receiving Supported Employment services, and the difference it made in their lives.

Her career included working with people nationally through Matrix Research Institute for 20 years (whose founder was also a Founding Board member of the Psychiatric Rehabilitation Association). While at Matrix, she led two Pew Foundation funded projects investigating the benefits of Peer-delivered Supported Employment. Her international activities included work with people from Canada, Japan, Pakistan, Australia, and New Zealand. In 2013, Barbara, under the encouragement of the Caravan of Life Trust, travelled to Karachi, Pakistan to support the development of a psychiatric rehabilitation program. Dr. Granger's contribution, as a program evaluator, was so professional and warm and well received by the Pakistani behavioral health team.

In “retirement” her consultation activities continued -- Program Evaluation with The Recovery House in Karachi Pakistan, Consulting Editor with the Psychiatric Rehabilitation Journal, and Advisory Board Member of the Pennsylvania Association of Psychiatric Rehabilitation Services. PAPRS hired Barbara as a part-time Training and TA Consultant a decade ago. During her tenure, she led the development of the 12-Hour Orientation to Psychiatric Rehabilitation course that PAPRS has offered several times a year ever since 2011. Barb retired from that role in 2012, but helped develop and launch PAPRS Training and Technical Assistance model—now known as Education and Consultation. Her knowledge, education, and experience were invaluable to setting the foundation and aiding the growth of this effort. This was at a time when we were just beginning to learn such things as website maintenance, marketing, integrating databases with the website, and on-line learning. She helped to establish the focus of our Education and Consultation Committee and participated on the Committee regularly over the years.



## *To Honor the Memory of an Amazing Colleague*



Dr. Granger was a regular contributor as a workshop facilitator at our annual conference. Many people were inspired by her presentations and her passion for Psychiatric Rehabilitation. She served on the Advisory Committee to the Board of Directors of PAPRS until illness took her away just this year. She had a strong interest in seeing Psychiatric Rehab services receive the respect and funding commensurate with its value to people in Recovery. She was dedicated to the Principles and Values of Psych Rehab, and felt the field needed more recognition. She theorized that showing the Outcomes of Psychiatric Rehabilitation was critical to gaining that recognition, and was a leader in PAPRS efforts to develop effective measures and processes for showing those outcomes.

Over the past four decades she had written and obtained public and private grants and contracts; published articles, book chapters, training curriculums, and guidebooks; produced a film; and conducted conference keynotes, symposiums, institutes, workshops, and staff development training events.

Many people connected with the Psych Rehab community were impacted by Dr. Granger—witness the responses on the PAPRS Facebook page—whether it was her doing a workshop, or promoting employment as a Psych rehab outcome, or advocating for Peer Support as a service modality. Many also will remember her warm smile, her thirst for knowledge, her sense of humor, and her loving spirit. One member described her as “one of the best people I have ever known. Open hearted, generous, relentlessly positive and hopeful without being cloying, and always curious about her world and accepting of everyone.”

Dr. Granger had many interests outside of her professional roles—she was a member of several organizations including a Delaware Valley, PA arboretum for the viewership and classification of birds' native to PA and beyond. Animal rescues were another area of interest. She was dedicated to loving her family, and made time with her grandsons, Laith and Zayd, a priority.

Barbara was a two-time survivor of breast cancer in her 40's-50's. The recent illness which ended her life was lung cancer. She was 78. She is survived by her husband Robert Jaffe, her daughter Nicole Jaffe, son-in-law Khalid Hoummadi, plus her grandsons and a host of extended family. Funeral services were held on February 14 and Shiva was held February 15, 2021.



**Pennsylvania Association of  
Psychiatric Rehabilitation Services**

**Psych Rehab Association's new  
Board of Director member  
is one of our PAPRS Board Members**

Lisa Quintana, PAPRS Board Member and Community Based Program Director with Merakey, just accepted a nomination to the Psychiatric Rehabilitation Association Board of Directors. The Board of Directors work to advance PRA's mission to grow and train the recovery workforce, driving positive change for the mental health industry and overall societal progress.

**Congratulations Lisa Quintana!!!**

***Do you have a CPRP at your agency  
that we should celebrate?***

*Are you, or do you know of, a new Certified Psychiatric Rehabilitation Practitioner within your agency? We would like to spotlight them on our Facebook and LinkedIn pages. Please send their information and a picture to Amy DeMay, Communications Chair at [ademay@ycp.edu](mailto:ademay@ycp.edu) for recognition of this great accomplishment!*



**Staying Connected?**

**Besides hearing about things going on in PAPRS on our website and in our newsletter, you can also find us on Facebook and LinkedIn at Pennsylvania Association of Psychiatric Rehabilitation Services. Check us out!!**



# **2021 CPRP and CFRPs:** **Recertify by March 31 for a Discounted** **Early-Bird Rate!**

If your CPRP and/or CFRP certification expires in 2021, you may now [recertify online](#) by visiting

[www.psychrehabassociation.org/certification/recertification](http://www.psychrehabassociation.org/certification/recertification).

Once you visit the page, click the button to Recertify Now, download the [PDF Recertification Form](#) and email to [certs@psychrehabassociation.org](mailto:certs@psychrehabassociation.org)!

If you are unable to recertify online, or need help logging in (please do not create a new record), just send us an email at [certs@psychrehabassociation.org](mailto:certs@psychrehabassociation.org) and we'll help you out.

*(to open links, hover and right click, scroll and click on Open Link).*

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## **Conference Contests!**

Please let everyone you know that is working on their recovery about our [R.E.S.P.E.C.T. Poster Contest](#). Individuals are invited to showcase their artistic talent and their commitment to fighting stigma by creating a poster highlighting the fight against stigma and/or the truth about mental illness. See our website for specifics.



## **Conference Scholarships!**

You are not too late! We are again giving out scholarships, focusing on individuals in recovery. The scholarship application can be found at [www.paprs.org](http://www.paprs.org) and the deadline for applications is **March 15th, 2021.**

# Something from our Eastern Region of PAPRS

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## PASS THE WORD ON!!

A new clinic supported by the Federal Emergency Management Agency has the potential to double the number of COVID-19 vaccine doses administered in Philadelphia each day.

Located at the PA Convention Center, the site is being run as a partnership between the city and the federal government. It's part of [a nearly \\$4 billion plan](#) for FEMA to support more than 400 community vaccination centers across the country.

Philly's clinic will get staffing and supplies from the feds, including more than 200 members of the military and extra vaccine doses.

Dubbed the Center City Vaccination Center, the site is meant to serve Philadelphia residents. It's expected to launch Wednesday, and remain open for at least six weeks, until mid-April.

Once it's up and running, the target is for the CCVC to provide around 6,000 doses daily, according to Philly Health Commissioner Tom Farley. That's about equal to [the average daily throughput of all other city providers](#) combined.

The center will be open seven days a week and operate 12 hours a day, offering a much larger window than other standing sites in Philadelphia.

You can't just show up, however. Like most other clinics, service will be by appointment only, with invites sent to eligible folks who've signed up at [the city's main vaccine interest registry](#). When you arrive, you'll have to show ID that matches the name on the scheduled visit in order to get your shot.





## **QUARTERLY PROVIDER NETWORKING MEETINGS**

The Provider Networking Meetings will be held Quarterly in 2021. During these meetings, providers will have the opportunity to connect with others to discuss hot topics in Psychiatric Rehabilitation Services in Pennsylvania and beyond. Please reach out to Tricia Fisher at [tricia.fisher@paprs.org](mailto:tricia.fisher@paprs.org) with topics you would like to discuss in 2021.

### **Networking Meetings for 2021**

- March 25, 2021 11:00 am to 12:30pm
- June 24, 2021 11:00 am to 12:30 pm
- September 30, 2021 11:00 am to 12:30 pm
- December 16, 2021 11:00 am to 12:30 pm



Don't forget to connect with us on Facebook and LinkedIn under **Pennsylvania Association of Psychiatric Rehabilitation Services**. Check out training events, job postings and other interesting information to keep you connected to what is happening around the state.

## **Have you been considering being more active in PAPRS? Ever wonder what happens behind the scenes at PAPRS?**

We have several committees which are working hard to support our membership and the field of psychiatric rehabilitation. The committees include both board and non-board members to facilitate the conference, training opportunities, advocacy and policy, communications, membership and business related affairs, to name a few.

Below are the various committees and the chair person(s) for each. If you think that you would be interested in supporting the work that we are doing in PAPRS and one of these committees sounds of interest to you, please feel free to reach out!

### **We are a fun and welcoming group!**

#### **Budget and Finance**

Susan Poznar Chair [spoznar@cccmer.org](mailto:spoznar@cccmer.org)  
Elizabeth Ricker Co-Chair [egr1@comcast.net](mailto:egr1@comcast.net)

#### **Education and Consultation**

Kelly Shuler Co-Chair [kshuler@skillsgroup.org](mailto:kshuler@skillsgroup.org)  
Rochelle Reimert Co-Chair [rreimert@salisb.com](mailto:rreimert@salisb.com)

#### **Membership Committee**

Jenny Gordon Chair [jgordon@thecgc.com](mailto:jgordon@thecgc.com)  
Karen Retorick Co-Chair [retorickk@csgonline.org](mailto:retorickk@csgonline.org)

#### **Conference Committee**

Aaron Burkhardt Chair [aaron@challengectr.com](mailto:aaron@challengectr.com)  
Maureen Walsh Co-Chair [mwals1@allied-services.org](mailto:mwals1@allied-services.org)  
Jennifer McLaughlin Co-Chair [mclaughlinj@csgonline.org](mailto:mclaughlinj@csgonline.org)

#### **Communications Committee**

Amy DeMay Chair [ademay@ycp.edu](mailto:ademay@ycp.edu)  
Lisa Quintana Co-Chair [lquintana@merakey.org](mailto:lquintana@merakey.org)

#### **Policy Committee**

Ginny Dikeman Co-Chair [vdikeman@pa.gov](mailto:vdikeman@pa.gov)  
Elizabeth Ricker Co-Chair [egr1@comcast.net](mailto:egr1@comcast.net)

#### **History Work Group**

Kim MacDonald-Wilson [macdonaldwilsonkl@ccbh.com](mailto:macdonaldwilsonkl@ccbh.com)  
Phil Braun Co-Chair [philip.braun@lenapevf.org](mailto:philip.braun@lenapevf.org)

#### **Outcomes Work Group**

Sara Mays Co-Chair [smays@ciu10.org](mailto:smays@ciu10.org)



# Something from our Western Region of PAPRS

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## A submission from Glade Run Lutheran Services' EPIC Psychiatric Rehabilitation Program, Butler County

Sanctuary and Music provide for Recovery Growth.

Glade Run Lutheran Services' EPIC Psychiatric Rehabilitation Program, in Butler County, begins each day with a community meeting based upon the principles of Sanctuary. Sanctuary is a trauma informed care model that creates safe spaces for healing and recovery to occur. A Community Meeting helps to set the day and get a sense of where everyone is mentally and emotionally by asking three questions:

How are you feeling today?

What is a goal you have for yourself today?

Who would you ask if you needed help with that goal?

Similarly EPIC ends each day with another community meeting, to reinforce what they have learned. This time asking:

What have you learned today?

What did you practice today?

What will you take away from EPIC today?

Sanctuary tools, like the community meeting, helps our members build a foundation for their growth and recovery.

During a recent music group they had the opportunity to draw from that foundation and explore connecting various types of music with their emotions and life experiences. Positively impacted by the group topic, members were inspired to write what EPIC means to them and create a song. The following page is just one example of how Psychiatric

Rehabilitation provides the opportunity to work creatively with the members we serve to reach the goals and recovery they desire.

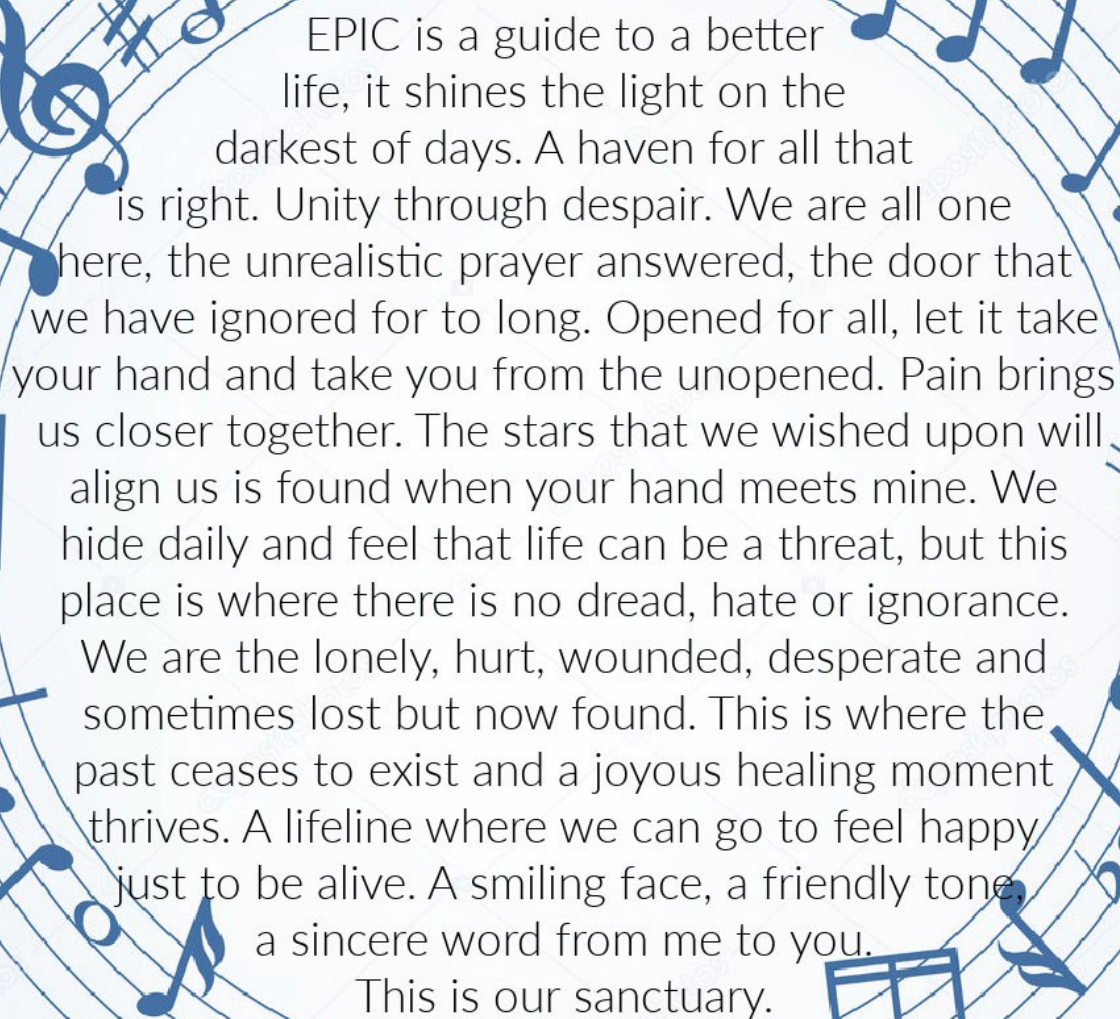
Prepared by Debbie Ferguson

Glade Run Lutheran Services EPIC Psychiatric Rehabilitation



# Something from our Western Region of PAPRS

## A Song about the EPIC Program



EPIC is a guide to a better life, it shines the light on the darkest of days. A haven for all that is right. Unity through despair. We are all one here, the unrealistic prayer answered, the door that we have ignored for too long. Opened for all, let it take your hand and take you from the unopened. Pain brings us closer together. The stars that we wished upon will align us is found when your hand meets mine. We hide daily and feel that life can be a threat, but this place is where there is no dread, hate or ignorance. We are the lonely, hurt, wounded, desperate and sometimes lost but now found. This is where the past ceases to exist and a joyous healing moment thrives. A lifeline where we can go to feel happy just to be alive. A smiling face, a friendly tone, a sincere word from me to you.  
This is our sanctuary.



## **Upcoming Continuing Education Opportunities**

### **2021 Virtual Practitioner Orientation \$250 member/ \$300 non-member**

This four day, 12 hour orientation provides an overview of the larger field of psychiatric rehabilitation. The foundation topics include PR history, principles, values, documentation, types of programs, ethics, collaboration, practice competencies, and more. This course is approved by OMHSAS and fulfills the licensure requirement that ALL staff in a psychiatric rehabilitation program complete a 12 hour PR Orientation. You must attend the full 12 hours in order to obtain your certificate. (55 PA Code Chapter 5230.56) **Approved for CPRP credits.**

**May 5-6 & 12-13, 2021      Virtual      9:00am-12:00pm**

### **2021 PR Documentation Skills \$250 member/ \$300 non-member**

This 4 day, 12 hour skills-based course is designed to enhance practitioners' skills in documenting Psychiatric Rehabilitation services. Developed in collaboration with the Pennsylvania Office of Mental Health and Substance Abuse Services (OMHSAS), the course concentrates on documenting functional assessments, rehabilitation plans and daily entries that meet the requirements of PR Regulation 5230. The instructor will also demonstrate how a comprehensive strengths based assessment provides a strong foundation for goal planning. Attendees will have the opportunity to apply the skills learned through several guided activities. **Approved for CPRP and CFRP Credits!**

**May 19-20 & 26-27, 2021      Virtual      9:00am—12:00pm**

### **2021 Ethics & Boundaries and Using the Code of Ethics \$125/member \$175/ non-member**

This 2 day, 6 hour course is designed to address every day ethical challenges in recovery oriented services. Ethical dilemmas put practitioners at risk to make unprofessional decisions that may negatively impact individuals served as well as jeopardize the integrity of the service system. Faced with increasingly demanding and complex situations, this training will walk participants through an ethical decision-making process and the practical application of recovery oriented Codes of Ethics. Attendees will have the opportunity to apply the skills learned through several guided activities.

**Approved for CPRP and CFRP Credits!**

**June 9 & 10, 2021      Virtual      9:00am-12:00pm**



**If you work for an Organizational member of PRA/PAPRS and are NOT able to choose the member rate, please consult your agency's primary contact person who can add you to the membership BEFORE you complete registration.**

Please visit [www.paprs.org](http://www.paprs.org) to register today!

## Upcoming Continuing Education

### **Virtual PR Principles, Values & Domains: Preparation to become a CPRP \$125/member \$175/ non-member**

This course provides an overview of the core principles and values of psychiatric rehabilitation practice. The principles are implemented through seven practice competency domains that define professionally delivered psychiatric rehabilitation services. This course is intended to provide guidance and support for practitioners who seek a successful CPRP testing experience. **Approved for CPRP credits.**

Learning Objectives:

- Expand understanding about the foundations and core principles of psychiatric rehabilitation.
- Increase knowledge of the 7 domain areas (specific tasks, skills, and knowledge) of psychiatric rehabilitation practice.
- Gain ability to discern psychiatric rehabilitation principles and practices through the use of practice test questions for each of the 7 domain areas.

**June 16-June 17, 2021 9:00am—12:00pm Virtual**

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## On Demand Learning Opportunities

### **Supporting YYA in PR Services \$70 member/ \$130 non-member**

Supporting Youth & Young Adults in PR Services is an online course designed to address Principles of Care and Support for youth and emerging adults, the philosophy of Positive Youth Development (PYD), individualized developmentally aligned services, social determinants of mental health and trauma informed care. This course provides an introduction to providing support to youth and young adults in Psychiatric Rehabilitation Services. **Approved for CPRP and CFRP Credits!**  
Participants must complete required assignments session in order to receive credit. (6 credit hours)

**On Demand / Ongoing Virtual**

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### **Journey thru the PR Domains: CPRP Bootcamp \$275 member/ \$325 non-member**

This course can be completed during your own timeframes. You will be required to complete assignments. There are no set times to log in each week. Meetings can be coordinated with the instructor.

Upon registration, you will receive an account username and password from the PAPRS Education Manager to begin the course.

The Online Journey through the PR Domains: CPRP Boot Camp is an online course facilitated by PAPRS trainers who hold a current CPRP credential. This course provides individuals who are preparing to take the CPRP exam with the opportunity to thoroughly examine the knowledge, skills, and abilities necessary to be a Certified Psychiatric Rehabilitation Practitioner. **Approved for CPRP credits.**

**On Demand / Ongoing Virtual**





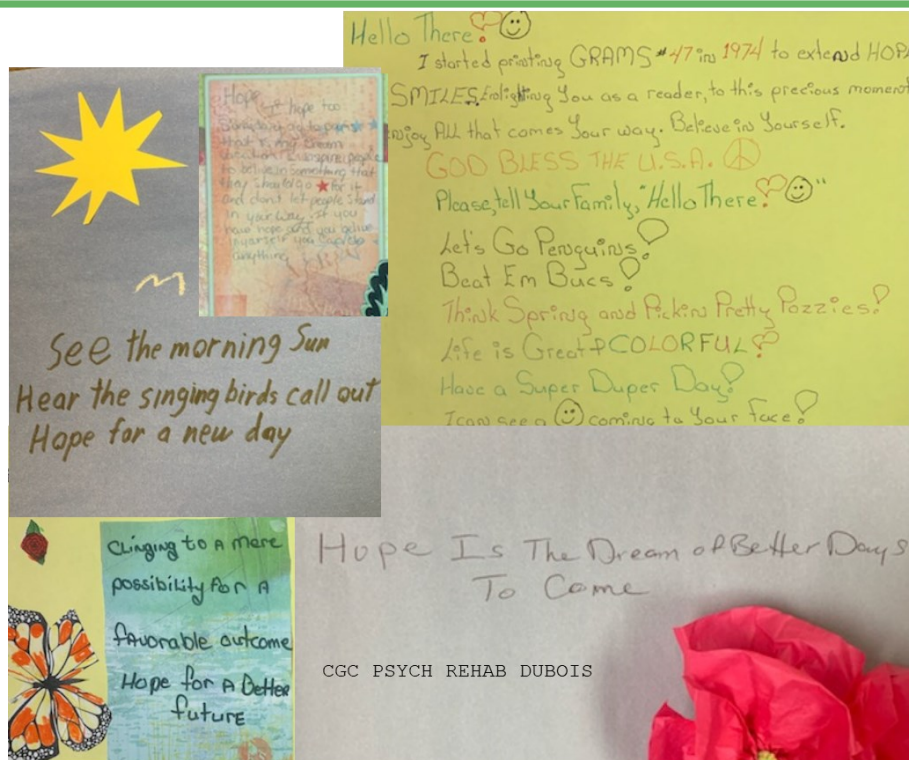
# Something from our Central Region of PAPRS

At the Community Guidance Center in Central PA the Psych Rehab Programs at multiple sites did a project that focused on Hope in Recovery, "Project Hope".

Hope is important to recovery because it helps us to be hopeful that we can reach our goals. Hope can help us to be resilient and overcome barriers. Hope can help us feel grateful and positive about our recovery.

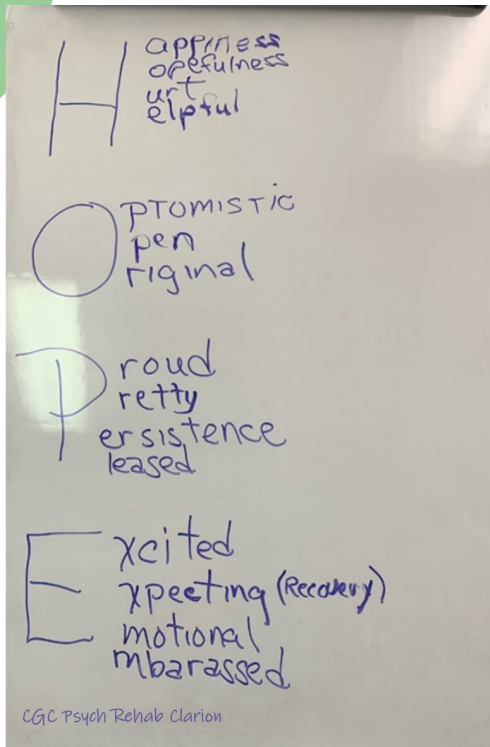
The individuals in the program could write a poem, make art, or even use music. Some of these expressions of hope are shared here with permission from the creators.

Everyone deserves to live an empowered, meaningful life, full of hope!



# Pennsylvania Association of Psychiatric Rehabilitation Services

## Something from our Central Region: Project Hope continued...



### HOPE AND RECOVERY

(by CGC Psych Rehab Clearfield)

We all have hope,  
We just don't know it.  
We can all cope,  
We just need to learn how to do it.

Recovery is important to us,  
But it is a must.  
We need it to survive  
And to strive.

Life is hard enough,  
It can be pretty rough.  
But there is hope in recovery,  
We have to know where to begin.

Happiness is possible,  
Hope is surmountable,  
Recovery is possible.  
Live your life with hope and recovery.

### Hope in recovery

The process of recovery is a long and difficult one from day one up until the final day. With every step, every thought, every emotion and all the support to get to your goal will still be a tough battle but, you must hang on and keep working at bettering yourself even if you feel all hope is lost. Every decision you make each day even the small things are progress that should be a reason you don't give up because it is hard sometimes since you will not always have the motivation to just get up in the morning and that's ok. You try your best to do everything in one day however we all need a break so we don't get overwhelmed and allow the stress to ruin your day. As long as you're working on your goals and have time to enjoy yourself there shouldn't be a day that controls you to the point in which you lose everything. Remind yourself everyday that you are important, you matter, you are special, you're loved and that people care about you. You can do it as long as you believe in yourself just like everybody who cares does, they believe in you so you should too, easier said than done at times but, you need the confidence to keep going forward.