

Pennsylvania Association of Psychiatric Rehabilitation Services

PAPRS CONFERENCE 2020

After reviewing your valuable feedback and determining a course for this coming years' conference, your PAPRS Board has decided on the conference title... (drum roll please...)

**Diversity in Recovery-Oriented Systems:
Building Inclusive Communities**

PAPRS

www.paprs.org

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Tricia Fisher, MS, CPRP

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Susan Poznar

Karen Retorick

Kelly Shuler

Stacey Volz

Maureen Walsh

July 2019 Board Meeting



PAPRS

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Hermitage, PA 16148

Phone: 717-655-7662

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**Pennsylvania Association
of
Psychiatric Rehabilitation Services**

New Education Committee Co-Chairs

Please help PAPRS welcome NEW Co-Chairs
Kelly Shuler and Sara Mays



Sara Mays and Kelly Shuler, both PAPRS Board members, have been participating on the Education Committee since starting on the board. They have recently taken on the role of Co-Chairs for this committee, to continue leading us in the direction of quality educational provision for Certified Psychiatric Rehabilitation Providers across Pennsylvania. One role that Kelly and Sara have decided to focus on is the feedback given by all of those attending the annual conference and the year round trainings. The committee has devised a scale to assess satisfaction based on the feedback that is provided after the sessions, to ensure we are meeting all of the attendees' expectations and be able to determine which sessions and speakers are considered valuable by the membership. Another area which is being explored is using webinars as a platform to reach the membership with additional training options. Both of these new Co-chairs are full of energy and ideas and are looking forward to bringing some new ideas to the forefront for PAPRS from the Education Committee. Just another way that PAPRS is hard at work for you, our membership!



**Pennsylvania Association of
Psychiatric Rehabilitation Services**

Favorable Times!!

In a world of ever changing times, it appears that NOW is the time to be looking at how to advocate for psychiatric rehabilitation services to be included In-Plan with CMS so that more individuals can access the psychiatric rehabilitation services you provide.

As an organization, we need to show data about the effectiveness of our services, whether it be qualitative or quantitative data. This is where YOU come in...PAPRS is looking to hear from you. If you have measured outcomes based on the services you are providing, please send your findings and contact information to Tricia Fisher at Tricia.Fisher@PAPRS.org. She will be collecting/ aggregating this information to use for advocacy purposes.

In addition, as a means to advocate for inclusion of psychiatric rehabilitation services as an In-Plan service through CMS, please see the link on our PAPRS website for a letter that you can use to send to your legislator to education about the benefits of psychiatric rehabilitation services. Individuals in your services are also able to use this or modify this letter to talk specifically about how these services have benefitted them.



Diversity in Recovery - Oriented Systems: Building Inclusive Communities



PAPRS Annual Conference
May 27 - 29, 2020
The Penn Stater, State College, PA

PAPRS Membership would like to Welcome and Recognize our New Organizational Members



Friendship House in Lackawanna County

Friendship House Psychiatric Rehabilitation Services, located in Mayfield PA, is a program for adults who are experiencing difficulties with functioning due to the effects of a mental health diagnosis. We are based on the belief of recovery, which is backed by research, that people can and do regain functioning in major areas of life. The mission of Psychiatric Rehabilitation is to enable with best practices of illness management, psychosocial functioning, and personal satisfaction. Our program is run by two specialists with extensive experience in PSR and one worker position. Altogether, they have a combined experience of close to 30 years. Our specialists offers both site based and mobile individual & group delivery. We feel that it is important to become an organizational member with

PAPRS to stay connected with the recovery workforce and the training, CEU opportunities to maintain CPRP.

Family Counseling of Armstrong County

The Family Counseling Center 's psychiatric rehabilitation program is located in Kittanning, Pa. The borough is the county seat of Armstrong county situated 44 miles northeast of Pittsburgh on the Allegheny River.

Psychiatric rehabilitation is a recovery based program designed to provide adults experiencing functional disabilities resulting from chronic mental illness with a level of service that will assist in the development of skills to improve function and increase level of independence to attain their highest potential in their desired roles in the community.

Our program consists of two sites. The main site located in the Family Counseling Center on S. Jefferson Street offers group delivery for recovery based discussions and coping skills practices including a weekly yoga class. We are fortunate to have a snack bar on the premises to operate daily and a kitchen area to get hands on practice especially in the pre-vocational and living domains.

In addition to the program director, the psychiatric rehabilitation specialist and the psychiatric rehabilitation caseworker, one program consumer has been employed part-time as a psych rehab worker for ten years. There have been three other program individuals employed in the program in the past also. At our satellite site we accept donations of gently used clothing for practicing activities of daily living involving all aspects of doing laundry including operation of appliances, sewing and ironing. Consumers are then involved in managing the pre-vocational satellite site "The Clothesline" which is a resale shop open to the public. As at the snack bar many pre-vocational skills as well as increased social skills are practiced here as consumers prepare for employment or volunteer positions in the community. Our many repeat customers describe this store as a hidden treasure offering much positive feedback and compliments about the customer service. The program consumers gain a feeling of connectedness to their community and express feeling very good about their work and contribution to the surrounding area. That's just one example of our ultimate goal--recovery.

PRA membership entitles you to a membership in PAPRS. Through information sharing, training, education and advocacy, PAPRS promotes the growth and development of psychiatric rehabilitation services in the Commonwealth of Pennsylvania. For information on how to join/renew PAPRS, visit the PAPRS website.



PAPRS Board Member Nominations

Dear PAPRS Members,

As summer comes to a close, I hope this letter finds everyone well! It is that time of year to gather nominations for the seats being vacated at the end of December 2019 on the PAPRS Board of Directors. Please take a moment to consider a colleague that you can imagine serving on, and making a meaningful contribution to, our Board. We are interested in having a well-balanced Board that reflects different geographical areas of Pennsylvania and the many different perspectives of our membership and practices (the current Board is under-represented from the Southwest, Northwest, and Berks/Lehigh/Carbon-Monroe-Pike areas). In order to accomplish this, we need your help!

Our **deadline for receiving nominations is October 18, 2019**, so it is important that you act now with this request.

Attached to this letter you will find a Nomination Form and a brief description of the minimum PAPRS Board of Directors' Responsibilities. Please be sure to include a brief biography of the person being nominated and forward nominations to me using my contact information found on the Nomination Form and below.

If you have any questions, please feel free to contact me at ddduffybell@buckscounty.org or 215-444-2801. Thank you and I look forward to receiving your nominations!

Sincerely,



Donna Duffy-Bell
Membership Committee
Co-Chair PAPRS Board of Directors



PAPRS Board Member Nominations

PENNSYLVANIA ASSOCIATION OF PSYCHIATRIC REHABILITATION SERVICES
BOARD OF DIRECTORS NOMINATION FORM
CLASS OF 2022

SUBMIT BY: October 18, 2019

Person making the nomination:

Name: _____ Email: _____

Agency: _____

____ Individual Member ____ Organizational Member ____ Non-Member

Person being nominated: Must be an Individual or Organizational member of PAPRS

Name: _____ Email: _____

Agency: _____

____ Individual Member ____ Organizational Member

Region of the State represented: _____
(Northwest, Northeast, Central, Southeast, Southwest; or County)

Any particular area of interest / expertise represented:

(Practitioner, Advocate, Certified Peer Specialist, Family member, etc)

Brief biography of the person being nominated:

If nominating someone other than yourself, please be sure to have discussed the nomination with your nominee, and assure his/her agreement to be nominated. **Board Responsibilities are described below.**

Please submit your nomination for the Election Ballot by e-mailing this page, once completed, to Donna Duffy-Bell at ddduffybell@buckscounty.org. You may also choose to submit your nomination by mailing this form to

Donna Duffy-Bell
Bucks County Dept. of Mental Health/Developmental Programs
600 Louis Drive, Suite 101
Warminster, PA 18974

Minimum PAPRS Board Responsibilities:

Serve a term of 3 years. (If elected, nominees will serve from January 1, 2020 through December 31, 2022)

Attend PAPRS Board meetings. The Board meets approximately six times a year, usually on the second Thursday & Friday of the month (Thursday 6pm – 9pm, Friday 8:30AM- 3:00PM) at the Penn Stater in State College, PA., starting in the month of January and in alternate months thereafter.

Serve on at least one PAPRS Committee

Participate in Board or Committee conference phone calls

Participate in the Annual Conference

PAPRS makes every effort to maintain a representation on the Board from various regions of the state and the perspectives of Providers, Persons in Recovery, Family, Managed Care, and Government. It is important to complete the nomination form completely. These characteristics of the Nominees will be indicated on the ballots. In the event of an overwhelming number of nominees and the need to provide a manageable ballot, the final ballot will be decided by a committee, which will attempt to assure the broad representation described above.

Your Board at Work

Getting ready for Conference 2020

Diversity in Recovery-Oriented Systems: Building Inclusive Communities

Greeting our Keynote Speakers

- To be determined
- To be determined
- To be determined

Scheduled Sessions

- To be determined

Did you ever want to see what happens behind the scenes?? Want to help us fill in the blanks??? Please reach out to Jen McLaughlin (mclaughlinj@csgonline.org) or Maureen Walsh (mwals1@allied-services.org) to learn more about how you can help be a part of next year's conference... We look forward to it!

Please mark your calendars for this year's PAPRS Conference. This year's conference **Diversity in Recovery-Oriented Systems: Building Inclusive Communities** will be held on May 27,28 and 29, 2020 at the Penn Stater Hotel and Convention Center. We will be offering a variety of Keynote Speakers and workshops focusing on trauma informed care, LGBTQ, youth and young adults, forensics, work and entitlement issues, cultural competence to name a few. Our call for papers can be found on the PAPRS website. We encourage everyone who is interested to submit a workshop proposal. Deadline for proposals is Nov 1, 2019. Scholarships for conference registration will be available again this year! Please check the website for the application and submission requirements.



Rural Pennsylvania Pow Wow Session at the Conference

At the 2019 PAPRS Conference a group of 6 individuals representing 2 Pennsylvania counties, met to discuss what it means to be Psychiatric Rehabilitation providers in rural areas. The counties represented were Montgomery and Tioga Counties. Although the rural representation was small, the conversation was lively. As expected transportation was the most immediate struggle identified. Montgomery County has both highly populated areas with multiple transportation opportunities and rural areas with little transportation opportunities. In contrast, Tioga County is primarily rural with minimal transportation opportunities. Tioga County identified that transportation and poverty are top concerns. The isolation for individuals in Tioga County interferes not just with PR services, but with non-emergency medical services and with employment. Although the group was not able to problem-solve the issues, the discussion was started. If you are interested in joining a workgroup on PR in Rural Areas or have solutions to address these concerns, please contact Gwen DeYoung at gwendwcss@frontiernet.net

Staying Connected?

Stay up to date by visiting PAPRS on our website and in our newsletter, you can also find us on Twitter at **PAPRS2019**, as well as on Facebook at **Pennsylvania Association of Psychiatric Rehabilitation Services**. Check us out!!



Pennsylvania Association of Psychiatric Rehabilitation Services

Upcoming Continuing Education Opportunities

Foundation for Recovery-Oriented Psychiatric Rehabilitation Services \$250 member/ \$300 non-member

This two 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)

October 15 & 16, 2019 9:00am -4:30pm Mansfield, PA

December 5 & 6, 2019 9:00am-4:30pm Butler, PA

Fee includes 2 days of training, handout materials, and light refreshments.

Ethics & Boundaries in Recovery-Oriented Services \$125/ member \$175/ non-member

This 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 institute will walk participants through an ethical decision-making process and the practical application of recovery oriented Codes of Ethics. This training is approved for CPRP and CFRP credits.

October 7, 2019 9:00am-4:30pm Franklin, PA

Engagement Skills in the Psychiatric Rehabilitation Process \$125/ member \$175/ non-member

This one day, 6-hour training provides an opportunity to develop professional helping skills. The foundation topics include developing basic helping skills, stages of the helping process, integration of Motivational Interviewing techniques, and transitioning through the phases of the psychiatric rehabilitation process utilizing engagement skills. This training will provide CPRP and CPS credits.

September 27, 2019 9:00am-4:30pm Franklin PA

PR Services Documentation: Skills that Work for Regulators, Payers & People in Services \$250/member \$300/ non-member

This 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 strength based assessment provides a strong foundation for goal planning. Attendees will have the opportunity to apply the skills learned through several guided activities.

October 28 & 29, 2019 9:00am-4:30pm Ridgeway PA

October 29 & 30, 2019 9:00am-4:30pm Charleroi PA

All Courses are approved for CPRP Credits!

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 to register today!



Upcoming Continuing Education Opportunities

Toward Cultural Competence in Psychiatric Rehabilitation Practice \$75 member/ \$125 non-member

There is a strong interrelationship between being culturally competent and being an effective psychiatric rehabilitation practitioner. We will address the continually expanding details about cultural competence and the ways that it is reflected in our CPRP Ethics and Principles. Case studies will bring life to the discussion, give depth to the notion of cultural context, and increase understanding about one's own cultural dynamic. This training is approved for CPRP and CFRP credits.

October 18, 2019

9:00 am - 12:00pm

Franklin, PA

**All Courses are approved for CPRP Credits!
Trainings approved for CFRP Credits are identified.**

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 to register today!

