

Pennsylvania Association of Psychiatric Rehabilitation Services

Are you ready for another FANTASTIC training opportunity that will enhance your knowledge of recovery and psychiatric rehabilitation?

Then wait no longer!

Visit www.paprs.org to register

PAPRS

www.paprs.org

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Tricia Fisher, MS, CPRP

Operations Manager:
Elizabeth Ricker

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PAPRS Virtual Conference

Facing Challenges:
Resiliency
and Renewal

April 21, 22, 28 & 29, 2022

PAPRS

2201 E. State Street

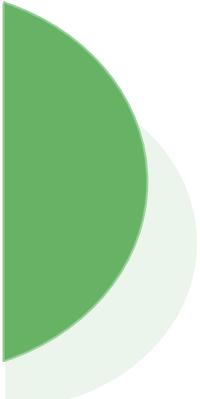
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Facing Challenges: Resiliency and Renewal

After nearly two years of COVID, we couldn't think of a better title and we are offering an incredible array of Keynote Speakers and workshops!

This year some of our experts include:

- **Dr. Peggy Swarbrick** - Peggy will focus on the 8 Dimensions of Wellness, wellness coaching, peer support, health disparities and social determinants of health.
- **Tami Thomas** - Tami will share her journey of a turbulent dysfunctional childhood, hiding from the truth and her mental illness, learning to live with her mental health diagnosis after deciding to leave treatment, self-medication and its pitfalls, and finally engaging in resources that were available to her in her recovery.
- **Representative Michael Schlossberg** - Michael has been an ongoing advocate for mental health services and is currently sponsoring bills on Addressing Shortage of Mental Health Services in Underserved Areas, a Mental Health Legislative Package and a Public Awareness Campaign to Address our Healthcare Heroes' Mental Health.
- **Dr. Veronica Carey and Marcie Cole** - Veronica and Marcie will focus on a comprehensive overview on how to restore wellness, wisdom, and self-worth through the psychiatric rehabilitation perspective.

Did You Know ?

You can listen in on the OMHSAS Mental Health Planning Council Meeting even if you are not a member of the Council.

This is usually a day-long meeting, with different committees meeting at different times, each with a unique WebEx link to access. Committees include the Persons in Recovery subcommittee, Children's Committee, Adult Committee, Older Adult Committee. There is also a Networking Session during lunch, and a joint session at the end of the day.

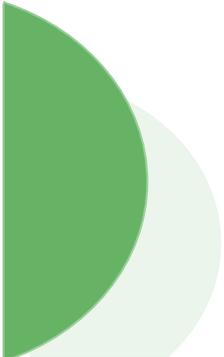
The Mental Health Planning Council provides OMHSAS updates on initiatives and gathers advisory input from committee members. For 2021-2022 fiscal year, all meetings are virtual, and you can attend through WebEx or phone only. Pre-registration is not required.

Meetings are scheduled as follows:

- Monday May 16, 2022: 10AM-3PM

Any questions related to the Mental Health Planning Council can be sent to the MHPC email address: RA-PWOMHSASMHPC@pa.gov





Psychiatric Rehabilitation: Is it a job or a privilege ?

Submitted by Deb Ferguson

As Psychiatric Rehabilitation Workers we live by 12 core principles and values. These core values and principles define the services provided and establish the framework from which we operate - the roles and responsibilities. I have been reflecting on these core principles and values and it is the ninth principle that stands out.

The 9th Principle: Psychiatric rehabilitation practices strive to help individuals improve the quality of all aspects of their lives; including social, occupational, educational, residential, intellectual, spiritual and financial. I have worked in mental health service for 35 years and served in a variety of roles and responsibilities. I have considered myself privileged to have been afforded the opportunity, by countless consumers, to serve and help these individuals as they work to achieve their goals. Those I have worked have shared of themselves; wholly and honestly. They have shared with me their traumas, their dreams, their goals, and their lives; privilege information. I listened. I listened with respect and without judgment as they shared their values, hopes, and aspirations. Meeting consumers where they are on their recovery journey and providing a safe place for them to share their most vulnerable selves has opened to me privileged space to join them on their path to recovery. When I reflect on the journeys I have been privileged to walk I can recall skills taught and learned, barriers identified and removed, and goals set and achieved by countless consumers; all of which has been all documented in their records. I have made Psychiatric Rehabilitation Services my life's work; my career. A privilege and not a job. You too have been given this privileged opportunity to help make a positive difference in the lives of our consumers and the communities in which we live. So, I challenge you to reflect on the experiences, opportunities, and individuals that you have been privileged to walk alongside. Then ask yourself: Does the manner in which you supported those individuals align with the core principle of improving the quality of all aspects of consumers' lives? Do you see your role as a job or privileged opportunity to make a difference?

Personally, I see the work we do in Psychiatric Rehabilitation as a privilege. A privilege not to be taken lightly.

Pennsylvania Association of Psychiatric Rehabilitation Services



A Note from our PAPRS President:

President's Day in February was not intended for president of the Board, but it inspires me to write a "state of the union" address for this newsletter:

New Hope for PRA:

It is no secret that too many of our members have had difficulty with PRA in regard to CPRP applications, testing, and renewals. Obtaining accurate membership lists for training discounts has also been a problem. PAPRS has tried to advocate with PRA on behalf of our members to resolve the general issues and many individual situations. We have had some success, but unfortunately not complete success. PRA has been telling us that they have been in the process of changing the management organization to operate the association, and now that change has begun. The new management of their operations officially starts March 1. We expect to slowly see improvements, but are hoping they come quickly. PAPRS will be advocating that our issues with CPRPs be at the top of the list for their attention.

New Website:

A major accomplishment for PAPRS in 2021 was the launching of a new website. We have a new platform from MemberClicks, with a new look and new features. PAPRS Communications Committee and Education Manager worked hard in selecting the platform. Setting it up and making it functional fell primarily to the Education Manager. In November, PAPRS also contracted for an Operations Assistant to support the start-up. (So, a big "thanks" to Tricia Fisher and Beth Ricker.) The new site has been up since December and keeps growing in its functions and use. It has great potential and should serve the association well for many years to come.

**Pennsylvania Association
of
Psychiatric Rehabilitation Services**

A Note from our PAPRS President:



New Position:

The new website is great, but it does not operate on its own. It takes maintenance. PAPRS also has other management functions that need to be addressed, so a new position has been created—Operations Manager. Beth Ricker has been hired for this permanent part-time position and begins officially in this role on March 1. The Operations Manager is crucial to our having a successful virtual conference and functional website this year. PAPRS now has a team of employees—Education Manager and Operations Manager—to serve the needs of the organization. If you ever need to communicate with Beth, her email is Beth.Ricker@papr.org

New Growth

The 2021 financial picture for PAPRS is very positive. As a reminder, our income comes primarily from membership dues we split with PRA, our annual conference, and other education events. Our expenses are primarily payments to our employees and contracted workers and the technology services that keep us functioning. We also receive income from grants, gifts, and investments. We ended 2021 with growth in our investments and an overall increase in our assets—income exceeded expenses. More details are available from the Board of Directors and will be shared at the annual meeting of the Membership in April.

Ellwyn J. Andres, MA, CPRP

President, PAPRS Board of Directors

Pennsylvania Association of Psychiatric Rehabilitation Services

CPRP Celebrations!



Please assist me in congratulating Kim Roberson-Wilson. She earned her CPRP Certification in June 2021. She is employed as a Psychiatric Rehabilitation Specialist with Glade Run Lutheran Services in Beaver/Butler Counties in Pennsylvania. She earned her BA in Psychology from Cheyney University in Pennsylvania. She has worked in social services for over 20 years in Philadelphia and Western Pennsylvania. When asked why psych rehab?

She stated “ I was attracted to the skill development aspect of psych rehab. I enjoy and look forward to coming to work. I get to work and engage with like minded people focusing on recovery. I enjoy working with individuals who are invested in their own recovery. My goal is to assist with developing the newest psych rehab program site in Beaver County with Glade Run Lutheran Services. In her spare time she enjoys spending time with her family, her new puppy “Dash” and maintaining a healthy sleep hygiene.



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? Do you know a CPRP that has recently received recognition or an award? We would like to celebrate with them with a spotlight article on our Facebook and LinkedIn pages. With their permission, please send their information and a picture to Lisa Quintana, Co Chair of the Communications Committee at lquintana@merakey.org for recognition of their great accomplishment!

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R.E.S.P.E.C.T. POSTER CONTEST

PAPRS is pleased to once again offer the R.E.S.P.E.C.T. anti-stigma poster contest in virtual format during the 2022 PAPRS Virtual Conference: Facing Challenges: Resiliency and Renewal

Youth & Young Adult Category	Adult Category
Ages 14-26	Ages 27 & up
First Prize: \$100.00 gift card	First Prize: \$100.00 gift card
Second Prize: \$75.00 gift card	Second Prize: \$75.00 gift card
Third Prize: \$50.00 gift card	Third Prize: \$50.00 gift card



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.

Upcoming Continuing Education Opportunities

2022 Virtual Practitioner Orientation

Members \$175; Non-members \$300

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)

This Course is approved for CPRP Credits!

May 16-17 & 23-24, 2022 – 9AM-12PM

August 8-9 & 15-16, 2022 – 9AM-12PM

2022 PR Documentation Skills

Members \$175; Non-members \$300

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

This Course is approved for CPRP Credits!

June 6-7 & 13-14, 2022 – 9AM-12PM

August 22-23 & 29-30, 2022 – 9AM-12PM

December 1-2 & 8-9, 2022 – 9AM-12PM

This Course is approved for CPRP and CFRP credits



Upcoming Continuing Education Opportunities

Ethics & Boundaries and Using the Code of Ethics

\$75/member \$150/ 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.

September 12 & 13, 2022 – 9AM-12PM

This Course is approved for CPRP and CFRP credits

Creating Welcoming Services for LGBTQIA+ Individuals and their Families

Members \$75; Non-members \$125

Creating Welcoming and Affirming Services for Persons Who Are Lesbian, Gay, Bisexual, Transgender, Questioning, or Intersex (LGBTQI) is for anyone wishing to become more aware of some of the issues faced by persons represented in the LGBTQI initials. We explore the effects of language, culture, and power dynamics as well as examine our own attitudes, values and thinking that are conditioned by our own upbringing, acculturation, and knowledge. Our focus is on ways to become more welcoming and affirming to all persons who differ from us and to learn from them how to be helpful as part of a healing community of support.

June 20 & 21, 2022 – 9AM-12PM OR

December 13 & 14, 2022 – 9AM-12PM

This Course is approved for CPRP and CFRP credits

PRS Principles, Values & Practice Domains: Preparation for the CPRP Exam

Members \$75; Non-members \$125

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.

March 21 & 22, 2022 – 9AM-12PM

This Course is approved for CPRP and CFRP credits



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 is a 3.0 credit-hour 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.

Free for Members

Discounted Rate for Non-Members \$20.00

Virtual Session Schedule

June 1, 2022
9:00 AM – 12:30 PM
Registration closes 5/18/2022

August 25, 2022
1:00 PM – 4:30 PM
Registration closes 8/11/2022

November 30, 2022
9:00 AM – 12:30 PM
Registration closes 11/16/2022

Additional sessions may be added for summer and fall 2022, and will be announced on our website at www.paprs.org



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..

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

Register Now
www.paprs.org

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

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

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 people 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

Education and Consultation

Kelly Shuler, Co-Chair kshuler@skillsgroup.org

Rochelle Reimert, Co-Chair rreimert@salisb.com

Membership Committee

Jenny Gordon, Chair jgordon@thecgc.com

Conference Committee

Aaron Burkhardt, Chair aaron@challengectr.com

Maureen Walsh, Co-Chair mwals1@allied-services.org

Jennifer McLaughlin, Co-Chair mclaughlinj@csgonline.org

Communications Committee

Deb Ferguson, Chair dferguson@gladerun.org

Amy DeMay, Co-Chair ademay@ycp.edu

Lisa Quintana, Co-Chair lquintana@merakey.org

Policy Committee

Ginny Dikeman, Chair vdikeman@pa.gov

Outcomes Workgroup

John W Rosengrant, Chair john.rosengrant@scrantonscc.org

