

# Pennsylvania Association of Psychiatric Rehabilitation Services

## Tips to be in Compliance with Chapter 5230. Psychiatric Rehabilitation Services

### PAPRS

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

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Tricia Fisher, MS, CPRP

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In this newsletter, we will take a closer look at:

#### 5230.55. Supervision.

(a) A PRS director shall supervise staff.

(b) A psychiatric rehabilitation specialist may perform supervisory functions as delegated by the PRS director, consistent with approved job descriptions for the two positions.

(c) A PRS director or psychiatric rehabilitation specialist designated as a supervisor shall meet with staff individually, face-to-face, no less than two times per calendar month.

*It is helpful to have this supervision documented, with signatures from both employee and supervisor, to demonstrate meeting this regulation. Using a standardized form like the attached addendum will make this easier.*

(d) A PRS director or psychiatric rehabilitation specialist designated as a supervisor shall provide group supervision utilizing the following methods:

(1) Monitoring active PRS delivery.

(2) Discussing approaches to assist individuals in goal attainment.

(3) Conducting staff meetings.

*Documentation of these services should also be kept, with topics discussed and signatures of attending employees.*

(e) A PRS director or psychiatric rehabilitation specialist designated as a supervisor shall annually evaluate staff and the PRS director shall review and approve annual staff evaluations.

### PAPRS

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# LANGUAGE MATTERS

## PART ONE

What we say or don't say and how we say it makes a difference! We must talk about suicide if we are going to get in front of it. But HOW we talk about suicide matters. Our words matter to those struggling with thoughts of ending their own lives and to those reeling from loss owing to suicide.

The Suicide Prevention Resource Center safe messaging reference guide encourages individuals who are communicating about suicide to follow these suggestions.

Say This	Instead of This
Died by suicide	Committed suicide
Suicide death	Successful attempt
Suicide attempt	Unsuccessful attempt
Person living with suicidal thoughts or behavior	Suicide ideator or attempter
Suicide	Completed suicide
(Describe the person's behavior)	Manipulative, cry for help, or suicidal gesture
Working with	Dealing with suicidal crisis

Visit [www.sprc.org](http://www.sprc.org) for more resources

Suicide Prevention Resource Center, "At-a-Glance: Safe Reporting on Suicide," 2007

## PRA Code of Ethics Update

On May 7, 2018, the Psychiatric Rehabilitation Association updated their Code of Ethics as listed on their website. PAPRS wants to ensure that our membership is aware of this update and are providing the following link for your review. As a practitioner in the field of psychiatric rehabilitation, it is important for you to have this document to know the expectations of you as a professional, as well for you to use this document as guide in your decision making in practice.

[https://www.psychrehabassociation.org/sites/default/files/series-documents/2018\\_code\\_of\\_ethics.pdf](https://www.psychrehabassociation.org/sites/default/files/series-documents/2018_code_of_ethics.pdf)

# PAPRS Annual Conference

April 16 - 18, 2019

## "Opening the Door to Wellness: Inclusive Practices in Recovery"

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Hello PAPRS! Yes it is time to mark your calendars for our annual conference in beautiful State College, PA. This year's conference is going to be held April 16, 17 and 18 at the Penn Stater Hotel & Conference Center.

We have an awesome line-up of **Keynote speakers** as well as cutting edge workshops and in-depth institutes. Just to give you a hint of what is to come, this year's Keynote speakers will include:

### **Hewitt B. "Rusty" Clark, Ph.D., BCBA**

Dr. Clark is the developer and lead researcher for the *Transition to Independence Process (TIP) Model* has arranged for a Young Adult and a Transition Facilitator to join him for this address. The Young Adult and Transition Facilitator will illustrate the impact of the *TIP Model* though examples on topics such as: engagement strategies, facilitating goal setting and goal achievement, learning of new relevant skills, expanding and deepening of social supports, and mitigating and preventing high-risk behaviors. Dr. Clark will also frame the foundational features of the TIP Model and present data on the progress and outcomes of youth and young adults with EBD in their movement into employment, educational opportunities, living situation, personal effectiveness/wellbeing, and community-life functioning.

### **Maggie Bertram**

As many as 25% of Americans struggle with a mental illness each year, and I'm one of them. Recovery isn't a linear path, and in this presentation, I'll present my story of surviving and eating disorder and maintaining my recovery while living with anxiety and depression. Maggie Bertram is an eating disorder survivor who lives with anxiety and depression. Since first receiving treatment during her senior year of college, Maggie has made it her goal to educate college students about the prevalence of mental health disorders, destructive effects of stigma, and benefits of speaking up and seeking help. Maggie empowers audiences to pull together and create webs of support so that everyone can be themselves and get the help they need without judgment or shame.

### **Lou Ruspi Foundation**

The Lou Ruspi Jr. Foundation, LRJ, is a private, non-profit organization whose mission is to improve mental wellness and suicide prevention through interactive educational programming to school districts and the community. The story began with Lou (a.k.a Louie) Ruspi, Jr. was a charismatic and outgoing young man. From his loud, deep laugh to his bright, joyful smile, Louie's personality instantly lit up a room. Louie died by suicide on December 23, 2011. In the LRJ Foundation was established by his sisters, Teressa Stann and Karla Farina, LRJ Foundation's stellar team of professional mental health counselors seeks to help those struggling and bring mental health education and suicide prevention to our communities.

You don't want to miss this opportunity to learn, grow in your field, and network with experts from across the state and across the country! We hope to see you there!!



**Scholarship  
Applications!!!**

As you peruse the PAPRS website you will notice that Scholarship applications are open!  
Deadline for submitting is December 28, 2018.

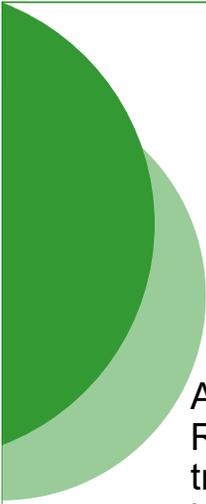
## **Recognition Opportunities!**

We will again be accepting nominations for our Service Awards, which are presented at the Annual Conference. We look for the best and brightest in Pennsylvania to honor with awards in the following categories:

- **Distinguished Career Award-** This award is to honor an individual who, throughout their career, has effectively promoted the development and implementation of psychiatric rehabilitation services in Pennsylvania. Nominations are open to members of PAPRS/PRA who are credentialed in Psychiatric Rehabilitation, and have no less than 10 years experience in psychiatric rehabilitation.
- **Distinguished Advocate Award-** This award is to honor an individual who has advocated for the inclusion of psychiatric rehabilitation services in their organization, county, region, and/or the Commonwealth of Pennsylvania. Nomination for this award is open to mental health staff, persons in recovery, family members and public administrators.
- **Distinguished Practitioner Award-** This award is to honor an individual who has demonstrated a commitment to the principles and ethics of psychiatric rehabilitation in their work with persons in recovery. Nominations are open to mental health direct care and/or supervisory staff who are either an individual member or work for an organizational member of PAPRS/PRA.
- **Outstanding Program Award-** This award is to honor an agency or program within an agency, which operates psychiatric rehabilitation that effectively meet the needs of persons in recovery. Nominations for this award are open to Psychiatric Rehabilitation agencies or programs that have been in operation for no less than 3 years and are organizational members of PAPRS/PRA.

Please see our website for nomination information and applications. Deadline for Award Nominations is January 14, 2019.





**Pennsylvania Association  
of  
Psychiatric Rehabilitation Services**

## **Upcoming Continuing Education Opportunities**

As part of maintaining certification as a Certified Psychiatric Rehabilitation Practitioner, we are required to have 4 hours of Ethics training every 3 years. There is an upcoming Ethics training being held in the Harrisburg area in December. Please see below for further information:

### **Ethics & Boundaries in Recovery Oriented Services**

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 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.

**December 14, 2018**

**Registration 8:30am**

**Class is from 9:00am—4:00 pm (Lunch is on your own)**

Keystone Human Services - Mental Health  
8182 Adams Drive  
Hummelstown, PA 17036

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



**SAVE THE DATE!!!**

**May 27, 28 and 29, 2020**

**Annual PAPRS Conference 2020**

**Penn Stater Conference Center**

## **Upcoming Continuing Education Opportunities**

### **Orientation to Medicaid Funded Peer Support Service Documentation**

**An OMHSAS Approved Training by the  
Pennsylvania Association of Psychiatric  
Rehabilitation Services (PAPRS)**

**A Training Opportunity for Certified Peer Specialists, Supervisors and  
Mental Health Professionals.**

**Training Date: February 8, 2019**

**Time: 9 am – 4 pm**

**Location: ACRP**

**5th Floor Conference Room  
119 Walnut Street  
Johnstown, PA 15901**

**Training will be limited to 30 participants.**

**Along with reviewing the PA regulations concerning documentation,  
the training will address the major components of peer documentation  
including:**

**Strengths Based Assessment  
Individual Service Plan  
Progress Notes  
Discharge Planning  
Collaborative Documentation**

**In addition to these topics, the training provides ample opportunities  
for the trainees to apply the skills learned, through guided activities of  
writing the above mentioned documentation.**

**The training fee is \$25.00. To register, contact Tricia Fisher at  
[tricia.fisher@papr.org](mailto:tricia.fisher@papr.org) or call 717-655-7662**

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

**Pennsylvania Association  
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# Certification Updates

## PRA Certification Information

**Beginning in 2019, PRA Certification Examinations (CPRP and CFRP) will be offered 365 days per year.** Once a certification exam application has been approved, candidates will be contacted by PSI, our testing center provider, with instructions on how to schedule the date and time of their examination at any of PSI's available testing centers worldwide. Candidate information will be sent to PSI weekly.

**Exam results will be scored at the conclusion of each exam period (quarterly).**

Score reports will be sent via email within one month of the end of each period (i.e. candidates that take the exam between January 1<sup>st</sup> and March 31<sup>st</sup> will receive score reports by the end of April, etc.) Candidates have one year from their approval date to take and pass the exam. The fee for a candidate's first attempt is included in the application fee; candidates that do not pass will be eligible to retake the exam (upon submission of the retake fee) up to three times during their one-year eligibility period before being required to re-apply (one per quarter).

### **EXAM SCHEDULE (effective 1/1/2019)**

**Exam Period 1: January 1 – March 31**

Scores sent by April 30

**Exam Period 2: April 1 – June 30**

Scores sent by July 31

**Exam Period 3: July 1 – September 30**

Scores sent by October 31

**Exam Period 4: October 1 – December 31**

Scores sent by January 31

### **Maintain Your Certification**

As a reminder, to meet recertification requirements you must have accumulated at least 45 hours of continuing education in the past three (3) years, WITH AT LEAST HALF (50%) of which (22.5 hours) being CPRP contact hours received from either the Academy of Psychiatric Rehabilitation and Recovery or a PRA – Approved Provider of Continuing Education. A minimum of four (4) contact hours must be specific to Ethics. You are not required to submit all documentation of your credits at the time of recertification however you are required to maintain this documentation (i.e. CE Certificates) in the event of audit. Please visit [psychrehabassociation.org/certification/recertification](http://psychrehabassociation.org/certification/recertification) to learn more about acceptable training topics and formats.



**PAPRS IS AN APPROVED PROVIDER OF CONTINUING EDUCATION**  
**[www.paprs.org](http://www.paprs.org)**

## **Get to know your Board & check out the PAPRS Facebook Page**

Throughout the 2019 year, we will be posting information on our Facebook page about each of our current board members, so you can become more familiar with who we are and what we do, as we continue to serve you, our membership, in our efforts to promote psychiatric rehabilitation and competent practitioners within the state of Pennsylvania.

We are always looking for new people to participate in our different committees, bringing new ideas and energy to help support our mission and purpose.

Some of the committees include:

- Conference Committee
- Membership Committee
- Education & Consultation Committee
- Budget/Business Plan Committee
  - Policy Committee

Please consider your skills and talents and how they could be used to support psychiatric rehabilitation in Pennsylvania and consider reaching out to us to talk about joining a committee of interest.



# Psychiatric Rehabilitation Association and Pennsylvania Association of Psychiatric Rehabilitation

## Membership Benefits

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/PRA visit the PRA website.

Benefits of Memberships include:

- Psychiatric Rehabilitation Journal
- PSR Connection
- PRA publication discounts
- Other benefits depending upon the type of membership you choose

### Membership Details

#### A Membership in PAPRS Provides:

- Opportunity to network and exchange expertise with your peers in the field
- Opportunity to participate in PRA and PAPRS sponsored activities at the member's fee
- A statewide voice in psychiatric rehabilitation development in the Commonwealth
- Open invitation to attend PAPRS board meetings
- Access to international expertise
- Training opportunities for PRA credentialing
- Opportunity to help shape the organization by participation in committees such as Membership, Conference, and Training Committees

#### Types of Memberships:

##### Individual Membership

This membership is intended for an individual who provides or is employed by an organization, department or other entity which provides mental health-related services.

##### Associate Individual Membership / Student Membership

These memberships are intended for any individual who has an interest in psychiatric rehabilitation; is employed by an organization or department which provides mental health related services for no more than 20 hours a week; or is currently a graduate or undergraduate student, taking courses related to psychiatric rehabilitation.

##### Organizational Membership-

This membership is intended for any agency or organization that provides mental health services.

##### Associate Organizational Membership-

This membership is intended for any agency or organization that does not provide mental health services.

##### VA Membership

This membership is intended for employees of the Veterans Health Administration, including all mental health, vocational rehabilitation and recovery programs, mental health clinics and hospitals.



Any questions about membership and its benefits, please contact:  
Donna Duffy-Bell, MA, CPRP, CAADC  
Administrator, Bucks Co. Dept. of Mental Health/Developmental Programs  
600 Louis Drive, Suite 101 Warminster, PA 18974  
215-444-2801  
215-444-2890 (fax)  
ddduffybell@buckscounty.org

# Psychiatric Rehabilitation Association and Pennsylvania Association of Psychiatric Rehabilitation

## Membership Benefits

Organizational or Individuals members of PRA/PAPRS can hold a screening session of HEALINGVOICES, a feature length documentary which explores the experiences commonly labeled as “psychosis” or “mental illness” through the real-life stories of individuals working to overcome extreme mental states, and integrate these experiences into their lives in meaningful ways for free.

This film can be used for educating people connected to your organization-- employees, consumers, family and friends.

To be sure the film is distributed and utilized within our licensing agreement, we would like members to have a trained instructor who can present the movie.

*PAPRS will conduct a train-the-trainer event for HEALINGVOICES on January 17<sup>th</sup>, 2019 from 1:00pm to 4:30pm at The Penn Stater in State College, PA.*

*The person attending the train the trainer event will receive 3 continuing education hours for the event at no cost. Participants at the January 17th event will learn the details of managing a film event.*

If you would like to offer Continuing Education Credits for CPRPs at a future event at your agency, you will need to have a trained instructor. At future presentations lead by a trained instructor, PAPRS will offer 3-hours of CPRP credits for \$15 for members and \$30 for non-members.

RSVP to reserve your spot for this training event by December 31st, 2018!

Contact Tricia Fisher, Education Manager at [tricia.fisher@papr.org](mailto:tricia.fisher@papr.org) to RSVP.



Any questions about membership and its benefits, please contact:  
Donna Duffy-Bell, MA, CPRP, CAADC  
Administrator, Bucks Co. Dept. of Mental Health/Developmental Programs  
600 Louis Drive, Suite 101 Warminster, PA 18974  
215-444-2801  
215-444-2890 (fax)  
[ddduffybell@buckscounty.org](mailto:ddduffybell@buckscounty.org)

# Sample Supervision Documentation Form, Chapter 5230.55 Supervision

## Psychiatric Rehabilitation Center Supervision Notes

Employee Name: \_\_\_\_\_  
Date of Meeting: \_\_\_\_\_ Time: \_\_\_\_\_  
Supervisor Name: \_\_\_\_\_

Topics discussed:

Additional Comments:

What	Whom is Responsible	By When

Action Items:

We agree that the above supervision meeting was held.

Staff Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Supervisor Signature: \_\_\_\_\_ Date: \_\_\_\_\_