

Pennsylvania Association of Psychiatric Rehabilitation Services

Virtual Conference 2021

PAPRS

www.paprs.org

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PAPRS offered its second year of Virtual Conference sessions to ensure quality opportunities for CEUs were available to psychiatric rehabilitation practitioners across the state. Sessions were offered on Thursday, April 22nd; Friday, April 23rd; Thursday, April 29th and Friday April 30th, 2021.

Keynote Speakers, multiple session offerings at the same time, the Open Board meeting, opportunities to network with others and a fantastic virtual closing ceremony with awards and presentations, brought this year's conference up a notch as we have learned so much over the last pandemic year. A Great Big Thank You to all who attended, who provided presentations and especially to this year's Conference Committee for making this another fantastic event!

PAPRS

2201 E. State Street

Hermitage, PA 16148

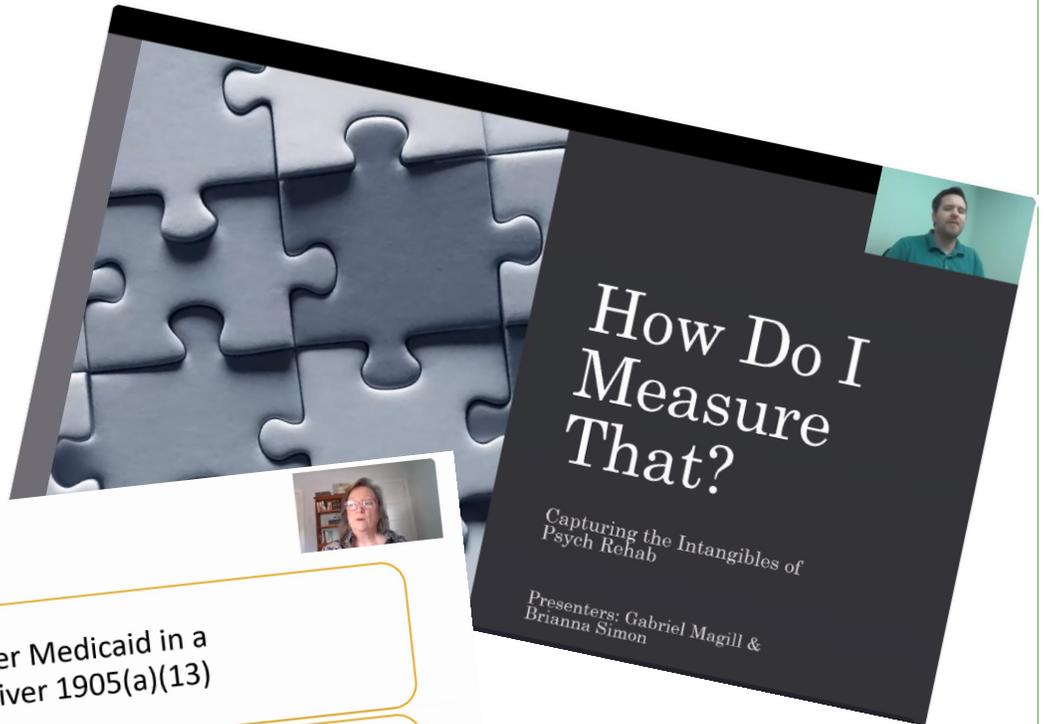
Phone: 717-655-7662

Email: tricia.fisher@paprs.com

Website: www.paprs.org



Conference Session Photos



The Challenge

PRS in PA are funded under Medicaid in a Rehabilitation Option Waiver 1905(a)(13)

Under this waiver we can support individuals' vocational goals, if it addresses functional impairments due to a mental illness and is documented.

Temple University (2012). The Role of Peer Specialists in Promoting Competitive Employment. Philadelphia, PA: Carol Ward-Colasante, Temple University Collaborative on Community Inclusion of Individuals with Psychiatric Disabilities. Retrieved from http://www.tucollaborative.org/tdm_downloads/peer-specialists-promoting-employment/



Community Integration as a Right

- Definition: "The opportunity to live in the community, and be valued for one's uniqueness and ability, like everyone else." (Salzer, 2006)
- Legal and Policy Grounding
 - Americans with Disabilities Act (1990)
 - Supreme Court Olmstead decision (1999): unnecessary institutionalization is a form of discrimination prohibited by the ADA
 - President's New Freedom Initiative (2001)
 - President's New Freedom Commission Report (2003)

Salzer, M.S. (2006). introduction. In M.S. Salzer (ed.), *Psychiatric Rehabilitation Skills in Practice: A CPBP Preparation and Skills Workbook*. Columbia, MD.: United States Psychiatric Rehabilitation Association.



Check out our Facebook and LinkedIn pages for some fun photos from all of our Keynote sessions!

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



Getting your motor running for Psych Rehab!

These ideas were shared during the Measuring Outcomes workshop at PAPRS Conference about ways to stay connected to participants in a remote environment and we wanted to share with all of you to add to your toolboxes!

Virtual scavenger hunt ◇ Word cloud project ◇ Provide iPad/ tablets to isolated individual and provide support to learn how to use them ◇

Blank Slate game-on video chat or in person ◇ Door dash care packages ◇

Birdfeeders for members ◇ Home visits (outside the home) ◇ Positivity cards

Drive by messages on vans/cars ◇ Virtual cooking groups ◇ Daily bagged lunch drop off ◇ Meet & greets in the community ◇ Connect virtually and

remain engaged with group sessions ◇ Daily news updates about what is

happening in the world ◇ Sent out bingo cards and do bingo on zoom ◇

Initially daily delivery of prepared meals, followed by meal kits and virtual

skills teaching around meal prep ◇ Wellness scavenger hunt ◇ Show and tell

Jeopardylabs.com ◇ Games ◇ Walking ◇ Yoga ◇ Reverse telehealth for people without access to technology-we brought them into the office and they sat in individual offices while the staff did telehealth from the their homes ◇

Supply bags- Care Packages that were personalized to each individual ◇

Developed and shared a resource packet for participants to use regarding info on how to connect to services needed during the pandemic.

Pennsylvania Association of Psychiatric Rehabilitation Services

PAPRS Outcomes Work Group



Continued from Page 4: Getting your motor running for Psych Rehab!

Provided meals for Christmas and Easter so that individual's basic needs were Met ◇ Set up people with smart phones through Safelink and other free phones ◇ Virtual Socials ◇ Continued to work on goals over the phone ◇ Calls to check in with the consumers to make sure they had what they needed ◇ Creative expression Boxes ◇ To go lunches ◇ Participant led groups based on their ideas- one was an American Sign Language group for staff and members ◇ Homework based on goals- packets mailed out with tasks (for example a member who was going to YMCA now developed an at-home exercise regimen) ◇ any others you can think of?

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 for recognition of this great accomplishment!

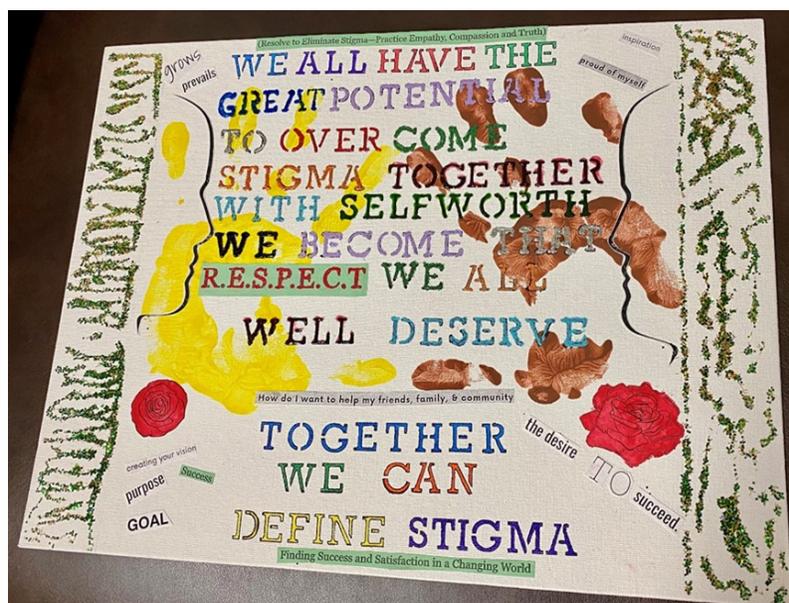
2021 PAPRS R.E.S.P.E.C.T. Poster Contest Winners

R.E.S.P.E.C.T.

(Resolve to Eliminate Stigma – Practice Empathy, Compassion and Truth)
“Finding Success and Satisfaction in a Changing World”

ADULT CATEGORY—AGE 27 AND OLDER

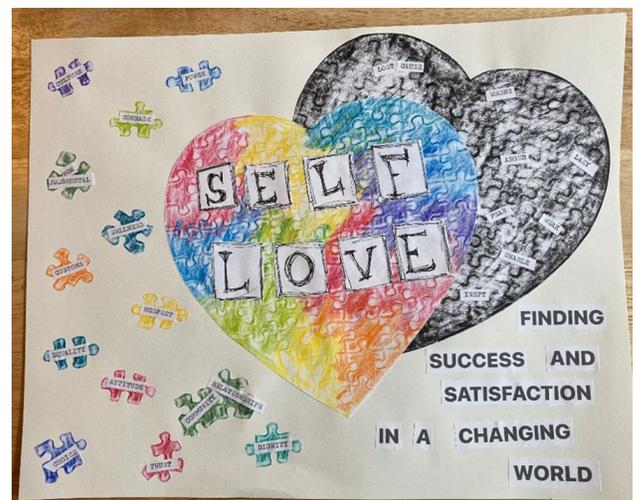
First Place #10 Charles Wienand
EPIC PR @ Glade Run \$100 gift card



Second Place #11 Karen Hilliard
EPIC PR @ Glade Run \$75 gift card



Third Place #1 Louise Ficca
Wellsboro \$50 gift card



2021 PAPRS R.E.S.P.E.C.T. Poster Contest Winners

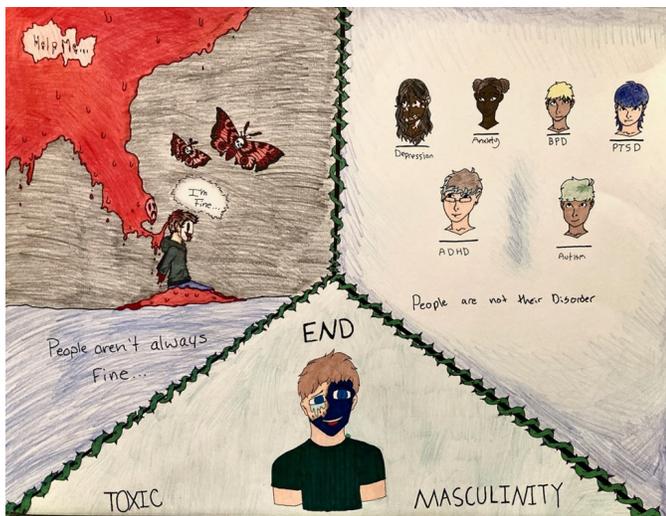
We would like to thank all of the artists who submitted a poster for the contest, and everyone who voted in this year's contest.

YOUTH & YOUNG ADULT CATEGORY—14-26

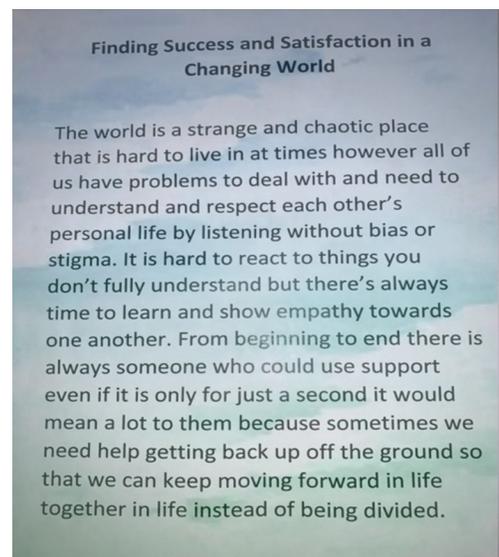
**First Place # 6 Breanna Fulmer
Community Guidance Center
\$100 gift card**



**Second Place # 13 Doreen Duffy
Journey Center \$75 gift card**



**Third Place # 7 Dustin Wright
Community Guidance Center \$50 gift card**



Pennsylvania Association of Psychiatric Rehabilitation Services presents the 2021 Award Recipients



PAPRS awards the **2021 Distinguished Career** award to ***Darla Dodds*** for her outstanding contribution to **Psychiatric Rehabilitation**. The Pennsylvania Psychiatric Rehabilitation Distinguishing Career Award for 2021 has honored Darla Dodds. Darla is currently the CEO of Hand in Hand LLC in Venango County. Darla was nominated for this award for her perseverance in hard times, her leadership through her agency/county/and state, and for always keeping to and growing psych rehab principles in all areas of life. Darla is a role model in her community and is always striving to make a difference in individuals lives and create a positive impact in the community to bring mental health supports and the community together.

PAPRS awards the **2021 Distinguished Practitioner** award to ***Sarah Hurst***

for her outstanding contribution to **Psychiatric Rehabilitation**

The Pennsylvania Psychiatric Rehabilitation Distinguishing Practitioner Award for 2021 has honored Sarah Hurst. Sarah is a Certified Employment Support Professional through the Association of People Supporting Employment. Sarah is passionate not only about her work within the Tempo Clubhouse where she is currently the Director in Lancaster County but consistently goes above and beyond for her staff and members. Sarah was nominated for this award for her leadership of finding new and innovative ways of providing services to the members her program serves. Sarah is consistently thinking outside the box and finding ways to incorporate psychiatric rehabilitation into everyday life.



Pennsylvania Association of Psychiatric Rehabilitation Services presents the 2021 Award Recipients

PAPRS awards the 2021 Distinguished Advocate award to *Holly Knoll* for her outstanding contribution to Psychiatric Rehabilitation

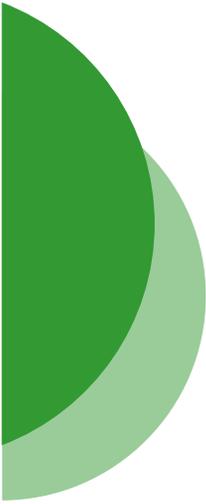


The Pennsylvania Psychiatric Rehabilitation Distinguished Advocate Award for 2021 has honored Holly Knoll. Holly has a long history of working with people in the field of Mental Health and Intellectual and Developmental Disabilities. Prior to working with the Community Guidance Center, she served this population at Fayette Resources. Holly consistently listens to the needs of the people in her psychiatric rehabilitation program and works with their support systems to help them learn how to self-advocate and links them to the natural and formal supports they need to be successful and satisfied in their recovery. Holly has worked with her people to encourage them to be not only self-advocates, but also advocates for one another.

PAPRS awards the 2021 Outstanding Program award to *CSG Psychiatric Rehabilitation Lewistown* for their outstanding contribution to Psychiatric Rehabilitation

While all programs across PA have struggled to meet the needs of the individuals that we serve throughout the pandemic and especially during times when programs were closed to the public the CSG Psych Rehab Program in Lewistown did an exceptional job. When the program was closed to the public, staff ensured that each person enrolled had contact with a staff person a minimum of 2 times a week, more if the person was struggling. In addition, during the first "closure" from March through May staff gathered care packages for everyone in service. These care packages were delivered each week to each member. In addition, during this time some of the individuals they served were experiencing food insecurity. Meals were delivered several times a week by staff. Many individuals serviced stated that by staff going the extra mile this helped keep their spirits up and their depression and anxiety down during this troubling time. Great teamwork and congratulations to CSG. Keep up the amazing work!





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 topic in Psychiatric Rehabilitation Services in Pennsylvania and beyond. Please reach out to Tricia Fisher at tricia.fisher@papr.org with topics you would like to discuss in 2021.

Next Networking Meetings for 2021

- June 24, 2021 11:00 am to 12:30 pm

Register in advance for this meeting:

https://us02web.zoom.us/meeting/register/tZ0vfuGrpjwuE9CspFlpjLM0ROteTMRfQZ_Y

- 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.

Upcoming Continuing Education Opportunities

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

Practitioner Orientation: Foundation for Recovery-Oriented Psychiatric Rehabilitation Services \$250member \$300 non-member

Assessing and Managing Suicide Risk (AMSR) for Direct Care Staff Working in Outpatient Settings develops skills in the recognition, assessment, and management of suicide risk and the delivery of effective suicide-specific interventions. The course provides participants with the knowledge and skills they need to address suicide risk and behaviors in outpatient settings. Participants will have the opportunity to increase their knowledge and apply practical skills.

August 4, 5, 11 &12, 2021

Virtual

9:00am—12:30pm

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.

1. To increase understanding of how our individual cultural context informs the way we listen to other people's cultural experiences
 2. To increase understanding about how cultural competence skills facilitate building trust and safety establishing foundation for building a positive psychiatric rehabilitation relationship
- To increase awareness about and familiarity with the PR resources that support understanding of cultural competence, PRA ethics, and PR competency domains.

August 18, 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 to register today!

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 during session in order to receive credit. (6 credit hours)

On Demand / Ongoing

Virtual

Journey thru the PR Domains: CPRP Bootcamp

\$275member/\$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



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!**

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
Elizabeth Ricker, Co-Chair egr1@comcast.net

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

Amy DeMay, Chair ademay@ycp.edu
Lisa Quintana, Co-Chair lquintana@merakey.org

Policy Committee

Ginny Dikeman, Co-Chair vdikeman@pa.gov
Elizabeth Ricker, Co-Chair egr1@comcast.net

History Work Group

Kim MacDonald-Wilson, Chair macdonaldwilsonkl@ccbh.com
Phil Braun, Co-Chair philip.braun@lenapevf.org

Outcomes Work Group

Sara Mays, Co-Chair smays@ciu10.org



OVER 47,000 PEOPLE DIED BY SUICIDE IN THE U.S. IN 2017. OUTPATIENT MENTAL HEALTH PROFESSIONALS PLAY A CRITICAL ROLE IN THE IDENTIFICATION, ASSESSMENT, AND MANAGEMENT OF SUICIDE RISK AMONG THEIR PATIENTS.

REGISTER NOW FOR

ASSESSING AND MANAGING SUICIDE RISK (AMSR) FOR DIRECT CARE STAFF WORKING IN OUTPATIENT SETTINGS

**FACILITATED BY: ELLWYN ANDRES, MA, CPRP
APPROVED AMSR INSTRUCTOR - (2020 EDITION)**

**THE VIRTUAL COURSE WILL BE HELD
JULY 15TH, 2021
9:00 AM TO 12:30 PM
REGISTRATION CLOSSES JULY 1, 2021**

**COST:
\$125.00 FOR MEMBERS
\$170.00 FOR NON MEMBERS**

**REGISTRATION CAN BE COMPLETED IN THE ONLINE
STORE AT WWW.PAPRS.ORG**