

September 2020 Newsletter

Pennsylvania Association of Psychiatric Rehabilitation Services

PAPRS CONFERENCE 2020

It has been an unusual year for all of us, and that did create a unusual circumstances for our annual conference this year.

On May 29th, June 4th, June 5th and June 12th, PAPRS offered our conference sessions virtually through Zoom to provide continuing educational opportunities to participants. Topics included:

Cultural Competence • Leisure Applications in Psychiatric Rehabilitation • Healing the Healers • Peer Support Supervision • ENGAGE: First Episode Psychosis Programs in PA just to name a few...

Sessions included live presentations, small group work, polls and interactive questions and video, and the overall feedback received was that despite the circumstance, the information provided virtually was valuable and usable to the practitioners who attended.

PAPRS

www.paprs.org

Education Manager:

Tricia Fisher, MS, CPRP

Officers

President:

Rita Kraus

President Elect:

Ellwyn Andres

Secretary:

Kim MacDonald-Wilson

Treasurer:

Philip Braun

Board of Directors

Julie Belton

Aaron Burkhardt

Stephanie Cameron

Marcie Cole

Amy DeMay

Gwen DeYoung

Virginia Dikeman

David Eckert

Jenny Gordon

Sara Mays

Pamela Nabried-Abdullah

Susan Poznar

Lisa Quintana

Rochelle Reimert

Karen Retorick

Kelly Shuler

Laurlyn Smith

Maureen Walsh

PAPRS

2201 East State Street

Hermitage, PA 16148

Phone: 717-655-7662

Email: tricia.fisher@paprs.com

Website: www.paprs.org



Save The Date!

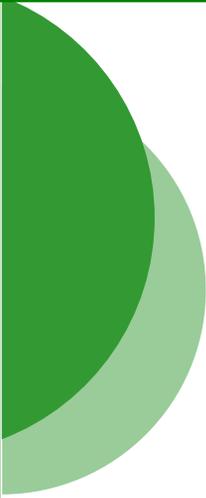
April 22, 23, 29 & 30 2021

**The PAPRS Conference will be back
and better than ever!**

**We know that many people missed networking and
the comradery that the conference provides, yet
we are still in uncertain times.
We understand those concerns!**

**The Conference Committee is diligently working to
provide the best virtual conference experience.**

**We hope to provide a flexible conference schedule
for those who are not typically able to partake in the
conference experience. PAPRS is preparing a host
of educational and cutting edge workshops,
inspiring Keynote speakers, networking and of
course, our annual RESPECT Poster Contest.
Please stay tuned as we navigate through this new
concept of conference planning and pencil us in on
your calendars.**



**Pennsylvania Association of
Psychiatric Rehabilitation Services**

PAPRS OUTCOMES WORKGROUP

The news from the PAPRS Outcomes Workgroup is all about our plans for conducting focus groups. Our Spring Conference was spectacular, and we are grateful that we had Tricia and the ZOOM platform to create an alternate conference setting so that we could continue learning and keep up our CPRP and other credits. However, what we missed by not being together was the opportunity for a some of us to get together for the Focus Group we had planned that was intended to explore the ways that we are working with outcomes in the field.

This missed opportunity at the Spring Conference, however, made us come up with alternative plans. Indeed, we have expanded our plans to include a set of 4 (maybe 5) regional focus groups to take place via ZOOM. We also changed the purpose of the focus group to better reflect this challenging moment for our profession. I'm sure you will not be surprised that we plan to
“...explore the experiences of people who have continued to provide psychiatric rehabilitation services during the COVID epidemic through telehealth and adaptations to service provision.”

The PAPRS Board has approved of these changes and feel that the information from these focus groups will be most valuable to PA PR providers.

Members of the PAPRS Membership and Education-Consultation Committees will help us to bring focus group participants to the ZOOM table. These regional focus groups will take place this Fall 2020. Stay tuned to make sure you know when your regional focus group will take place and bring your experiences to your Pennsylvania PR colleagues.



*Prepared by Barbara Granger & Cathy Brenneman
for the Outcomes Workgroup*

Virtual PAPRS Conference 2020

Considering the circumstances, our annual conference was a great success in providing a wide variety of sessions with continuing education opportunities to 175 participants. Twelve sessions were offered over 3 Fridays in May and June 2020, with the average session size being 71 participants.

Some of these sessions are offered as pre-recorded sessions for CEU for a nominal cost, if you missed them earlier this year. Contact Tricia Fisher at tricia.fisher@paprs.com for more information.

Character

Who we are, not just what we are.

Defined by two 7 year olds

Kaizen Philosophy

Leadership & Supervision go Hand in Hand

PAPRS Annual Conference: 2020 Virtual Conference
Diversity in Recovery Oriented Systems:
Building Inclusive Communities

ZOOM Tip:

- Look for the ZOOM tool bar or Menu at the bottom of your screen. If you do not see it wiggle your mouse.
- Click on the participants icon in the ZOOM menu or click on the three dots. Right click on your name and choose "re-name". Type your name.
- Click on the camera icon in the ZOOM tool bar at the bottom of the screen to remove the red bar and start video capability.
- Click on the chat icon in the tool bar to open and follow the chat. When entering a chat item, click to send to everyone at the bottom, type your comment or question, and hit enter.
- Look for the PPT in the chat. Click download, then click open and choose "save as" to save the file to your computer.



Principle 10

PR practices promote health and wellness, encouraging individuals to develop and use individualized wellness plans.

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

Poster Contest 2020

The Annual R.E.S.P.E.C.T. Poster Contest was held virtually this year, as part of the overall conference. RESPECT stands for Resolve to Eliminate Stigma: Practice Empathy Compassion and Truth. In the contest, there were two categories – Adult and Youth/Young Adult. PAPRS was pleased to be able to award prizes for First, Second and Third place in each category. The prizes were Visa Gift cards valued at \$100, \$75 and \$50 respectively.

We had a total of 20 entries this year, which was great considering that many PRS program participants were receiving services via telehealth as a result of the COVID 19 pandemic.

Each person viewing the contest online was allowed three votes in each category. During the contest, 129 people viewed the contest entries on our website and cast 771 total votes.

The winners in the adult category are:

- First Place # 20 Community United by Charles Wienand of Butler PA
- Second Place #17 RESPECT a group entry by The Chalet PR Program of Walnutport PA
- Third Place #6 The Road to Recovery is a Journey Worth Taking by Laura of Lebanon, PA

The winner in the Youth / Young Adult Category is:

- Breanna Fulmer of Dubois PA (Community Guidance Center).

Breanna was the only person to submit posters in the Youth and Young Adult category, and she did a lot of work and submitted 6 posters. The winners were

- #15 Everyone is out of this world in their own way,
- #14 Mental Disorders are not Adjectives, and
- #13 Everyone Howls at the Same Moon



Pennsylvania Association of Psychiatric Rehabilitation Services presents the 2020 Award Recipients



PAPRS awards The 2020 Presidential Award to
William Boyer
For his commitment in assisting PAPRS in promoting
and developing Psychiatric Rehabilitation services in
Pennsylvania



PAPRS awards The Distinguished Practitioner Award to
Helen Chambers
For her outstanding contribution
to Psychiatric Rehabilitation in Pennsylvania



PAPRS awards The Distinguished Advocate award to
Anita Pernell-Arnold
For her outstanding contribution
to Psychiatric Rehabilitation



PAPRS awards The Distinguished Career award to
Kathyann Corl
For her outstanding contribution
to Psychiatric Rehabilitation

Join the PAPRS Board of Directors

Dear PAPRS Members,

This certainly has been an interesting past year and the Membership Committee hopes this letter finds you well and enjoying the last few weeks of summer, however that may look!

It is also that time of year to gather nominations for the seats being vacated at the end of December 2020 on the PAPRS Board of Directors. To ensure the highest level of service and support for our membership, PAPRS has always strived for a Board that is well-balanced and representative of our membership. This past year, which has challenged us all in so many ways, has also highlighted the importance of community, diversity, and social justice. To be truly reflective of our current membership and *potential* membership, we need to be very intentional in ensuring that the core values of our Association which have always embraced the promotion of individual strengths and welcomed diversity in all of its forms are reflected in the composition of our Board.

In order to accomplish this, we need your help! Please take a moment to consider yourself or a colleague that you can imagine who, through specific skills, strengths and experience with any and all types of diversity, may bring meaningful contribution to our Board in the support of our current and future membership.

Our **deadline for receiving nominations is October 16, 2020**, so it is important that you act now!

This year, PAPRS will be accepting nominations electronically. [Click here for the Board Nomination Form](#). 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 jgordon@thecgc.com or 724-599-9922.



Thank you and I look forward to receiving your nominations!

Sincerely,

Jenny Gordon, BS CPRP
Membership Committee Chair
PAPRS Board of Directors



Pennsylvania Association of Psychiatric Rehabilitation Services

Upcoming Continuing Education Opportunities

2020 Virtual Practitioner Orientation \$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)

November 5-6 & 12-13

9:00am -12:00pm

2020 Virtual Using the Code of Ethics Course PAPRS/PRA Member- \$50 NON Member-\$75

This 3 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 30, 2020

9:00am—12:00pm

2020 Virtual PR Documentation, \$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.

November 16-17 & 23 -24

9:00am—12:00pm

Virtual PR Principles, Values & Domains Preparation for the CPRP Exam PAPRS/PRA Member- \$125 NON Member-\$175

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. You will learn about the foundations and core principles of psychiatric rehabilitation, gain knowledge of the 7 domain areas (specific tasks, skills, and knowledge) of psychiatric rehabilitation practice and gain the ability to discern psychiatric rehabilitation principles and practices through the use of practice test questions for each of the 7 domain areas.

Oct 05 - 06, 2020

9:00am-12:00pm

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!



Helpful CPRP/ CFRP Tips

Have a strong internet connection: Preferably an ethernet connection to avoid disruption of internet service



Sign in at least 15 mins early. You will need this time to speak with the proctor- do not sign out



Have your ID available in case they ask for proof of identification



Tips On Taking The CPRP/ CFRP Exam

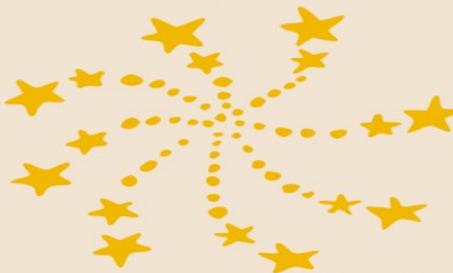
Have your work space clear and clean. Nothing should be on the walls in front of the computer or on the desk



Keep your eyes on the screen while you take the test



Know your user name and password to take the exam



Made By the Challenge Center



Members Only Link

Be sure to check out our Members Only Link for brief articles on Regulatory Information, Providing Services via Telehealth, Taking Care in a Virtual World, and more...

This month, the article is titled: **“Time To Take Care.”**