

Pennsylvania Association of Psychiatric Rehabilitation Services

PAPRS

www.paprs.org

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New Website Launch Coming Soon!!

PAPRS will have new look coming to our website with increased capabilities, networking and membership features that will help us better serve all of you! Please keep your eyes out for a Website Launch email from us, where you will be able to set up your new login information.

PAPRS

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“A Recovery Plan That I Understood,” Steve’s Psych Rehab Story



My mental health diagnosis and recovery started when I was in my 40’s. Pre-diagnosis, I was using drugs and/or alcohol regularly, every day. If I was having mental health issues, they weren’t being recognized. I felt the problems I dealt with were from the substance abuse. While recovering from physical injuries due to an accident, I was able to quit the using substances. Years later, when I should have been doing better, I wasn’t. I didn’t know why. Through the years there were multiple suicide attempts, in-patient hospital stays, and eventually a diagnosis of bipolar disorder. I had a hard time accepting that I had a mental health disorder. I suppose that was the stigma I had towards mental health. After my marriage ended, I moved into my own place. For about 3 years, I completely isolated myself in my apartment. I would grocery shop and check mail in the middle of the night, so I didn’t have to be around people. It wasn’t long for that to start being comfortable to me, so, I didn’t recognize any problem with doing it. I seemed content.

“I HAD A HARD TIME ACCEPTING THAT I HAD A MENTAL HEALTH DISORDER. I SUPPOSE THAT WAS THE STIGMA THAT I HAD TOWARDS MENTAL HEALTH.”

Then, the Beacon Hub Drop-In-Center opened on the first floor of my apartment building. I did not know what it was and had no interest to find out. One day I saw that they were offering free hot dogs and that’s what got me in the door. My first question was, “What is this place?” It was explained somewhat to me, but I still wasn’t sure. However, the explanation was enough to keep me going back.

The Beacon Hub became the new normal for me. I found staff and participants who genuinely cared about me and I found it easy to care about them. I quickly found myself wanting to be around my new friends/peers. I started feeling understood and accepted. That was the start of my mental health recovery program

I was connected to resources that I knew nothing about prior. I participated in Mobile Psychiatric Rehabilitation as soon as I learned about it. That is when I started figuring things out. I started setting goals. I worked on the steps to attain them. I learned that I had a desire to help others. That is soon what I set my goal as. The skills I learned and connections I made while participating in the mobile program made a world of difference in my life and recovery. Mobile Psychiatric Rehabilitation helped me build a recovery plan that I understood; I felt like it was attainable, and it gave me the desire to want it.

“I STARTED FEELING UNDERSTOOD AND ACCEPTED. THAT WAS THE START OF MY MENTAL HEALTH RECOVERY PROGRAM.”

Now, five years later, I am employed by Skills. I reached my goal of becoming a Certified Peer Specialist. I have a role in the Lock Haven Site-Based Psychiatric Rehabilitation Program that I absolutely love.

Pennsylvania Association of Psychiatric Rehabilitation Services

Highlights and Updates of Supported Education

By Andrew Roody McNair
Education Specialist, Horizon House

2020 brought a great deal of change to our world, our country, and the communities in which we all live and work, and Horizon House was no different. After moving to a new building during the height of the pandemic, the new space brought new challenges for our Supported Employment Services department, but more importantly, new opportunities and ways of doing business. Our Supported Employment staff has always been committed to helping people with psychiatric disabilities secure and maintain competitive employment in their chosen fields. We realized early on in our work that one of the most valuable assets in pursuing gainful employment is their training and education. We would like to take the time to highlight the work we do in this area through our Education Plus program.

For more than a decade, Education Plus has worked with students across the Philadelphia area, including Bucks, Berks, Montgomery, and Delaware Counties, as they navigate the college or post-secondary training institution of their choice while simultaneously working to overcome mental health challenges or learning differences. From the beginning, Education Plus utilized a mobile support model to support students in an informal setting, be it a campus lounge, public library, or other venue in the community, to help with every aspect of being a student. Working where and when it is convenient for the student did a great deal to minimize issues of stigma and helped to bring down the high levels of stress our students faced as they completed their work. According to the National Alliance on Mental Health, almost 73 percent of students living with a mental health condition experienced a mental health crisis on campus. However, 34.2 percent reported that their college did not know about their crisis. The Supported Education Specialists worked diligently to help students avoid crises that may arise, from housing or food insecurity, to more mundane college issues as dealing with difficult professors, registering for classes, or accessing the accommodations they need in class.

When the state government enacted the lockdown in response to the COVID-19 pandemic, Education Plus was there to help students make the switch to on-line learning. Already accustomed to working in the field, the Supported Education Specialists were able to quickly pivot to an on-line model, supporting their students remotely without missing a beat. In point of fact, 6 of our supported students graduated in May of 2020. Rather than hunkering down, Education Plus has instead begun to expand our supported region. Before we made the switch to majority remote work, our Supported Education Specialists were able to travel to college campuses in Philadelphia and the surrounding counties. Now, however, we are authorized to work with any student who is a Pennsylvania resident, regardless of where their college may be physically located.



We are excited to see what the upcoming semesters bring for both our students and our Supported Education Specialists.

Be Ready for those Elevator Conversations!

Submitted by David Eckert



In a recent training for a Mobile Psych Rehab team, I was addressing a question of how to maintain focus on what our role is and isn't in certain complex situations. Before I knew it, I was delivering a speech to the group that I had spoken on countless occasions. It went like this:

“our role in psychiatric rehabilitation is to provide support and skill-building so people can meet their own goals and experience a valued role in the community”. I had delivered this elevator speech, a modified version of the psych rehab mission, for years in a variety of settings. Whether on networking elevators, assessment elevators, boundary-setting elevators or discharge elevators, this little speech never failed to reorient me to my role and others to what they could expect from me. Like any elevator speech, it's portable enough to share briefly and memorable enough to stick with me. To be sure, an elevator speech is only one tool and one that can become formulaic if not communicated in an organic way. Nevertheless, when such speeches are used strategically, they can move a helping relationship from confusion to clarity. Further, this speech is only one of many we learn during our PR Orientation training. Other elevator speeches related to PR domains of support as well as PR principles have the capacity to re-focus us time and again if we will choose to memorize and internalize them rather than letting them collect dust in our Orientation folders. Are you ready for your next elevator ride? If not, try committing one of these speeches to memory and see what happens.

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It's that Time! Conference Scholarship Applications 2022!



This year, PAPRS is honored to offer the opportunity to apply for a scholarship to attend the conference to learn about new and upcoming advancements in psychiatric rehabilitation services. These scholarships are for the full 4 days of the conference so we would like to see that attendees are able to attend. Some requirements to applying for a scholarship would include: Being a consumer in services, a peer specialist, a peer working in the mental health field, a peer presenter at the conference, and/or you are facing financial hardship and would need some assistance attending the conference. You need to complete the competitive [application](#) that will be reviewed, with an awarded scholarship being provided based off your description of how attending the conference will help you and your community grow. Applications will be accepted through January 31, 2022. The scholarship committee will meet in February to review the applications and award the scholarships. There is a limited number of scholarships so it is possible that not everyone will receive one. Each applicant will be receiving a denial or approval letter with instructions on what to do next. Once you have applied for the scholarship check your email from February through March for this letter. We hope to continue to offer this great opportunity in the future and thank everyone who makes the scholarship process possible!

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!

2022 PAPRS R.E.S.P.E.C.T. Poster Contest

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

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

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

The RESPECT poster contest is an individual contest, not a group contest.
Group submissions will not be accepted.

The age groups are:

Youth/Young Adult (through age 26)

Adult (age 27 and older).

Posters must be no more than 11” X 14” in size (half a sheet of poster board), and can be on any type of paper, poster board, foam board, etc. Artists may also use any other media or art supplies they choose (markers, colored pencils, paint, crayons, pens, pencils, charcoal, stickers, paper cut outs, photography, etc.). Artwork must be original and shall not use copyright protected material. If photos of people are used, please include a release signed by the person or persons in the photos which allows you to use the photo on your poster, and allows PAPRS to use the poster on websites and in other public arenas. Be creative and remember the theme is:

Facing Challenges: Resiliency and Renewal

Make your poster and take a photo of it.

Email the photo to paprseducation@gmail.com no later than Friday April 8, 2022.

Please submit only one poster per email. Be sure the email message includes your age group, your name, full mailing address, phone number, and an email address where we can contact winners prior to the closing ceremony. If you desire to keep your address and phone number private, you always have the option to list the Psych Rehab Provider and use the program name, address, phone number and email address for a specific PRS staff member.

All posters will be numbered and posted to the www.PAPRS.org website before the conference opens. Voting by Survey Monkey begins on the first day of the conference, April 21, 2022, and runs through April 28, 2022. Please visit our website at www.PAPRS.org for the link to the voting poll. Anyone visiting the website may enter three votes in each category

Winners will be announced during the closing ceremony on April 29, 2022.

Prizes will be mailed during the following week.

Winning posters, and the names of the winners will be posted to the www.PAPRS.org website after the conference. By entering this contest, you are consenting to the use of your artwork and your name in PAPRS electronic media.

Pennsylvania Association of Psychiatric Rehabilitation Services 2022 Award Nominations

The Pennsylvania Association of Psychiatric Rehabilitation Services (PAPRS) invites nominations of individuals and Psychiatric Rehabilitation agencies or programs which have distinguished themselves in their commitment to the principles of Psychiatric Rehabilitation. Awards are given in the four categories listed below. Award winners will be honored at the PAPRS Annual Virtual conference on April 29, 2022.

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.

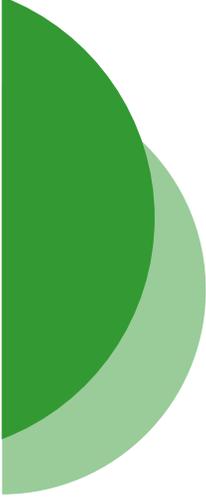
Distinguished Practitioner Award- This award is to honor an individual who has demonstrated a commitment to the principles and ethics of psychiatric rehabilitation in their work with persons in recovery. Nominations are open to mental health direct care and/or supervisory staff who are either an individual 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.

You may complete the nomination form at this [link](#) or you can type your nomination with the following information and submit it by email to mwals1@allied-services.org or mail to Maureen Walsh, 108 Eliza Street, Dickson City, PA. 18508

- Name and contact information of the person you are nominating
- The award you are nominating the person for
- Why the person should be awarded
- Your contact information

Nominations must be received by January 20, 2022.



QUARTERLY PROVIDER NETWORKING MEETINGS

The Provider Networking Meetings are held Quarterly. 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 2022.

Next Networking Meetings for 2021

- December 16, 2021 11:00 am to 12:30 pm

<https://us02web.zoom.us/meeting/register/tZwvdeGprT0uHdWp3c-vMZ3aACMap76UUk56>

Save The Dates: 2022 Provider Network Meetings

March 17, 2022 ◇ June 16, 2022

September 15, 2022 ◇ December 15, 2022



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

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. **Approved for CPRP and CFRP Credits!**

Feb 7 & Feb 8, 2022

Virtual

9:00am-12:00pm

Practitioner Orientation: Foundation for Recovery-Oriented Psychiatric Rehabilitation Services

\$175/ member \$300/ non-member

This 12 hour orientation (3 hour class x 4 days) 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). **Approved for CPRP Credits!**

Jan 3 & 4 and Jan 10 & 11, 2022

Virtual

9:00am—12:30pm

May 16 & 17 and May 23 & 24, 2022

Virtual

9:00am—12:30pm

Healing Voices **\$15/ member \$30/ non-member**

HEALINGVOICES is 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.

January 18, 2022

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!

Upcoming Continuing Education Opportunities

PR Services Documentation: Skills that Work for Regulators, Payers, and People in Services \$175/ member \$300/ non-member

This 12 hour (3 hour class x 4 days) 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. **Approved for CPRP Credits!**

Jan 24 & 25 and Jan 31 & Feb 1, 2022

Virtual

9:00am-12:00pm

Using the Psychiatric Rehabilitation Process in Supervision \$45/member \$90/non member

Are you currently providing supervision for psychiatric rehabilitation staff? Are you looking for an approach to inspire, teach, challenge and evaluate yourself and your staff? Join us to develop a collaborative, strength-based approach for supervision in psychiatric rehabilitation programs.

Approved for CPRP and CFRP Credits!

Feb 15, 2022

Virtual

9:00am-10:30am

Skills in Psychiatric Rehabilitation \$50/member \$100/nonmember

Teaching skills to individuals, either in group or one-to-one, is an essential psychiatric rehabilitation intervention used as part of assisting people to gain and maintain desired rehabilitation goals in targeted environments in the community. This course presents the basics of direct skills teaching, including planning what to teach and deciding how to teach it.

Feb 22, 2022

Virtual

9:00am-12:00pm

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

\$75/ member \$150/ non-member

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. **Approved for CPRP credits.**

Mar 21 & 22, 2022

Virtual

9:00am-12:00pm



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!

Things we have Learned during the Pandemic

By Aaron Burkhardt

Psychiatric Rehabilitation Services always has stood out amongst outpatient services as a beacon of hope and a journey to recovery in mental health treatment. In Venango County, we have witnessed individuals gaining and regaining valued roles while engaging in psychiatric rehabilitation services. Some of these roles included gaining employment, to buying a first home, to going back and finishing a degree, and repairing relationships that might have been broken. In Venango, and across the state, Psychiatric Rehabilitation Services has definitely made a positive impact in the community and towards the wellness of individuals who engage in the services. When COVID-19/pandemic hit we all scattered to provide services in the most helpful and safest ways possible. We have watched colleagues and individuals we serve perish in a blink of an eye and we stood there trying to pick up the pieces and reconnect with each other through our grief, despair, and trying times. Finding the right resources to support each other at the beginning was difficult to find. However, something seems to break through and we began becoming united and built strong support systems, whether over telehealth or activities that were safe to do. We all became very creative on how to connect with each other when the huge obstacles presented themselves. Today we stand still united. We have come together as a community to build those missing resources and provide mental health support where ever we can. Below are some of the many great resources out there to connect to. Some are online support groups, grief support, food support, and hotlines to call.

- In Venango, Crawford, and Mercer counties, Beacon Health Options has helped agencies and individuals over the past year plus to get needed supports and resources. Other counties can reach out to their insurance companies/MCO for added support
- SAMHSA's National Helpline 1—800-662-HELP (4357)
- Suicide Prevention Hotline 1-800-273-TALK (8255)
- Mayo Clinic "COVID-19 support and your mental health tips and topics"
- NHI National Institute of Mental Health "Shareable Resources on coping with COVID-19"
- PRA- will assist you in connecting to your local chapter for Psych Rehab Services and has a few resources to connect to addressing COVID and mental health supports
- Local case management, community living, and/or ACT Teams provide hands on support to Individuals struggling with Isolation and increased symptoms
- Online Grief Share Group- griefshare.org
- Local support groups on grief, church support groups, and AA/NA meetings in the local area
- NAMI "COVID-19 Resource and Information Guide"
- Call or text 211 for local resource information in your area
- Reach out to your local salvation army for COVID-19 relief for assistance on food pantries in your area.
- Utilize natural supports to build connections such as family, friends, local churches, fellowships, community centers and peer coalitions.

We know there are more great resources out there to help out in this time of need and we are very grateful for the ones we have found to help us through these difficult times. We hope you are finding your way through these difficult times and encourage you to stand united and share your journey through resiliency and determination as well!

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

