

## Pennsylvania Association of Psychiatric Rehabilitation Services

### **PAPRS**

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

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Tricia Fisher, MS, CPRP

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## We are getting a Facelift!

PAPRS has decided to update its look and change some things on our website to make it easier for you to access Psych Rehab resources, as well as network with each other.

We will keep you informed of these changes as they start to happen, but keep your eye out for more information in September. Please bear with us if we run into any bumps or glitches during this transition.

If you have any questions or cannot access our website at [www.paprs.org](http://www.paprs.org), please contact [tricia.fisher@paprs.org](mailto:tricia.fisher@paprs.org).

### **PAPRS**

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



## 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:

- Tuesday August 17, 2021: 10AM-3PM
- Tuesday November 16, 2021: 10AM-3PM
- Tuesday February 15, 2022: 10AM-3PM
- 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](mailto:RA-PWOMHSASMHPC@pa.gov)



# PAPRS Policy Committee

Submitted by Beth Ricker

The Policy Committee of PAPRS has been focused on Advocacy this year and is seeing an increased urgency for promoting the services and the philosophy of Psychiatric Rehabilitation. As individual CPRPs and as an organization, this is perfectly in line with our purpose and our ethics. Psychiatric Rehabilitation encompasses services and supports for people who are seeking recovery and full community integration. Research suggests that people want hopeful, self-directed, effective, culturally competent, and holistic services—which describes Psych Rehab! We should not be keeping our field hidden or our outcomes secret. It is good to remember that we operate under the PRA Code of Ethics, which can be found at this link. [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) Read what the section on Advocacy has to say:

## *Standard C: Advocacy*

- 1. Practitioners promote the field of Psychiatric Rehabilitation by supporting the formulation, development, enactment, and implementation of public policies of concern to the profession.*
- 2. Practitioners act to expand choice and opportunity for all persons, in particular those experiencing a psychiatric disability.*
- 3. Practitioners advocate for and assist people to advocate for themselves against discriminatory behavior and to access desired opportunities to further their recovery.*
- 4. Practitioners promote social justice and the general welfare of society by promoting the acceptance of persons who experience mental illness.*
- 5. Practitioners work toward the elimination of discrimination and oppression within society.*
- 6. Practitioners strive to eliminate attitudinal barriers, including stereotyping and discrimination toward people with disabilities.*
- 7. Practitioners demonstrate and promote activities that respect diversity among professionals, individuals served, and local communities.*

## PAPRS Policy Committee Advocacy Letters (Continued)

During the spring and early summer of 2021, the PAPRS Policy Committee sent several letters to our State partners at the Department of Human Services (DHS) and the Office of Mental Health and Substance Abuse Services (OMHSAS) to point out the importance of Psychiatric Rehabilitation Services (PRS) as a vital component in the array of mental health services offered in PA.

On May 21, 2021, we sent a letter of introduction to Ms. Meg Snead, Secretary of DHS, introducing PAPRS, and asking for an opportunity to meet and discuss our Mission and Values.

On May 28, 2021, we sent a letter to Ms. Kristen Houser, Deputy Secretary of OMHSAS, advocating for inclusion of PRS in the Pennsylvania Medicaid State Plan, so that PRS becomes a required service by every Managed Care Plan, and is available and accessible to all who need the service in PA.

On July 6, 2021, PAPRS responded to a request for public comment on the planned use of funds from the American Rescue Plan. In a letter to Meg Snead, Secretary of DHS, we stressed the need for, and the great opportunity to get PRS into the Medicaid State Plan, and to improve reimbursement rates to ensure PRS is adequately funded and accessible to all who need or want the service.

In August 2021 the PAPRS Policy Committee was working on a letter to Meg Snead, Secretary of DHS, in response to a request for public comment on the proposed Community Block Grant application that DHS will be filing with the federal government. One part of block grant funding that PAPRS is supporting is directed toward funding mental health recovery services such as PRS (including Clubhouse), Peer Support, supported education, and supported employment, all evidence-based services that have historically had very limited funding.

The Policy Committee hopes to expand efforts to advocate with our representatives at state and county levels, our MCOs and funders, as well as our neighbors, friends and relatives. We can all play a part in the efforts to deliver quality services and supports to a group of people who have traditionally been devalued and underserved. This may not be the end...more to come!

# Pennsylvania Association of Psychiatric Rehabilitation Services

## A Note from our PAPRS President: Amendments to PAPRS By-Laws



Individual and Organizational members of PAPRS will soon be asked to vote on amendments to the PAPRS By-laws. The Board members have been working on updates, changes, and additions to the By-laws—officially known as Amendments. Amendments need approval by votes of the membership. Here are the highlights and a little background.

**Simple Updates:** The language in the By-laws document will be updated to be inclusive and gender neutral. There was also some older terminology that needed to be changed for clarity and to keep with our values and ethics.

**Changes:** One of the changes proposed is requiring at least one co-chair of every committee to be a Director on the Board who is active and in good standing. This is a means to increase communication between committees and accountability to the whole Board of Directors, while encouraging participation on committees by the general membership of PAPRS.

**Additions:** For the past few years, PAPRS has had a Communications Committee and a Policy Committee. Technically, these committees have been “Ad Hoc” committees. It is quite clear that the work of these groups is not temporary or circumstantial, but essential and ongoing. The by-laws being proposed will make these permanent standing committees with their purpose and functions outlined in operational procedures.

Ask a member of the Board if you have questions, and if you are a voting member of PAPRS, please reply with your vote when you receive your ballot.

~ Ellwyn Andres, Board President

# Pennsylvania Association of Psychiatric Rehabilitation Services

## Challenges during the Pandemic... and ideas for planning for the future!

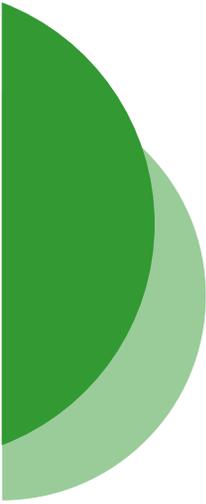
By Rita Kraus



In rural PA, during the pandemic, several challenges were experienced here at the Dickinson Center, Inc. located in Ridgway. Staff responded with fierce determination to serve all members. We were able to remain open the entirety of the pandemic and provide onsite services to a limited number each day. We held daily telehealth sessions and were successful in teaching skills that supported healthy responses to the pandemic, finding reputable news and information, keeping oneself safe and maintaining the safety of our community. Members called in on their scheduled days, called in for additional support and skills as needed and the entire member community we served remained in contact and involved throughout the pandemic. Members were able to successfully manage their concerns and with the collaboration of community services were provided with items they needed through a volunteer call center. One specific program we started was a Saturday Psych Rehab program. This allowed for spreading out members so more could be safely provided service. We were able to incorporate opportunities to practice recovery skills, provide an outlet for social interaction and connection for members. Members have reported this to have been a significant support for them during the isolation of the pandemic. We continue this program upon the request of our members.

### ***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 Amy DeMay, Communications Chair at [ademay@ycp.edu](mailto:ademay@ycp.edu) for recognition of their great accomplishment!*



## **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](mailto:tricia.fisher@papr.org) with topics you would like to discuss in 2021.

### **Next Networking Meetings for 2021**

- September 30, 2021 11:00 am to 12:30 pm

Register in advance for this meeting. The Zoom link is:

[https://us02web.zoom.us/meeting/register/tZckd-2oqDMsH9cxJBR2An10IrEstVTbq\\_Is](https://us02web.zoom.us/meeting/register/tZckd-2oqDMsH9cxJBR2An10IrEstVTbq_Is)

- 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 Virtual Practitioner Orientation**

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!**

**October 25 & 26, November 1 & 2, 2021**

**Virtual**

**9:00am-12:00pm**

Course Fee: Member- \$250 Non-Member-\$300

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### **2021 PR Documentation Skills**

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!**

**Sept 7-8 & 14-15**

**Virtual**

**9:00am—12:30pm**

Course Fee: Member- \$250 Non-Member-\$300



# When I think about PAPRS

By Gwendolyn DeYoung

When I think about PAPRS, I am always struck by the immense level of support and information that I and my agency have received from this wonderful organization. Initially my involvement was rather informal. I was a supervisor for a small agency that ran Community Residential Rehabilitation (CRR) services in Tioga County. I and two other staff were able to attend a PAPRS conference at the Penn Stater. The three of us were excited to participate in workshops that gave practical information about rehabilitation. But it wasn't just the information and workshops. We each noticed that there was a level of commitment that we did not see in our home community. We were captivated by a supportive organization where the members clearly believed in the work they were doing but more importantly believed in the people they served. The energy of their commitment produced a level of integrity and skill which was not intimidating but instead welcomed us to do our best.

As time went on, we started to attend as many conferences as possible. A bit later, I was asked to be on the PAPRS Board. This opportunity was transformative. The conferences and my board experience gave us information which we shared with our clinical director.

With his encouragement, I started writing proposals asking our County Administrator suggesting a reduction of the number of beds at our CRR; then using the funds for mobile services for our clientele. My argument was that more individuals could receive services using the same amount of funds. Although my proposal was turned down 3 times, it opened the door allowing mobile services to be provided in Tioga County.

In 2005, Tioga County Human Services proposed to our agency that we close the CRR to implement our plan for mobile services. At the same time they made this request, we were exploring what it might mean to develop Certified Peer Services for our county. The agency we were employed with was not interested in providing Peer Services. Their lack of interest became the driving force for the creation of Wellspring Community Support Services. We developed unlicensed mobile services using a fundamental understanding of psychiatric rehabilitation. Our understanding of recovery principles helped us to create a vibrant Certified Peer program. After creating our Peer Program, we developed our licensed psychiatric rehabilitation programs. We now provide the licensed programs of peer services, individual (mobile) and group (site based) psychiatric rehabilitation programs. Along with those programs we administer 2 social programs, a social rehabilitation program and a vibrant drop-in center.

As I think back, our transition was no small feat. I strongly suspect that it could not have happened without our involvement PAPRS<sup>®</sup>. The many conferences, the board meetings, the many onsite trainings for our staff helped us define who we are and what we do. Once we were a small provider serving 15 individuals a year. Now we are an agency providing 5 different services, able to serve more than 100 individuals. What involvement in PAPRS has given us is something I call a practical optimism. What I mean by "practical optimism" is that PAPRS has given us at Wellspring the ability to dream a dream and make it a reality.

I encourage any agency or individual who is looking for meaningful ways to support recovery to use PAPRS as a tool to that end. When I think of PAPRS and our involvement, I always smile and delight with appreciation.



## **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](mailto:spoznar@cccmer.org)

Elizabeth Ricker, Co-Chair [egr1@comcast.net](mailto:egr1@comcast.net)

#### **Education and Consultation**

Kelly Shuler, Co-Chair [kshuler@skillsgroup.org](mailto:kshuler@skillsgroup.org)

Rochelle Reimert, Co-Chair [rreimert@salisb.com](mailto:rreimert@salisb.com)

#### **Membership Committee**

Jenny Gordon, Chair [jgordon@thecgc.com](mailto:jgordon@thecgc.com)

#### **Conference Committee**

Aaron Burkhardt, Chair [aaron@challengectr.com](mailto:aaron@challengectr.com)

Maureen Walsh, Co-Chair [mwals1@allied-services.org](mailto:mwals1@allied-services.org)

Jennifer McLaughlin, Co-Chair [mclaughlinj@csgonline.org](mailto:mclaughlinj@csgonline.org)

#### **Communications Committee**

Amy DeMay, Chair [ademay@ycp.edu](mailto:ademay@ycp.edu)

Lisa Quintana, Co-Chair [lquintana@merakey.org](mailto:lquintana@merakey.org)

#### **Policy Committee**

Ginny Dikeman, Co-Chair [vdikeman@pa.gov](mailto:vdikeman@pa.gov)

Elizabeth Ricker, Co-Chair [egr1@comcast.net](mailto:egr1@comcast.net)

#### **History Work Group**

Kim MacDonald-Wilson, Chair [macdonaldwilsonkl@ccbh.com](mailto:macdonaldwilsonkl@ccbh.com)

#### **Outcomes Work Group**

Sara Mays, Co-Chair [smays@ciu10.org](mailto:smays@ciu10.org)

