

CASRA

*California Association
of Social Rehabilitation
Agencies*

Register Now

More Travel Tips for a Journey of Recovery

Spring 2008 Conference

A recovery journey can be one that is taken by an individual, a program, or an entire system. It may be your journey or you may serve as a companion on the journey of another. Whatever your role, CASRA has tips that can help.

April 29 & 30, 2008

**San Mateo Marriott
1770 South Amphlett Blvd**

**For information contact
CASRA office
(925) 229-2300
E-mail: conference@casra.org**

CONFERENCE SCHEDULE

Tuesday, April 29, 2008

8:00 – 9:00	Check-in and late registration
9:00 – 12:15	Session I (7 concurrent institutes)
12:15 – 1:30	Lunch
1:30 – 4:45	Session II (7 concurrent institutes)

Full Day

#1 Rituals of Resiliency: How Leaders Create and Sustain Positive, Hopeful Work Environments

Bruce Anderson, *Community Activators*

#2 Enhancing the Quality of Recovery-Promoting Relationships

Mark Ragins, *NMHA-Greater LA*

#3 Wellness Centers: From Treatment to Healing

John Travers, *NMHA-Greater LA*

Session I

#4 Strategies to Promote Self-Determination

Harvey Rosenthal, *NYAPRS* and Michael Hlebachuck, *Oregon Department of Human Services*

#5 Practical Applications of Mindfulness

Craig Schlarb, *CSU East Bay, School of Social Work*

#6 Creating Welcoming Work Places for Community, Employees and Consumers

Guyton Colantuono and John Glover, *NMHA-LA*

#7 New Directions in Supported Education: The San Mateo Experience Consumers

Debra Brasher, *Inspired at Work* and Michael Shocket, *Caminar*

Session II

#8 Using New Lenses to Assess Self and Others: Worldview as a Tool for Culturally Competent Recovery Practices

Peter McKimmin, *Peter McKimmin and Associates*

#9 Opening Communication Using a Motivational Interviewing Approach

Karen Brockopp, *Transitional Living and Community Support*

#10 Schmoozing as an Art from the Heart – Community Development Strategies

Judy Cooperberg and Guyton Colantuono, *NMHA-LA*

#11 Everything You Ever Wanted to Know About Becoming a Certified Psychiatric Rehabilitation Practitioner (CPRP)

Marianne Baptista, *CASRA*

Wednesday, April 30, 2008

8:00 – 9:00	Check-in and late registration
9:00 – 10:30	Opening Plenary with Jackie McKinney
10:45 – 12:15	Session I (7 concurrent workshops)
12:15 – 1:30	Lunch
1:30 – 3:00	Session II (7 concurrent workshops)
3:15 – 4:45	Session III (7 concurrent workshops)

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**Plenary**

*Jackie McKinney's experience with the mental health system has been both as a consumer and family member. Four generations of her family have experienced a legacy of mental health issues, co-occurring disorders, trauma, violence and contact with the criminal justice system. This experience has led her to advocate for consumer involvement in all aspects of mental health care. She is a passionate speaker on the intergenerational experience of mental illness, the impact of trauma on families, the struggle to find justice, and the importance of trauma-informed care.*

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Session I

#12 The Discussion after the Dirt: Continuing the Conversation

Jackie McKinney, *Inspirational Speaker and Consultant*

#13 Community Integration and Promoting Meaningful Role Recovery

Bria Heymach, *Veterans Affairs, Palo Alto Health Care System*

#14 What if There was Nothing to Recover? The Promise of Early Intervention

Shelley Levin and Stephen Wilson, *Telecare Corporation*

#15 Step by Step: A Guide to Finding and Keeping Affordable Housing

Terri Byrne, *Mental Health Association, Redwood City* and Penny Coyote

#16 Defining and Understanding Stress and Vicarious Traumatization

Rachel Michaelsen, *Psychotherapist and Trainer*

#17 Adolescence, Trauma and the Internet

Joshua Taylor, *Orange County Health Care Agency*

#18 The Phenomenon of Laughter in Recovery

Grace Sweet, *American School of Laughter Yoga*

Session II

#19 Wellness Tools for Healing Trauma

Sharon Kuehn, *WRAP Trainer and Consultant*

#20 Hope through Horticulture: The Growing Grounds Farm Model

Craig Wilson & Megan Hall, *Transitions-Mental Health Association*

#21 “I Only Get Up Because of My Dog”: Owning an Emotional Support Animal

Sheryle Stafford & Blu, *CASRA*

#22 Aging 101 – Integrating Aging Resources with Recovery Programs

Paul Takayanagi, *Alameda County BHCS*

#23 Contemporary Perspectives on Treating the Borderline Dynamic: Developing the Therapeutic Relationship

Robert Lundquist, *Momentum for Mental Health*

#24 Culture-Centered Recovery: Working with Asians and Asian-Americans

Louise Foo, *Conard House*

#25 Listening Well: Turning Lessons into Learning

Paula Comunelli, *Listening Well*

Session III

#26 The Role of Spirituality in Recovery

Liz Brown and Janet Drebert, *Crestwood Behavioral Health, Inc*

#27 A Roundtable Discussion: Supervision Strategies for Multi-Disciplinary Teams

Louise Foo, *Conard House* and Guyton Colantuono, *NMHA-Greater LA*

#28 Let's Play: Learning Games and Activities

Marianne Baptista, *CASRA*

#29 An Alternative View of Trauma and the Experience of Hearing Voices

Ken Starr and Simone Lundquist, *Momentum for Mental Health*

#30 Churchill's Black Dog: Studying Our Leaders' Mental Health

Erin Vargo, *Wasserman Media Group*

#31 Partnering with Psychiatrists: Towards True Informed Consent

Carol Patterson, *Berkeley Mental Health*

#32 From Program Support to Peer Support: The Buckelew Graduate Group Experience

Katrin Ciaffa, Vivian Sedney, Lesley Haylock, Mary Sanicola, *Buckelew Programs*

INSTITUTE DESCRIPTIONS

Tuesday - April 29, 2008

Full Day

#1 Rituals of Resiliency: How Leaders Create and Sustain Positive, Hopeful Work Cultures

Let's just say it: Being a leader in a social-service workplace is difficult. It is well documented that high stress, face-paced workplaces create burnout and victimized, non-productive behaviors in employees. On the other hand, research shows that hope is a key indicator of both employee health and productive work environments. This institute for administrators, supervisors and team leaders, presents a model for creating a Culture of Hope, provides workplace evaluation tools and the opportunity to design action plans for your workplace.

#2 Enhancing the Quality of Recovery Promoting Relationships

This is a highly experiential institute. Participants will explore their own comfort level in helping relationships, learn about their inner assumptions about people with mental illness, and discover the skills to develop deeper levels of listening and connectedness.

#3 Wellness Centers: From Treatment to Healing

There are few options that support an individual's transition to community supports or exit the mental health system entirely. The Wellness Center, a consumer-directed program, offers support and strategies which help improve quality of life and the ability to live, learn and work in the community. This institute will describe the program, discuss the challenges and successes faced as the program took shape, and offer resources and tools for those developing their own wellness centers.

Session I

#4 Strategies to Promote Self-Determination

As states struggle to transform their mental health systems to a recovery philosophy, a few states have made major leaps forward by implementing self-directed care models based on the principles of self-determination. Through this approach, individuals are provided individual budgets to purchase their own services and supports, drawing on a creative array of community resources and services. The presenters will provide an overview of how several states have been using this approach to support individuals with psychiatric disabilities in meeting their personal recovery and community integration goals. Particular attention will be given to Oregon's innovative and effective program.

#5 Practical Applications of Mindfulness

In this institute, participants will explore a variety of methods for connecting to the present moment as a way of gaining a more accepting attitude for daily experiences. Participants will share their experiences and inspirations and develop a “Mindfulness Contract” to help attain a more mindful and centered life.

#6 Creating Welcoming Work Places for Community, Employees and Consumers

A welcoming framework is similar to PSR in many ways including member involvement, community integration and staff and member empowerment. This institute will define the common threads between psychosocial rehabilitation, recovery, and a welcoming framework. Presenters will describe the process for building a welcoming culture in a PSR program, including four strategic development areas and the transformative steps necessary in creating welcoming workplaces, the impact on staff and consumers, and lessons learned along the way.

#7 New Directions in Supported Education: The San Mateo Experience

Bringing educational and vocational programs together enhances the recovery outcomes for everyone! This institute outlines the model supported education program, “Transitions to College” which has been graduating people from the College of San Mateo since 1991. Participants will learn about the new merger of TTC and Jobs Plus, Caminar’s supported employment program. By joining forces, consumers receive key services designed to boost the connection of educational success to success on the job.

Session II

#8 Using New Lenses to Assess Self and Others: Worldview as a Tool for Culturally Competent Recovery Practices

A worldview is both a highly personal “take” on the world as well as a view of reality shared by members of cultural groups. Participants will be introduced to the 7 basic components of worldview and apply these in learning about the worldviews of 5 specific cultural groups: Latino Americans, Native Americans, African Americans, Asian Americans, and Euro-Americans.

#9 Opening Communication Using a Motivational Interviewing Approach

Motivational Interviewing (MI) is a style of client-practitioner communication that is specifically designed to overcome the ambivalence which keeps many people from making desired changes in their lives. MI is based on the assumption that motivation is highly influenced by the staff person’s style. In this institute you will learn and practice some specific techniques to elicit and enhance motivation in your clients.

#10 Schmoozing as an Art from the Heart – Community Development Strategies

PSR promotes community integration by assisting consumers to assume normative and positive community roles. Mental health programs, in fighting stigma, providing services, and building collaborations, must be seen as part of the community, not as apart from the community. This institute will focus on strategies designed to enhance community relationships, and resource development that transcends a traditional social service orientation.

#11 Everything You Ever Wanted to Know About Becoming a Certified Psychiatric Rehabilitation Practitioner (CPRP)

Some of the most common questions asked of CASRA staff have to do with the CPRP, the national credential offered under the auspices of the United States Psychiatric Rehabilitation Association (USPRA). In this institute you will learn about the benefits of certification, how to qualify, how to apply, where to get the required training in psychosocial rehabilitation, and how to pass the test.

A diagnosis is not a destiny

WORKSHOP DESCRIPTIONS

Wednesday - April 30, 2008

Session I

#12 The Discussion after the Dirt: Continuing the Conversation

This workshop provides the opportunity to discuss the ideas presented in the opening plenary in a smaller group.

#13 Community Integration and Promoting Meaningful Role Recovery

This workshop will discuss the VA's experience with developing programs within the community so that people with mental illness are provided with the skills, opportunities, and support needed to promote self-help and meaningful community interactions.

#14 What if There was Nothing to Recover? The Promise of Early Intervention

Programs to provide support, information and treatment for people who are in the process of developing psychosis are common in other countries. This workshop will review these approaches and the literature describing their effectiveness.

#15 Step by Step: A Guide to Finding and Keeping Affordable Housing

"Apartment for rent" - but it's not affordable, they don't take section 8 vouchers, and your client doesn't want to have to move again. This workshop will address the challenges of finding affordable housing, managing discrimination and, when necessary, developing creative solutions to the problems that can interfere with maintaining housing.

#16 Defining and Understanding Stress and Vicarious Traumatization

Stress and vicarious traumatization often negatively affect mental health providers' professional and personal lives. In this workshop you will learn how you can address and prevent these problems.

#17 Adolescence, Trauma and the Internet

This workshop will focus on the emerging research discussing the influence of message boards and social networking sites, on adolescents and transition age youth dealing with depression, self-injurious behavior, and suicidality.

#18 The Phenomenon of Laughter in Recovery

The benefits of unconditional laughter are multi-dimensional. Laughter can help us tune into our own internal experience of our own recovery process more deeply. The presenter will describe unconditional laughter, discuss its benefits and share how this approach was helpful in her own recovery.

Session II

#19 Wellness Tools for Healing Trauma

This workshop presents a set of simple body-mind techniques that can be used to help heal from trauma, and to increase the ability to stay balanced, whole, and well. The movement techniques are from a multi-cultural wellness curriculum called "Capacitar" (empower in Spanish).

#20 Hope through Horticulture: The Growing Grounds Farm Model

Presenters discuss the history and accomplishments of a successful non-profit wholesale nursery including how the program facilitates change and growth by providing a supportive environment that challenges employees to realize their full potential.

#21 "I Only Get Up Because of My Dog": Owning an Emotional Support Animal

For some people, a support animal can literally make the difference between life and death. In this workshop, the presenter shares her experiences in training and caring for her support dog, discusses the differences between support and service animals, and presents information on the laws and regulations that govern the rights of persons with disabilities.

#22 Aging 101 – Integrating Aging Resources with Recovery Programs

Professionals in the fields of aging, mental health and recovery can often work without consulting the other. As more Americans in recovery age and as more older adults develop addiction and mental health problems, the more vital it is to know about the aging field and the resources it offers. This session provides an overview of the aging field and provides resources that can help older people in recovery, their families and the professionals who work with them.

#23 Contemporary Perspectives on Treating the Borderline Dynamic: Developing the Therapeutic Relationship

Comparing the therapeutic components between the social rehabilitation approach and narrative therapy, the presenters will demonstrate how narrative therapy provides techniques to achieve the goals of social rehabilitation.

#24 Culture-Centered Recovery: Working with Asians and Asian-Americans

This workshop will enhance participants' knowledge and skills in working effectively with Asians and Asian-Americans. The presenter will address the key elements to consider in providing assistance to Asians and Asian-Americans, and discuss how to avoid unhelpful stereotyping.

#25 Listening Well: Turning Lessons into Learning

Witnessing mental health monologues supports our ability to “shed the shame” and reclaim our personal power. Consumers are often surprised by how many obstacles they have overcome and how stories of resiliency support their own and others' recovery.

Session III

#26 The Role of Spirituality in Recovery

Spirituality plays an important role in mental health recovery for many. This interactive workshop addresses ways to incorporate spiritual practices into mental health programs.

#27 A Roundtable Discussion: Supervision Strategies for Multi-Disciplinary Teams

Organizational and program change, staff turnover, managing a diverse, multi-disciplinary team, and maintaining a recovery orientation in a deficit-focused environment all provide challenges for the supervisor. This roundtable gives supervisors the opportunity to discuss their struggles and find solutions to common concerns.

#28 Let's Play: Learning Games and Activities

Games and activities that increase skills, promote participation and raise energy can enhance any training or staff meeting. In this workshop, you will participate in 3 activities: the Ethics Game, Create a Culture, and Documentation Jeopardy. Come to learn how to facilitate these activities, or just to play.

#29 An Alternative View of Trauma and the Experience of Hearing Voices

This presentation will describe how narrative therapy can provide an alternative way of looking at trauma and the voice hearing experience as well as provide new perspectives and techniques to help consumers rediscover hope and participate fully in life.

#30 Churchill's Black Dog: Studying Our Leaders' Mental Health

In matters of mental health, history holds a multitude of stories – some tragic, some inspiring – which help us remember that we are not alone, and indeed, blessed with greatness.

#31 Partnering with Psychiatrists: Towards True Informed Consent

The power differential between consumers and their psychiatrists can and does get in the way of crucial communication about treatment, side effects and personal life goals. This workshop describes a process which can assist consumers and advocates in dialoguing with psychiatrists. It includes a self-advocacy brochure, “Making the Most of Your Medication Appointments” which is based on Pat Deegan's work.

#32 From Program Support to Peer Support: The Buckelew Graduate Group Experience

In this workshop a panel of consumers will describe the formation of their peer support group and share their experiences and insights graduating from “professional” services to peer and community supports.

Continuing Education Contact Hours:

MFT/LCSW: CASRA is approved by the CA Board of Behavioral Science (Provider #PCE1439) for 6 contact hours per day

Certified Alcohol/Drug counselors: CASRA is approved by the CA Association of Alcoholism and Drug Abuse counselors (Provider #4C-03-501-0105) for 6 contact hours per day.

Registered Nurses: CASRA is approved by the CA Board of Registered Nursing (Provided #13852) for 6 contact hours per day.

Certified Psychiatric Rehabilitation Practitioners (CPRP): CASRA is approved by the United States Psychiatric Rehabilitation Association for 6 contact hours per day.

Sign up for CE contact hours at registration

**For best rates
register by April 11 !!!**

CASRA Spring Conference April 29 and 30, 2008

San Mateo Marriott

1770 South Amphlett Boulevard

San Mateo, CA 94402

Registration Form

PLEASE PRINT

First: _____ Last: _____ Title: _____

Organization: _____ Phone #: _____

E-mail address: _____

BILLING INFORMATION

Accounts Payable Contact: _____

Address: _____

City: _____ State: _____ ZIP: _____

Phone: _____ FAX: _____

CREDIT CARD INFORMATION (VISA/MasterCard)

MasterCard _____ VISA _____ Number: _____ Expiration Date: _____

Billing Name: _____ Billing Address: _____

REGISTRATION FEES (per day)

Indicate attendance date(s) and check appropriate boxes

4/29	4/30	per day	
		\$ 180	Before April 11
		\$ 235	After April 11
		\$ 100	Mental Health Consumer (non staff) Before April 11
		\$ 125	Mental Health Consumer (non staff) After April 11
		-\$ 25	CASRA member discount
		-\$ 25	Friend of CASRA discount
		-\$ 25	USPRA member discount. Member # _____
\$	\$		Total

ONLY 1 DISCOUNT PER DAY MAY BE APPLIED. DISCOUNTS CANNOT BE APPLIED TO THE CONSUMER RATE OR THE PRESENTER RATE

Total amount owed: \$ _____

REGISTRATION POLICY: A check, money order, credit card information, or purchase order for the full amount of the conference must accompany each registration form. There will be a \$25 charge for all returned checks. **MAKE CHECKS PAYABLE TO CASRA.** **CANCELLATION/REFUND POLICY:** By registering for this conference, you are liable for the registration fee whether or not you attend. Refunds will be honored provided a written notice of cancellation is received by April 18. All refunds will be assessed a \$25 processing fee, which will be deducted from the refund check. Refunds will be processed within 6 weeks from the date of the request. **HOTEL RESERVATIONS:** Please contact the Marriott Hotel at 1-800-556-8972 by April 11 to make your reservation. Request the \$139 group rate for the CASRA Conference. Parking: \$7 overnight or full day. Street parking is available behind the hotel.

MAIL OR FAX COMPLETED REGISTRATION FORM ON OR BEFORE WEDNESDAY, April 23.

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