Register Now!

CASRA Spring Conference
“Recovery in Practice”
May 7 & 8
Concord Hilton

2015 Keynote Speaker

Will Hall

Working with Voices, Visions and Different Realities in New Ways

CONFERENCE SCHEDULE At-A-Glance

30 timely workshops
Free continuing education credits

CASRA is an approved provider of CEUs for MFTs, LCSWs, Registered Nurses, Certified Drug and Alcohol Counselors and Certified Psychiatric Rehabilitation Practitioners (CPRPs)
Thursday, May 7

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**SCHEDULE OF WORKSHOPS**

**Session I  10:45-12:15**

**Workshop #1**  
**Welcome to Motivational Interviewing**  
Kristen Dempsey, California Institute for Behavioral Health Solutions

In this three-part workshop, explore the basic components of Motivational Interviewing (MI) focusing on the “spirit” of this practice. Part I will take you through the essential definition and building blocks of MI and review how the components work together to provide effective treatment for a variety of challenging issues addressing behavior change. Includes a new view video of MI in action.

**Workshop #2**  
**Working with Voices, Visions and Different Realities**  
Will Hall

This workshop will give participants a chance to experience a new method of working with people who experience voices, visions, and different realities. Develop skills and knowledge that will help you understand the individuals you work with in a deeper and more meaningful way as well as offering real tools for recovery.

**Workshop #3**  
**Crisis Residential Treatment Programs: Development, Implementation and Operation**  
Steve Fields and Bernadette Navarro-Simeon, Progress Foundation

The passage of the *Investment in Mental Health Wellness Act* has refocused attention on the need to develop alternatives to hospital-based acute care services. This three-part workshop is designed to “light the way” and provide guidance derived from the experience of other agencies so that organizations can learn from these past efforts rather than begin each venture as if they are inventing a new kind of service. Session I will focus on program development.
Workshop #4
From “Street Cred” to Incredible: Black Youth Transforming Fatalism into Respect
Markeet’a Parker and Desire Johnson, Health and Human Resources Education Center

Black youth are emerging leaders in community mental health, yet we are often considered solely as recipients of services. This highly interactive, youth-led workshop will reframe the dominant narrative and demonstrate how giving and receiving respect is essential to our personal development.

Workshop #5
Lost in Translation: How Cultures and Languages Describe their Own Health
Christina Shea and Natalie Ah Soon, Richmond Area Multi-Services, Inc.

"Lost in translation" is beyond just the language. How culture explains physical and emotional pain, can only be understood within the cultural context. "Globalizing mental illness" can only lead to misunderstanding, miscommunication, and mistreatment. Asian Pacific Islander communities in San Francisco attempt to support API communities in understanding and communicating about their pain, and hopefully lead to healing.

Session II  1:15- 2:45

Workshop #6
Motivational Interviewing, Part II: The Process and Techniques of Motivational Interviewing
Kristin Dempsey, California Institute for Behavioral Health Solutions

This session will look at the process of MI and how it can be used as a roadmap for effective engagement and behavioral change. Participants will review interaction techniques, have some opportunity to practice and see how techniques work with the process to move the work along.

Workshop #7
Crisis Residential Treatment Programs: Development, Implementation and Operation Part II
Bernadette Navarro-Simeon, Progress Foundation

The second session of this 3-part workshop will implementation issues. They include locating and securing a site, building community support and combating opposition, licensing and certification, start-up procedures and staff recruitment, hiring and initial training.

Workshop #8
Continuing Education and the CPRP are Critical for Growing the Peer Support Workforce
Lisa St. George, Recovery Opportunity Center, Recovery Innovations

This two-part workshop discusses the need for Peer Providers to receive continuing education and training supporting their unique work. Learn about how studying for and obtaining the CPRP credential is critical to the development of these team members.
Workshop #9

Overwhelmed with Too Much Stuff: Treatment Methods for Clearing Clutter
Gillian Howell and David Bain, Mental Health Association of San Francisco

This workshop introduces participants to the issue of hoarding and cluttering, focusing on symptoms, treatment, and harm reduction plans. We will make the workshop interactive by including audience members in a few exercises related to the topic.

Workshop #10

Supervising Staff Using Values in the Recovery Model
Guyton Coulantano, Project Return Peer Support Network

Join a round table discussion among participant’s regarding effective supervision strategies in the recovery model. We will explore the use of values and importance of using them in all aspects of supervision.

Workshop #11

Motivational Interviewing: On the Trail of Change, Part III
Kristen Dempsey, California Institute for Behavioral Health Solutions

This last session will focus on identifying, “growing” and developing CHANGE TALK in Motivational Interviewing. Participants will learn the finer techniques of working with Change Talk, even when it’s challenging to find. Participants will practice techniques and have opportunity to see Change Talk in action.

Workshop #12

Crisis Residential Treatment Programs: Development, Implementation and Operation Part III
Bernadette Navarro-Simeon, Progress Foundation

Session III focuses on putting program principles into practice. It addresses day-to-day operations, referral and admission procedures and clinical protocols, quality review and outcome measurement.

Workshop #13

Returning to Our Roots: Re-Emergence of Natural Healers in Wellness and Recovery
Sal Nunez and Edith Guillen-Nunez, San Francisco City College

Natural healers play significant roles in the health and wellness of many communities. Due to misunderstanding they are often stigmatized. The need for culturally affirming practices makes it imperative for natural healers to be acknowledged and re-integrated as providers.

Workshop #14

Continuing Education and the CPRP are Critical for Growing the Peer Support Workforce: Part II
Lisa St. George, Recovery Opportunity Center, Recovery Innovations

Part II of this workshop is focused on the importance of supporting peers in advanced training and credentialing to improve career ladder opportunities.
**Workshop #15**  
**Do I Want to Tell My Story?**  
Terri Byrne, Mental Health Association of San Francisco

Research shows those who have disclosed aspects of their mental illness frequently report a sense of personal empowerment. This interactive workshop will assist people with lived experience in considering the pros and cons of disclosing and telling your story. It will also be helpful to staff persons who would like to assist individuals in crafting impactful messages of hope and recovery.

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**Session I  9:00 - 10:30**

**Workshop #16**  
**Starting, Recruiting for, Maintaining and Motivating a Self Help Group**  
Dan Evenhouse, Bob Hollis and Kevin Murphy, San Francisco Veterans Affairs

Based on experiences of presenters in setting up Peer Support group among Veterans and Non-Veterans at both Veterans Affairs and Community sites, presenters will discuss principles of mutuality, sensitivity to a group’s common background and experiences, and the implications for Veterans and non-Veterans who want to set up or maintain self-help groups.

**Workshop #17**  
**The Role of Culture in Recovery**  
Christian Maldonado, Mental Health Association of Los Angeles

The training is intended to focus on the concept of culture and the role it plays within the recovery paradigm of mental health. The influence that culture has in the development of therapeutic relationships, with particular attention to the direction of treatment planning and the course of recovery.
Workshop #18
*Work Pays*
Iris Rivera and Cynthia Cadet, Crossroads Diversified Services

The Ticket to Work program is for persons with disabilities who want to work and participate in planning their employment. A ticket increases available choices when obtaining employment services, vocational rehabilitation services, and other support services a beneficiary may need to obtain and maintain employment.

Workshop #19
*Learning to “Be With” People who are in Extreme States*
Michael Cornwall, Peer/Licensed Therapist and Yana Jacobs, Foundation for Excellence in Mental Health Care

In this workshop, Yana and Michael share their experience with a time proven way of care that was practiced at Soteria House and other alternative residential treatment programs. They will walk you through a simple process of the power of human connection, of being with. You will gain an increased understanding of how a focused, receptive style of empathic support can be effective in calming a crisis, reduce reliance on medications for some and become a primary tool in a self-care toolbox.

Workshop #20
*Cultivating the Language of Recovery*
Annette Caneda, Telecare

A recovery-oriented culture is shaped by the language we use. Being mindful of the effect of both written and spoken words influences one’s vision of recovery. This presentation provides examples of how language is addressed in community and inpatient settings.

Session II  10:45 - 12:15

Workshop #21
*Care Transitions: A Wraparound Model of Care for Transitioning High Needs Consumers to Community Supports*
Benjamin Blake and Jamie Almanza, Bay Area Community Services

This workshop will focus on the principles of Wraparound care and how to apply these principles to help adults in the behavioral health care system transition to community and natural supports through a Wellness model. Participants will be exposed to the principles both in action and voice and will be encouraged to challenge their belief systems of wellness and recovery and the movement through chronic mental illness.

Workshop #22
*FAST: Family Assertive Support Team*
Ned Brasher, Nancy Wilson, Bonnie McNamara and Susan Sanchez, Mateo Lodge, Inc.

The Family Assertive Support Team is reaching out to families in the community who have a loved one in severe distress. The team, made up of a Peer Partner, two part-time Family Partners and one licensed staff person, engages with all the family members and together create a partnership that supports recovery. Be inspired by their stories of hope and how they are tackling this huge unmet need.
Workshop #23  
**Voices from the African Diaspora**  
Rachel Bryant, California Institute of Integral Studies and Douglas Stewart, Health and Human Resource Education Center

Afrocentric health is grounded in relationships, spirituality, and self-healing. Our wellbeing can be measured by the extent we live by these basic principles. Explore African history, spirituality, and culture, and learn how understanding this ancient wisdom heals trauma in our everyday lives.

Workshop #24  
**Peers Helping Peers**  
Shawn Lemison and Zang Fang, Crossroads Diversified Services

CST provides Sacramento county residents education and connection to self-help, community and professional supports. Our goal is to provide services in a culturally competent manner in order to promote recovery, wellbeing and reduce the risk of suicide.

Workshop #25  
**Speak Up for your Health: Overcoming Stigma in Healthcare Settings**  
Jenee Darden and Haydee Cruz, Peers Envisioning and Engaging in Recovery Services

Individuals, particularly from diverse communities with mental health challenges, often receive lower quality healthcare from some providers. We’ll discuss these issues and provide tips consumers and providers can use to strengthen their partnerships and reach health goals.

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**Session III**  
1:15 - 2:45

Workshop #26  
**Cognitive Behavioral Therapy for Psychosis (CBTp)**  
Melody Donboli, Felton Institute

Cognitive Behavioral Therapy for Psychosis (CBTp) is an evidence-based intervention, shown to be effective in reducing distress and problems in living associated with psychotic symptoms. Numerous studies have demonstrated that CBTp is effective in reducing positive and negative symptoms and improving overall functioning. This training will overview of the effectiveness of CBTp and its application to working with people who have these experiences.

Workshop #27  
**Difficult Choices: Utilizing PSR Principles in Elder Care Decision-Making**  
Paul Takayanagi, Alameda County Behavioral Healthcare Systems

This interactive session explores the growing phenomenon of elder care and provides an overview of care options from inter-dependent living to skilled nursing that many families are beginning to need for an elderly loved one. Participants will understand how care decisions for and by elders can maximize dignity, self-respect and choice.
Workshop #28

Using Mobile Technology to Enhance Cognition in Depressed Individuals
Joaquin Anguera, University of California San Francisco

Dr. Anguera will be discussing recent efforts utilizing cutting-edge video game technologies and the advent of digital healthcare to assess & remediate the effects of depression and their effects on attention & working memory. These approaches include the use of phones, tablets (iPad), and custom designed video games used to enhance cognition in adults across the lifespan.

Workshop #29

Supported Education-The Role of Education in Recovery
Josefina Perez and Donovan Muschett, MHA-Antelope Valley Enrichment Center

This workshop will explore and demonstrate the impact of academic education on people who live with mental illness and share the process of developing a program with limited resources and outcomes of our unique Supported Education Program.

Workshop #30

Health Care Reform: What Direct Service Workers Need to Know
Sheryle Stafford, California State University Sacramento

The Affordable Care Act (ACA) affects everyone. It influences the kind of insurance you are offered through your employment and the types of insurance coverage available to clients through the MediCal program. Learn tools to support client self-advocacy as well as advocacy on behalf of clients.

Session IV 3:00 - 4:30

Workshop #31

Special Messages: Reconstructing a Culture of “Psychosis” in Diverse Communities
Tim Dreby, Alameda Health Systems and Avonelle Hanley-Mills, Basilla Padilla, Al Weary and Heather Riemer, Peers Envisioning and Engaging in Recovery Services

Is it possible to work with “psychosis” via uniting individuals who share similar experiences across diverse communities? Through trauma-sensitive and spiritually-focused group therapy facilitation, new strategies are being applied to help those who experience “psychosis” learn and teach social rehabilitation.

Workshop #32

A Community Service Arts Collaborative: Peer Recovery Art Project’s Secret Formula
John Black, Peer Recovery Art Project, Inc.

The Peer Recovery Art Project team share their intentional step-by-step rise from a mental health peer support network into an all-inclusive community service arts and small business development complex. Come hear how a community supported mental health stigma campaign where emotional health and wellness was developed and championed by the community.
Workshop #33  
**Group Facilitation: How to Have Fun and Build Community**  
Debra Brasher and Lucinda Dei Rossi, CASRA

The power of the group is in the quality of relationships that can develop as people share their stories, wisdom and strengths. Participants will learn and practice the skills of welcoming, listening and communicating with empathy, and how to have fun in the process. This workshop also assists in the development of other core group facilitation skills: providing feedback and working with challenging situations.

Workshop #34  
**Ethics and Boundaries in Recovery-Oriented Practice**  
Louise Foo, Conard House

This workshop presents a model for ethical decision making with an opportunity to apply it to real-life situations. It also addresses some of the trickier ethical concerns in our field – peer providers’ relationships with other consumers, socializing with clients and having contact with clients after work hours and when there is no longer a provider-client relationship.

Workshop #35  
**Spirituality, Religion and Recovery from Mental Illness**  
Hannah Tenpas, Transitions-Mental Health Association

This workshop is designed to engage mental health professionals and/or peers on the subject of Spirituality and Recovery from Mental Illness, including exploring first-hand accounts of the importance of Spirituality for many mental health consumers and discussing how to engage with the people you serve on this subject while maintaining professional boundaries.

Save the Dates!

The Recovery Workforce Summit: PRA Annual Conference  
June 1-4, 2015 Philadelphia, PA

CASRA Fall Conference  
Wednesday, November 4, 2015  
Pasadena Hilton, Pasadena, CA

Visit our website at www.casra.org