

WORKSHOP DESCRIPTIONS

#1 MediCal and Recovery: Making the Marriage Work

Marianne Baptista, *CASRA* and Paul Takayanagi, *Alameda County Behavioral Health Care*

Documentation that is client-centered, culturally competent and accountable to funders is an exercise in speaking two languages – that of recovery and that of MediCal. The morning session of this institute will address the core elements of assessment. The person-centered point of view focuses on a holistic assessment. Cultural competence requires an ethnographic approach – how to be curious about another person’s worldview. What information do we need to establish medical necessity? The assessment tells the client’s story and sets the stage for the development of recovery goals.

#2 Energy Psychology Techniques for Addressing Vicarious Traumatization and Stress

Rachel Michaelson, *Fiddlehead Training and Consultation*

Work stress and vicarious traumatization can negatively affect mental health practitioners’ professional and personal lives, resulting in poor client care as well as mental and physical problems for the provider. In this institute, participants will learn self-care techniques from the field of Energy Psychology to foster healing and provide balance.

#3 Community-Supported Self Management: A Strategy for Transformation

Richard Heasley, Tom Genelli, Christian Intemman, Anne Asher, Alex Kutik and Nao Kuboyama, *Conard House, Inc.*

In a time of diminishing resources how do we best serve the mission of psychosocial rehabilitation? More than ever, client-centered methods are being adopted in systems of care. Empowering clients and staff to self-manage their lives is at the heart of this movement. This institute examines Conard House’s utilization of Stanford University’s Chronic Disease Self Management Program and its applications to chronic behavioral issues.

#4 So I Wanted to Work in Mental Health: A Facilitated Discussion among People in Recovery

Facilitated by Carol Patterson, *Berkeley Mental Health*

This institute features a facilitated discussion of areas identified by consumers as key to their successful employment in mental health organizations. Some of the topics previously identified are job responsibilities, training and education opportunities, supervision and mentoring, support, stigma and the decision to disclose.

#5 Seeds for Recovery: Eliciting Skills, Talents and Gifts

Debra Brasher, Lucinda Dei Rossi and Terri Byrne, *Inspired at Work*

Personal growth blossoms with the identification of strengths. Like shopping at your favorite nursery, this workshop invites you to explore the rich array of possibilities, dig deeply and marvel at the garden that grows when you are nurturing strengths. Join us for an experiential and engaging workshop that will include the tips you need to become a master gardener of strengths.

#6 MediCal and Recovery: Making the Marriage Work (part 2)

Marianne Baptista, *CASRA* and Paul Takayanagi, *Alameda County Behavioral Health Care*

Building on the assessment, this session will address the development of a client plan that includes person-centered, culturally competent planning, a revisiting of strengths, planning and stages of change, writing objectives and identifying interventions. When all these pieces come together holistically, it demonstrates the medical necessity of the services provided.

#7 Spirituality and Wellness: Exploring Practices for Body, Mind and Spirit

Laura Mancuso, *California Mental Health and Spirituality Initiative*, and Sharon Kuehn,
California Network of Mental Health Clients

Come to learn about spiritual practices and the role of spirituality in mental health wellness and recovery. This interactive session will include an opportunity to practice energizing movement, hear about the findings of the survey conducted by the California Mental Health and Spirituality Initiative and share how spirituality supports our well-being.

#8 Integrating Health and Wellness Practices into Rehab Programs

C. Kenton Starr and Tam Chandler, *Momentum for Mental Health*

Rehab programs are places where clients develop skills in a supported environment. When program members collaborate in creating a component that focuses on health and wellness they more fully participate in the rehab process. This institute describes the journey of one day rehab program to incorporate a wellness recovery focus.

#9 The ADA at Work: Providing Reasonable Workplace Accommodations and Demystifying the Interactive Dialogue

Jane Kow, *Jane Kow and Associates*

This year marks the 20th anniversary of the Americans with Disabilities Act which was designed to ensure equal employment opportunities for persons with mental and physical disabilities. The CASRA spring conference is an opportune time to evaluate progress made and hurdles encountered by consumers in their quest for equality in the workplace, while reaffirming the need to educate employers on their obligations to provide reasonable workplace accommodations.

#10 Connecting with Your Audience: The Secrets to Dynamic Presentations

Guyton Colantuono and John M. Glover, *Mental Health America, Antelope Valley*

This highly interactive presentation will provide seasoned trainers and novices the skills necessary to impact a group in an effective manner. It will include creating an environment of mutual learning, maximizing audience participation, and addressing diverse learning styles.

#11 Creative Aging: A Psychosocial Rehab Approach to Lifelong Growth in Older Adults

Paul Takayanagi, *Alameda County Behavioral Health Care* and Brent Nettle, *ElderGivers*

This session will introduce participants to the growing field of “creative aging” which sees older adulthood as a time for growth, learning and creative productivity rather than focusing on loss and encroaching frailty. In addition, participants will hear about ElderGivers, an innovative program serving older adults which utilizes psychosocial rehab goals and principles to enhance their lives in a variety of settings.

#12 Youth Advocates: The New Tool in Your Toolbox

Amber Burkan, *California Youth Empowerment Network*, Stephanie Ramos and a youth panel,
Youth Advocate Committee of Sacramento County

While it has become increasingly evident that a youth voice and perspective is critical to working in an effective way with young clients, it has become clear that the same model for peer mentorship does not necessarily work for all age groups. This youth developed, youth driven and youth run workshop will focus on understanding the youth mentor/peer advocate role, address the training and supports needed to work effectively with other youth and to utilize the youth advocate’s strengths to empower others.

#13 Creating a Welcoming Environment

Christian Martinez Mairena and Ralph Murrieta, Jr., *Momentum for Mental Health*

A welcoming environment is vital to the recovery process. People who feel comfortable and respected play a more active role in their own recovery. Presenters will facilitate a discussion about the key factors necessary in creating a welcoming environment and highlight some of the challenges in doing so.

#14 Interagency Collaborations: The Key to Effective Vocational Services

Sanjida Mazid, Larry Stentzel and Michael Oprendeck, *Solano County Health and Social Services*,
Michael Schocket, *Caminar* and Sean Laurant, *Department of Rehabilitation*

This presentation outlines a strategy for developing an effective vocational service delivery system that has resulted in successful employment for people with psychiatric disabilities. Panelists will share their experiences with the development of relationships among providers, determining roles and responsibilities, developing policies and procedures, and designing tracking systems to measure outcomes.

#15 Cleaning Up Your Past to Have a Future: Expungement and Criminal Record Relief

Donald E. Landis, Jr., *County of Monterey, Office of the Public Defender*

Expungement is the proceeding in which a first time offender of a prior criminal conviction seeks to seal their record, thereby making it unavailable. In attempting to secure housing and employment for consumers, expungement can be an important tool to community integration and personal recovery. This workshop explores eligibility, the legal process and best strategies for helping an individual progress while protecting their privacy.

#16 Mental Health Crises: Replacing Reactive Approaches with those Guided by Recovery and Resilience Principles

Marianne Baptista, *CASRA*

Too often mental health practitioners respond as if a mental health crisis and danger to self and others are one and the same. This workshop presents a broader perspective and introduces a set of values and principles which are consistent with a person-centered, recovery-oriented approach to managing crises.

#17 The Bipolar Coaster: Riding on the Edge of Madness with Two Minds

Carlton Davis, *NAMI*

A different way to look at bi-polar disorder exists. The illness can be viewed as a conflict between two minds: a negative (depressed) mind and a positive (manic) mind. Recovery is then the reconciliation of these two poles into one single mind, balanced at the equator.

#18 Increasing the Effectiveness of Services: Introducing Errorless Learning (EL)

John Brekke, *University of Southern California, Department of Social Work*

Errorless Learning is an approach developed as an alternative to trial and error learning. It is particularly promising when helping persons with cognitive difficulties master tasks and achieve goals. This workshop presents another step in the ongoing collaboration between the researchers, staff and consumers of USC, UCLA and Portals.

#19 Navigating Supported Education on the Rural Road to Recovery

Christa Thompson, *Calaveras County Behavioral Health Service* and Ronald Hamilton,
Tuolumne County Behavioral Health Department

Calaveras and Tuolumne Counties are working with Columbia College to provide two CASRA-inspired psychosocial rehabilitation certificate programs that address both the needs of individuals with lived experience

and the workforce needs of mental health providers. A panel will share experiences, highlighting collaborative relationships, supported education models and a thriving educational community.

#20 Effective Advocacy: How to Rock the Boat Without Falling Out

Chad Costello, *Mental Health America – Los Angeles* and Peter Castle, *CASRA*

This workshop will define and explore practical and theoretical elements to being an effective advocate. Though we all advocate in our daily lives on a small scale, this workshop is intended to impart a greater understanding of both the fundamentals of advocating for oneself or for others and the interpersonal considerations one must utilize to accomplish change.

#21 The Pat Deegan Approach to Ethical Decision Making

Dave Hosseini, *CASRA Emeritus* and Sheila Hembury, *San Francisco State, School of Social Work*

Recovery-oriented services place an emphasis on relationship in a way that is a dramatic break from traditional clinic services. Old rules have become irrelevant and new ways of working together are required. This presentation describes a model for ethical decision making based on Pat Deegan's "Intentional Care: Employee Performance Standards that Support Recovery and Empowerment."

#22 The Role of Client Networks in System and Personal Transformation

Madlynn Johnson, *Alameda County Network of Mental Health Clients* and Jay Mahler, *Alameda County Behavioral Health Care*

Client networks are typically grassroots organizations run by and for consumers. They serve a number of roles including peer support, community involvement and participation and creating positive change through education and advocacy. This workshop will describe the development of the "Pool of Champions," share some of their successes and challenges and relate how it has made a difference in the life of one "champion."

#23 Evidence-Based Assessment: Introducing the COIN

John Brekke, *University of Southern California, Department of Social Work*

In an innovative partnership between USC, UCLA and Portals (a division of Pacific Clinics), agency staff, consumers and researchers have developed a new assessment tool for functional outcomes for persons diagnosed with schizophrenia. The Consumer Outcome Intervention Network (COIN) is the product of this effort. It is a set of 17 questionnaires that address a broad range of issues that consumers have identified as relevant to their well-being.

#24 Three Principles Psychology: A Wellness Guided Approach to Mental Health Services

Eric Zuniga and Meghan Stanton, *Consumers Self-Help Center*

Cancelled

#25 Fostering Wellness, Recovery and Resiliency Experiences in Organizations

Margaret Walkover, Andree Reyes, Steven Bucholtz and Jaleah Winn, *Alameda County Health Care Services, Wellness, Recovery, Resiliency Hub*

The Wellness Recovery Resiliency Hub is a team of people with lived experience as consumers and family members that offer training and technical assistance to Alameda County programs and organizations. In this workshop they will demonstrate their methods of facilitation, providing an experience that will familiarize the audience with the techniques they use to assist organizations develop and build upon their own wellness, recovery and resiliency practices.