



15th Annual MassPRA Conference
**“Harnessing the Power of Relationships:
The Foundation of Psychiatric Rehabilitation”**

All Workshop Sessions
Wednesday October 25, 2017
Pre-registration not required

Partnering with Families for Successful Employment *Joan Rapp, Boston University Center for Psychiatric Rehabilitation, Kathleen Considine, NAMI MA*

This workshop will explore ways in which family members can partner with persons in recovery and providers to promote successful employment.

Who’s teaching whom: Flipping the Classroom *Martha Barbone*

All members (facilitators and participants) contribute to the content of the group, and the participants become more empowered and confident to share their own wisdom in the circle and back on the job.

Trauma-Informed Teams: Nurturing Relationships through the Creation of Safe Harbors in Human Service Systems *Thomas Brown, Bay Cove Human Services, Yudelkys de los Santos, Bay Cove Human Services, Alicia Robert, Bay Cove Human Services*

Trauma-informed teams encourage relationship-building with persons supported within human service systems through the intentional creation of safe spaces. Team members collaboratively create safe spaces by agreeing to a commitment to trauma-informed principles.

Compassion Reducing Risk by Utilizing More Brain Power *Azizi Carle, LICSW, Bay Cove Human Services*

Using Compassion to Reduce Risk is a workshop that teaches the relationship between the brain and how it can be reprogrammed through reassessing the importance of its social functioning.

Creating a Community of Colleagues through Mutual Support *Kerry Dillon, North Suffolk Mental Health Association, Benjamin Coffin, North Suffolk Mental Health Association*

This workshop aims to address how the peer perspective can aid in building strong teams through mutual support. The basics of mutual support will be explained as well as how it has applied to team building in our agency.

Let’s Talk about Parenting (LTP): A New Intervention for Community Based Flexible Supports (CBFS) *Christine Furnari, MSW, CPRP, Vinfen Corp. Joanne Nicholson, Ph.D., Dartmouth College, Kathleen Biebel, Ph.D., UMass Medical School*

The purpose of Let’s Talk about Parenting is to make talking about parenting, children, and family experiences a natural part of the adult’s recovery process.

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Impact of Employment on Health and Wellness for People with Psychiatric Conditions **Phoebe Goodman, Vinfen Corp**

This workshop will focus on how employment impacts the health and general well-being of people with psychiatric conditions. Several studies have shown that employment positively impacts people's health and general well-being. People who are gainfully employed experience improved physical and mental health, as well as a sense of belonging in their community. The social and financial aspects of employment are not to be ignored as significant factors in one's well-being. Additionally, the role that poverty plays in the lives of many people is significant in determining one's well-being and health.

Implementing a Shared Decision Making Educational Module **Shari Harding, Regis College and Alternatives Unlimited, Inc., Tamara Melville, Regis College**

This presentation will describe the development and implementation of a Shared Decision Making educational module for psychiatric nurse practitioner students. Implications for future work including opportunities for psychiatric rehabilitation staff, peer support specialists, and people in recovery will be discussed.

Deaf Respite: Why understanding us through the lens of diversity and cultural competence matters **Brittney Kleinemas, MSW, LCSW, Jena Kohashi, MA, MHC**

The Advocates Deaf Respite program is an original model that is Deaf run and Deaf staffed. Presenters will describe the challenges and successes in relationship-building with Deaf persons supported.

Integrating Shared & Supportive Decision Making in Psychiatric Rehabilitation Practice **Melinda Randall, M.D., Brien Center, Jessica Bourassa, Brien Center, Rose Marie Karparis, Roe Karparis & Associates Consultation and Training, Gayle Markland, Brien Center**

While Shared Decision Making occurs between psychiatric provider and person with psychiatric disability, Supportive Decision Making offers skill building and support to people making decisions about treatment. In this workshop, we present two approaches to Shared and Supportive Decision Making through partnerships between psychiatry and psychiatric rehabilitation.

Using Fiction to Illustrate Issues in Psychiatric Rehabilitation **Bob Schueler**

Presenter will read from his novel and manuscript in progress to generate discussion of issues and dilemmas in PsyR and the use of fiction as an anti-stigma and anti-discrimination strategy.

Forensic Peer Support: Persons with Mental Health Challenges and the Criminal Justice System **Robert Rousseau, Metro Boston DMH, Wallis Adams, PhD Candidate, Northeastern University**

This workshop will involve participants in the what, how, where and why of Forensic Peer Support. It will examine how FPS's can provide advocacy and liaison support when persons with mental health/addiction recovery challenges become involved with the justice system.

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The toughest job you'll ever love: Being a young parent with a mental health condition while pursuing work and school goals *Laura Golden, UMass Medical School, Systems and Psychosocial Advances Research Center, Transitions Research and Training Center, Emma Pici-D'Ottavio, UMass Medical School and Psychosocial Advances Research Center, Transitions Research and Training Center, Jennifer Whitney, University of Massachusetts Medical School, Systems and Psychosocial Advances Research Center, Transitions Research and Training Center*
Young parents with mental health conditions face barriers to reaching school and work goals; at the same time, their children can be a motivational force to overcome these barriers.

Forging Career Services for Young Adults *Marsha Ellison, Transitions Research and Training Center, Rachel Stone, Transitions Research and Training Center, Michelle Mullen, Rutgers University*
HYPE is a manualized intervention aimed at assisting supported employment programs in integrating supported education interventions into services to assist young people in school and the workforce.

Whole Body Awareness: For presence, attention, grounding and listening skills and for developing inner silence *Derek Fulker, Boston University Center for Psychiatric Rehabilitation*
If, mindfulness is “paying attention on purpose, in the present moment, and nonjudgmentally, to the unfolding of experience moment to moment”, then is this presentation a waste of time?

Recovery Through Community Membership *Dennis H. Rice, Alternatives, Michael Seibold, SAS*
This interactive workshop offers participants practical strategies to help individuals combat their social isolation and enhance their recovery through deeper community connections We will present both theory and real examples of successes.

Dynamic and Effective Supervision and Employee Development *Kelley Gamble, Alternatives, Michael Seibold, SAS*
This interactive and experiential workshop will offer participants a variety of strategies and key elements to effectively develop and supervise employees. It incorporates the Psychosocial Rehabilitation processes and understanding dynamics and factors to consider in supervision.

Get your CPRP! Anne Sullivan-Soydan, Boston University Dept of Occupational Therapy, Mary Gregorio, Center Club, Bay Cove Human Services
This workshop provides an overview of the PRA Certification for Psychiatric Rehabilitation Practitioner credential for those interested in obtaining CPRP credential, including the new seven domains and the test and preparation process.

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Creating a Career Ladder in the Peer Workforce *Lisa Berger, Vinfen Corp, Adam Whitney, Vinfen Corp, Jodi Johnson, Vinfen Corp*

This 90 minute panel will explore the barriers, successes, and lessons learned in fostering professional growth of peer workers. The panel will consist of peers in new mid-level leadership positions.

Promoting Psychiatric Rehabilitation: Leading Recovery-Oriented Systems Transformation.
Meaghan Stacy Ph.D., VA CT healthcare Systems, Amy Wilson, Ph.D., VA Bedford MA, Marjorie Crozier PsyD VA Providence RI

Systems transformation is central to recovery-oriented care. Psychologists charged with facilitating the shift to recovery-oriented mental health care will highlight best practices in organizational development and practical, real-world applications.

The Role of Self-Determination in Mental Health Recovery *Cynthia Piltch, Boston University Center for Psychiatric Rehabilitation*

This workshop will enable participants to identify the key factors that support the development of self-determination and explore its connection to supporting relationship development and mental health recovery. The workshop will present a model for conceptualizing self-determination, a case example of applying that model and opportunity for participant to apply the model to their own recovery journeys.

The NAVIGATE Program for Persons with First Episode Psychosis *Kim T. Mueser, Ph.D., Boston University Center for Psychiatric Rehabilitation*

This workshop will provide an introduction to the NAVIGATE program, an empirically supported, comprehensive, coordinated specialty care program for persons who are recovering from a first episode of psychosis.

Developing the Conversation around Mental Health in the Classroom *Jake Cavanaugh, The NAN Project, Suicide Prevention Project, Ellen Dalton, The NAN Project, Rachel Ramos, The NAN Project, Kimberly Bisset, Ed.D, Radiate Career Services*

The workshop will detail how our organization has reached out to schools and communities to open up the conversation around mental health using a Peer-to-Peer, school-based model.

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