

PAPRS Newsletter

Pennsylvania Association of Psychiatric Rehabilitation Services

"Vulnerability sounds like truth and feels like courage. Truth and courage aren't always comfortable, but they're never weakness."

- Brené Brown

Officers

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Ellwyn Andres

President Elect

Kim MacDonald-Wilson

Secretary

Rochelle Reimert

Treasurer

Susan Poznar

Immediate Past President

Rita Kraus



Education Manager

Tricia Fisher

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Operations Manager

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The Results Are In...

On behalf of PAPRS, we would like to congratulate our newly elected officers on their 2 year term, beginning January 2023!

- ★ **President:** Kim MacDonald-Wilson
- ★ **President-Elect:** Rochelle Reimert
- ★ **Immediate Past President:** Ellwyn Andres
- ★ **Secretary:** Brittani Smerkar
- ★ **Treasurer:** Ellwyn Andres (Interim)

What Will Be My Legacy?

By: Ellwyn Andres (*Outgoing President*)

Many books have been written and presidential libraries built around this question. This seems to be a common question for many people, especially persons nearing retirement or presidents reaching the end of their terms. Since I fit into those two categories, allow me to reflect on the question a short while. I'm not aiming to produce a book or a library, just a coherent article for the newsletter!

My term as president of the PAPRS Board of Directors started Jan 1, 2021 and ends Dec 31, 2022. What will we remember most about these two years? Duh, the COVID-19 pandemic! Maybe I'll be remembered as the "on-line" or "Zoom" president—I called to order only one meeting in person during 2021 and 2022. COVID really changed our world, our services, and much of how we operate at PAPRS. Seems that everything was going virtual, connecting by devices, and conducting telehealth services. The pandemic led to increased staffing issues at programs, and many changes in personnel and operations. Congratulations to us all for surviving.

During the past two years at PAPRS, we identified a need for a better, faster and prettier web site. After a search, we selected a

Board Members:

Amanda Burke
Aaron Burkhardt
Stephanie Cameron
Marcie Cole
Collette D'Angelo
Skyler Deitrick
Gwen DeYoung
Virginia Dikeman
Pamela Nabried-Abdullah
John W. Rosengrant
Julie Sanders
Kelly Shuler
Brittani Smerkar

2023 Board Meeting Dates:

- January 19 & 20, 2023
- March 23 & 24, 2023
- June 8 & 9, 2023
- September 21 & 22, 2023
- November 9 & 10, 2023

Board Networking:

Thursdays from 4-6 PM

Full Board Meetings:

Fridays from 9 AM - 1 PM

**Meetings are currently held through Zoom*

Annual Open Membership Meeting:

Friday, April 14, 2023

During Virtual Conference

Membership Networking:

Thursday, December 15, 2022
11 AM to 12:30 PM

[Virtual Link](#)

new provider and started the build out of a new website. After a sharp learning curve, we have an effective look and function on the web. It has much more potential and gives us room to grow. We responded to the need for social distancing and for the past 3 years we have had virtual, on-line conferences. This required adding another new technology to manage and produce an event from registrations to certificates. Our virtual conferences have been welcoming and financially successful, and generally well received. While these happened during my term, I certainly cannot take credit and I will hope the "Virtual President" is not my legacy.

There were other changes these past two years—just this year PRA went under new management. After several years of the board debating what to do about our relationship with the national organization, and after negotiating an improved division of member dues, there finally has been a change. While much of 2021 was spent by PAPRS responding to questions and concerns from our members, PRA now seems to be solving those problems and replying to emails. There is now greater organization and accountability from the national organization. Once again, my presidency correlates with this change and no causation can be assumed.

The financial standing of PAPRS for the past two years has been good. We have had revenues exceeding expenditures in 2021 and 2022. We have added funds to long-term investments, and although these have fluctuated with the stock market, we expect those funds to fully recover and be adequate safeguards for any crisis in years to come. Once again, correlation and not causation.

So, what have I done during these two years? For starters, as president of the board I have acted as supervisor to PAPRS employees. It has been wonderful to work with the Education Manager, Tricia Fisher, for the past two years. Last year, PAPRS added a new position—a part-time Operations Manager, and it has been a pleasure to have Beth Ricker in that role. The two of them deserve an enormous amount of credit for the successful implementation of the new website and our virtual conference format. I bask in their glory. I have also supported members of the Board of Directors. I have witnessed resignations and retirements, interruptions and leaves of absences, and people struggling to manage programs while continuing to volunteer time and effort for PAPRS. I've met and conversed, shared thoughts and ideas, and made plans and decisions with many people. I have enjoyed many experiences and made friends and memories.

I only pretend to be totally humble—there are at least two things for which I'll take some credit. One is the change in By-Laws that added two committees to make them permanent, which was an effort I championed. One of those committees is the Communications, which seems important in an era of multimedia

Upcoming Training Opportunities!

Assessing and Managing Suicide Risk

January 12, 2023
9:00 AM to 12:30 PM

Orientation to Psychiatric Rehabilitation (4 Sessions)

January 16-17, 23-24, 2023
9:00 AM to 12:00 PM

Ethics and Boundaries in Recovery Oriented Services (2 Sessions)

January 30-31, 2023
9:00 AM to 12:00 PM

PR Services

Documentation (4 Sessions)

February 14, 15, 21-22, 2023
9:00 AM to 12:00 PM

Using the Psychiatric Rehabilitation Process in Supervision

February 28, 2023
9:00 AM to 10:30 AM

Skills in Psychiatric Rehabilitation

March 1, 2023
9:00 AM to 12:00 PM

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and social networking. This committee will be strategic in getting the word out about Psychiatric Rehabilitation Services to further our advocacy and education across the state and even beyond. The other new committee is Policy, which will be significant in promoting Psych Rehab services and philosophy with funders and administrators and legislators.

My second point of pride is taking a lead role in last year's grant writing for funding for Assessing and Managing Suicide Risk (AMSR) workshops. Through that grant, PAPRS was able to present this curriculum to over 200 people at no or low cost in the past year. In addition, PAPRS now has a set of certified instructors for this course, so that AMSR will be part of our catalog of course offerings for years to come.

I think I have done well to promote PAPRS. Organizations like this are important because it brings together people providing and receiving services to promote recovery and wellness and community. The education, consultation, and advocacy that PAPRS provides is vital.

I believe a legacy is not a list of completed tasks, but what's left on the hearts and minds of people we have encountered during our time. It is the essence of psychiatric rehabilitation, really—we pursue goals and outcomes, but we produce connections and relationships. Legacies are not just for presidents, but for everyone. We may be wise to consider how people we serve are impacting the hearts and minds of their family, friends, co-workers and service providers. Individuals we serve may want to think about the legacies they wish to create.

I am grateful for whatever anyone remembers of my term as president, but I am still creating my legacy—with a tenure as Immediate Past President. I'll be around—see you on Zoom!

Save the Dates!



**PAPRS
Virtual
Conference**

**Psychiatric
Rehabilitation:
The Next Chapter**

April 13, 14, 20 & 21, 2023

Distinguished Service Awards Nominations!

PAPRS invites nominations of individuals and Psychiatric Rehabilitation agencies or programs which have distinguished themselves in their commitment to the principles of Psychiatric Rehabilitation.

Awards are given in the four categories listed below. Award winners will be honored at the PAPRS Annual conference on April 21, 2023, during the Closing Ceremony of the Virtual Conference from 3:00pm to 4:30 pm.

Nominations close January 20, 2023.

[PRs Award Nomination Link](#)

★ Distinguished Career Award

This award is to honor an individual who, throughout their career, has effectively promoted the development and implementation of psychiatric rehabilitation services in Pennsylvania. Nominations are open to members of PAPRS/PRA who are credentialed in Psychiatric Rehabilitation and have no less than 10 years' experience in psychiatric rehabilitation.

★ Distinguished Advocate Award

This award is to honor an individual who has advocated for the inclusion of psychiatric rehabilitation services in their organization, county, region, and/or the Commonwealth of Pennsylvania. Nomination for this award is open to mental health staff, persons in recovery, family members and public administrators.

★ Distinguished Practitioner Award

This award is to honor an individual who has demonstrated a commitment to the principles and ethics of psychiatric rehabilitation in their work with persons in recovery. Nominations are open to mental health direct care and/or supervisory staff who are either an individual member or work for an organizational member of PAPRS/PRA.

★ Outstanding Program Award

This award is to honor an agency or program within an agency, which operates psychiatric rehabilitation that effectively meets the needs of persons in recovery. Nominations for this award are open to Psychiatric Rehabilitation agencies or programs that have been in operation for no less than 3 years and are organizational members of PAPRS/PRA.

Newly Elected Board Members!

This year PAPRS had several openings on the Board of Directors for the Class of 2025, including several term-one openings and a few current Board members who were eligible to be elected to a second term. The following people were elected to Term 1 or reelected to Term 2 and will begin a three-year term of service on January 1, 2023:

Aaron Burkhardt (2nd term)

- Hand in Hand LLC
- Venango County - Northwest Region

Rochelle Reimert (2nd term)

- Salisbury Behavioral Health/RHA
- Lehigh County - Northeast Region

Julie Sanders (2nd term)

- Stairways Behavioral Health
- Erie County - Northwest Region

Holly Knoll (1st term)

- Community Guidance Center
- Clearfield County - Western Region

Sarah Dobson (1st term)

- St. Luke's Penn Foundation
- Lehigh County - Northeast Region

Liz Guerin (1st term)

- Regional Counseling Center, Inc.
- Venango County - Northwest Region

Denise Astaneh (1st term)

- Children's Service Center of Wyoming Valley
- Luzerne County - Northeast Region

Debra Weisgerber (1st term)

- Scranton Counseling Center
- Lackawanna County - Northeast Region

Caitlin Needham (1st term)

- Stairways Behavioral Health
- Erie County - Northwest Region

2023 PAPRS Conference Updates!

RESPECT Poster Contest

Artists may begin submitting posters through our website January 1, 2023. One poster per artist. The last day to enter a poster is March 31, 2023 at 430 pm – no exceptions. Please visit our website at www.paprs.org and navigate to the conference tab for rules, instructions and a link to the form to complete to submit your poster. Please have all your information ready, and a digital copy of your poster saved in .jpg or.tif format before you begin the form. Program staff will be able to enter posters on behalf of consumers, using a separate entry form for each.

Scholarships

PAPRS will begin accepting scholarship applications for the 2023 conference through our website on January 1, 2023. The last day to apply is February 28, 2023 – no exceptions. Please visit our website at www.paprs.org and navigate to the conference tab for rules and a link to that form to complete to submit your scholarship application.

Sponsorships

We will continue with the Exhibitor Hall in the virtual conference platform. A form to enter your sponsorship pledge will be open on our website at www.paprs.org in January 2023.

Last Call for Presenters!

Each year, the PAPRS Conference provides a statewide forum for people committed to psychiatric rehabilitation and recovery to come together, celebrate, share ideas, exchange knowledge, develop new models and approaches, and envision ways to create a responsive and empowering mental health system.

The richness of this conference emerges from the breadth of workshops we offer, which come from YOU, the participants! Submitting a workshop proposal gives you the chance to both benefit and contribute to this vital, yearly event. Proposals are encouraged from across the field: people in recovery, family members, providers, advocates, administrators, researchers, executive directors, and government officials. PAPRS especially invites first time submitters to send proposals for consideration.

Interested Presenters should first gather all the information and documents needed to complete the application for a workshop presentation. Documents to upload at the time of application include the list of Academic References and the Posttest. These documents may be in either Word or PDF format. **Note that you will be unable to submit the form without the upload of these two documents.**

Please review the [Sample Call for Presenters Application](#) before getting started.

When ready, use this link to complete and submit your [2023 Call for Presenters Proposal](#).

Topics Include:

- ❖ Engagement Skills
- ❖ Relationship Building
- ❖ Boundaries and Ethics
- ❖ Motivational Interviewing
- ❖ Trauma Informed Care
- ❖ Practitioner Skills
- ❖ Youth and Young Adults
- ❖ Crisis Intervention
- ❖ Co-occurring Disorders
- ❖ Dual Diagnosis
- ❖ LGBTQIA+, Gender Identity, and Transgender Services
- ❖ Social Justice, Racism, the Black Experience, & Diversity
- ❖ Cultural Competence
- ❖ Managing Recovery Oriented Programs
- ❖ Exemplary or Emerging Practices
- ❖ Suicide Prevention
- ❖ Value Based Purchasing
- ❖ PR in Residential Services
- ❖ Health, Wellness, Recovery
- ❖ Telehealth Services
- ❖ Child and Family Resiliency

Looking Toward the Future!

By: Kim MacDonald–Wilson (Newly Elected President)

The past two years under PAPRS President Ellwyn Andres was a time of significant growth and change for PAPRS. Ellwyn's article shares what we accomplished in the 2 years of his term as President of the PAPRS Board of Directors, especially during the challenging years of COVID/pandemic shutdown and reopening of services. It definitely will be a hard act to follow.

I will be assuming the office of President of the PAPRS Board of Directors for the next two years 2023-2024. We have emerged from the COVID pandemic – newer, stronger, and different than before COVID. Our Board of Directors has been hard at work planning for the future of our organization, intending to continue our mission of advancing the practice of psychiatric rehabilitation to assist people with behavioral health experiences in achieving success and satisfaction in meaningful life roles. In fact, we have been applying this mission to our own work on the PAPRS Board of Directors and in our roles on the Executive Team – working for our membership and working toward the vision of being a national leader in psychiatric rehabilitation through education, advocacy and networking.

I see Psychiatric Rehabilitation as a crucial recovery and wellness-oriented service within behavioral health. PR is one of the few services that support individuals with lived experience in achieving life goals and roles in the community – working toward goals that most of us have – a satisfying job or career, a safe and pleasant place to live, learning and earning the credentials we want and need, and connecting to the people and communities we choose. PR should be available to every citizen with a serious mental health condition who wants and needs the skills and supports to work, learn, live and socialize, including maximizing our overall health and wellness. To that end, we intend to strengthen our relationships with the Psychiatric Rehabilitation Association, PA State Leadership, and OMHSAS, to continue advocating for PR to be included in the Medicaid State Plan to ensure that PR is available to everyone in all 67 counties of PA and that people with lived experience of recovery play a significant role in PR and the behavioral health system.

In order to accomplish this we will be working on streamlining our business operations to continue serving our membership, strengthening our financial position and building toward a fully staffed PAPRS organization. In addition, we need to expand the PR workforce, develop apprenticeships and other supports to attract and retain new talent, and deliver effective skills-based training. That means hearing from you about what types of learning, which topics, and what formats will work for you and your staff. We will continue to offer virtual Annual Conferences that allow the most people to participate, learn, and earn continuing education credits to get and keep their CPRP credentials. In addition, we also want to offer in-person opportunities for learning and networking – perhaps regional breakfasts, local learning events, forums, and suggestion boxes. We would love to hear your ideas on what might work best for you.

In summary, PAPRS works for you, our membership, and we invite you to participate in any way you can – by contacting any PAPRS employee or Board member, raising questions, offering suggestions, joining a committee, sharing your expertise, or even considering running for a Board of Directors position in the near future. This coming year we will be welcoming a new group of Board members for their first three-year term with PAPRS. Here's to looking forward to a new year and continued growth of PAPRS.

Look for our next PAPRS newsletter in March 2023!