

Pennsylvania Association of Psychiatric Rehabilitation Services



PAPRS

www.paprs.org

Education Manager:
Tricia Fisher, MS, CPRP

Operations Manager:
Elizabeth Ricker, MSW,
LSW, CPRP, CFRP

Officers

President:

Ellwyn Andres

President Elect:

Kim MacDonald-Wilson

Secretary:

Rochelle Reimert

Treasurer:

Susan Poznar

Immediate Past President:

Rita Kraus

Board of Directors

Amanda Burke

Aaron Burkhardt

Stephanie Cameron

Marcie Cole

Collette D'Angelo

Skyler Deitrick

Gwen DeYoung

Virginia Dikeman

Deborah Ferguson

Pamela Nabried-Abdullah

Lisa Quintana

John W. Rosengrant

Julie Sanders

Kelly Shuler

Brittani Smerkar

PAPRS would like to offer our sincere THANKS to our sponsors, speakers, and attendees for participating in our 2022 virtual conference. The conference featured four inspiring and informative keynote presentations, twenty educational and engaging workshops and two meetings. We had 20 sponsors, and 309 people attending part or all of the conference, which provided opportunities to connect with each other, albeit virtually, to share ideas and to become rejuvenated with ideas to bring back to your psych rehab programs and services. We are grateful for your attendance and hope that you enjoyed the experiences provided!

PAPRS

2201 E. State Street

Hermitage, PA 16148

Phone: 717-655-7662

Email: tricia.fisher@paprs.com

Website: www.paprs.org



Facing Challenges: Resiliency and Renewal

Keynote Speakers provided great information to our participants, providing takeaway handouts, including small group activities and included polls for engaging conversation.



Marcie Cole MA, CPRP

Thursday April 21, 2022

This presentation provided attendees with a comprehensive overview of how to restore their wellness, wisdom, and self-worth from a Psychiatric Rehabilitation perspective, despite the many unprecedented challenges that individuals are facing today. The Behavioral Health system is changing rapidly, and Providers must adjust their business models to ensure that their employees are well equipped with the proper tools to ensure promising outcomes. Dr. Veronica Carey and Marcie Cole provided attendees with new techniques, strategies, and tools to expand psychiatric rehabilitation knowledge.



Dr. Veronica Carey

Friday April 22, 2022

Tami Thomas is the Coordinator for the Drop-in Centers of Mercer County. Through the presentation Tami shared her journey of a turbulent dysfunctional childhood, hiding from the truth and her mental illness, learning to live with her mental health diagnosis after deciding to leave treatment, self-medication and its pitfalls and finally engaging in resources that were available to her. She attributed her recovery to accepting that she was out of options, her own personal strength and meeting good professional people who were honest, and she felt that they wanted her to succeed. She was provided every possible tool and the motivation to use them. Therapy, IOP and Psych Rehab helped her to develop new life skills and coping skills that helped her on her path/quest for mental wellness.



Tami Thomas BA



Susan Poznar CPRP

Facing Challenges: Resiliency and Renewal

Keynote Speakers (continued)

Thursday April 28, 2022



Dr. Peggy Swarbrick

Dr. Peggy Swarbrick focused her presentation on Wellness as an inspiring and powerful word. A wellness philosophy supports healthy lifestyle habits that, in turn, have positive effects on quality of life. Wellness involves a lifelong process creating and adapting habit and routines that lead to improved health in the multiple dimensions. This session examined the wellness in 8-dimensional model (8D) as a lens for prevention treatment, and recovery supports. This interactive webinar gave participants the opportunity to examine personal strengths and areas for personal growth to build resilience. Attendees explored how this model can be personally applied and professionally implemented to support people with a wide range of challenges.

Friday April 29, 2022



Rep. Mike Schlossberg

Representative Mike Schlossberg (Lehigh) is the Democratic Caucus Administrator and a co-founder of the House Mental Health Caucus. Following the death of Robin Williams, Representative Schlossberg shared his own struggles with mental health, helping to shape a conversation aimed at destigmatizing the challenges millions of Americans face daily and becoming a strong advocate for mental health care to meet the needs of Pennsylvanians. This includes focusing on the need for increased funding to make care more readily available and breaking down other barriers that make access more difficult.

2022 DISTINGUISHED SERVICE AWARDS

2022 Distinguished Practitioner Award

Deborah Ferguson CPRP

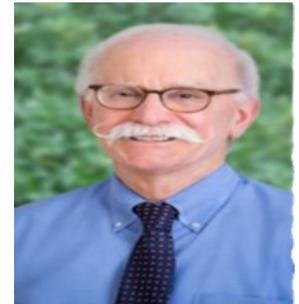
This award is to honor an individual who has demonstrated a commitment to the principles and ethics of psychiatric rehabilitation in their work with persons in recovery. Nominations are open to mental health direct care and/or supervisory staff who are either an individual member or work for an organizational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



2022 Distinguished Career Award

Dr. Philip Braun

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.



2022 Distinguished Advocate Award

Rita Lane

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.



2022 Outstanding Program Award



This award is to honor an agency or program within an agency, which operates psychiatric rehabilitation that effectively meet 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.

**Pennsylvania Association
of
Psychiatric Rehabilitation Services**

**2022 Virtual Conference
Sponsors**



Please join us in expressing appreciation for our
sponsors for this year's conference!

Platinum Level Sponsor:

PA Department of Human Services OMHSAS

Gold Level Sponsor:

Community Services Group

Magellan HealthCare

Community Care Behavioral Health Organization

Silver Level Sponsor:

Allied Services, Inc ◇ Beacon Health Services ◇ Clarion Psychiatric Center ◇

Merakey ◇ Salisbury Behavioral Health—RHA Health Services ◇

Skills of Central PA ◇ Horizon House ◇ COMHAR, Inc ◇ PerformCare ◇

DBH-IDS

Bronze Level Sponsor:

CareLink Community Support ◇ Community Counseling Center of Mercer Co

◇ Dickinson Center, Inc ◇ PA Peer Support Coalition ◇ Access Services, Inc ◇

St Luke's— Penn Foundation

**Pennsylvania Association
of
Psychiatric Rehabilitation Services**

**2022 Conference
Collaborator Game**



PAPRS introduced a new feature to the conference this year... a game! This game was designed so that attendees could earn points by completing challenges while navigating and exploring conference information in the Attendee Hub. It made for fun conversation and interaction and helped members learn about all the features available within our virtual conference platform. 69 active players completed 199 challenges, and 7938 actions!!!!

Points were awarded and
Allyson Chludzinski earned 60,320 points

Allyson will receive:
**ONE FULL FREE ADMSSION TO OUR
2023 VIRTUAL CONFERENCE (\$250 VALUE)**



Pennsylvania Association of
Psychiatric Rehabilitation Services

RESPECT
Poster Contest

**Resolve to Eliminate Stigma: Practice
Empathy Compassion, Truth**

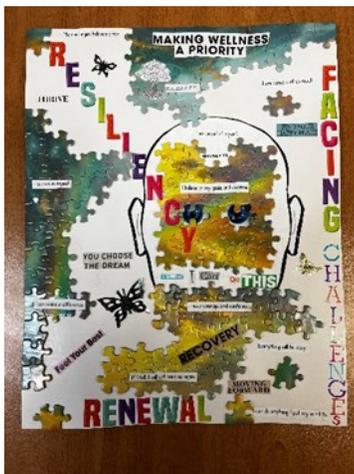
67 Total Adult Entries



**Adult
First Place
A-42
Dorothy Boyd
Sunbury, PA**



**Adult
Second Place
A-11
Chuck Wienand
Butler, PA**



**Adult
Third Place
A-40
Charlene Bartraw
Williamsport, PA**



Pennsylvania Association of
Psychiatric Rehabilitation Services

RESPECT

Poster Contest

Resolve to Eliminate Stigma: Practice
Empathy Compassion, Truth

20 Total Youth & Young Adult Entries



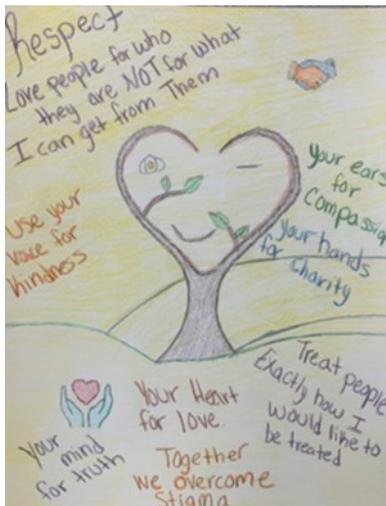
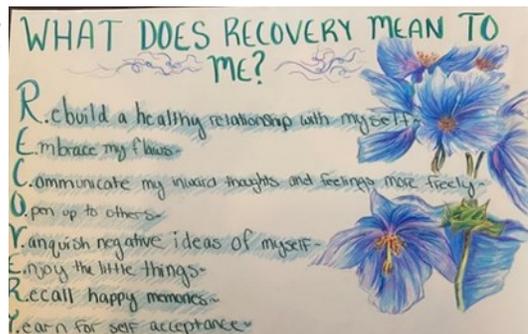
Youth & Young Adult

First Place:

Y34

Emily James

Wilkes Barre, PA



Youth & Young Adult

Second Place:

Y65

McKenzie Nichols

Meadville, PA



Youth & Young Adult

Third Place:

Y44

Abbi Radcliff

Claysville, PA

Upcoming Continuing Education Opportunities

2022 Virtual Practitioner Orientation

Members \$175; Non-members \$300

This four-day, 12-hour orientation provides an overview of the larger field of psychiatric rehabilitation. The foundation topics include PR history, principles, values, documentation, types of programs, ethics, collaboration, practice competencies, and more.

This course is approved by OMHSAS and fulfills the licensure requirement that ALL staff in a psychiatric rehabilitation program complete a 12-hour PR Orientation. You must attend the full 12 hours to obtain your certificate. (55 PA Code Chapter 5230.56)

This Course is approved for CPRP Credits!

August 8-9 & 15-16, 2022 – 9AM-12PM

October 6-7 & 13-14, 2022 – 9AM-12PM

Virtual PR Services Documentation: Skills that Work for Regulators, Payers, and People in Services

Members \$175; Non-members \$300

This 12-hour skills-based course is designed to enhance practitioners' skills in documenting Psychiatric Rehabilitation services. Developed in collaboration with the Pennsylvania Office of Mental Health and Substance Abuse Services (OMHSAS), the course concentrates on documenting functional assessments, rehabilitation plans and daily entries that meet the requirements of PR Regulation 5230. The instructor will also demonstrate how a comprehensive strengths-based assessment provides a strong foundation for goal planning. Attendees will have the opportunity to apply the skills learned through several guided activities.

This Course is approved for CPRP Credits!

June 6-7 & 13-14, 2022 – 9AM-12PM

August 22-23 & 29-30, 2022 – 9AM-12PM

December 1-2 & 8-9, 2022 – 9AM-12PM



Upcoming Continuing Education Opportunities

Virtual Ethics & Boundaries in Recovery-Oriented Services & Using the PR Code of Ethics in Recovery-Oriented Services \$75/member \$150/ non-member

This 2-day, 6-hour course is designed to address every day ethical challenges in recovery-oriented services. Ethical dilemmas put practitioners at risk to make unprofessional decisions that may negatively impact individuals served as well as jeopardize the integrity of the service system. Faced with increasingly demanding and complex situations, this training will walk participants through an ethical decision-making process and the practical application of recovery-oriented Codes of Ethics. Attendees will have the opportunity to apply the skills learned through several guided activities. **This Course is approved for CPRP & CFRP Credits**

September 12 & 13, 2022 – 9AM-12PM

.....

Creating Welcoming Services for LGBTQIA+ Individuals and their Families Members \$75; Non-members \$125

Creating Welcoming and Affirming Services for Persons Who Are Lesbian, Gay, Bisexual, Transgender, Questioning, or Intersex (LGBTQI) is for anyone wishing to become more aware of some of the issues faced by persons represented in the LGBTQI initials. We explore the effects of language, culture, and power dynamics as well as examine our own attitudes, values and thinking that are conditioned by our own upbringing, acculturation, and knowledge. Our focus is on ways to become more welcoming and affirming to all persons who differ from us and to learn from them how to be helpful as part of a healing community of support. **This Course is approved for CPRP & CFRP Credits!**

June 20 & 21, 2022 – 9AM-12PM OR

December 13 & 14, 2022 – 9AM-12PM

.....

Engagement Skills in the Psychiatric Rehabilitation Process Members \$75; Non-members \$125

This course is held in **2 three-hour sessions**. This 6-hour course provides an opportunity to develop professional helping skills. The foundation topics include developing basic helping skills, stages of the helping process, integration of Motivational Interviewing techniques, and transitioning through the phases of the psychiatric rehabilitation process utilizing engagement skills. **This Course is approved for CPRP & CFRP Credits!**

October 20 & 21, 2022 – 9AM-12PM



Pennsylvania Association of Psychiatric Rehabilitation Services

Training Announcement

Assessing and Managing Suicide Risk for Direct Care Staff Working in Outpatient Health and Behavioral Health Care Settings

This course is a 3.0 credit-hour training for staff who provide direct care to clients and support the clinicians managing client treatment.

This course teaches skills in the recognition, assessment, and management of suicide risk and the delivery of effective suicide-specific interventions.

Free for Members

Discounted Rate for Non-Members \$20.00

Virtual Session Schedule

June 1, 2022
9:00 AM – 12:30 PM
Registration closes 5/18/2022

August 25, 2022
1:00 PM – 4:30 PM
Registration closes 8/11/2022

November 30, 2022
9:00 AM – 12:30 PM
Registration closes 11/16/2022

Additional sessions may be added for summer and fall 2022, and will be announced on our website at www.paprs.org



This training is offered in collaboration with the PA Department of Human Services, Office of Mental Health and Substance Abuse Services..

*Please note, this is an interactive virtual workshop via Zoom and will require you to participate with audio and visual technology.

Register Now
www.paprs.org

For more info contact Tricia Fisher
tricia.fisher@paprs.org

Have you been considering being more active in PAPRS? Ever wonder what happens behind the scenes?

We have several committees which are working hard to support our membership and the field of psychiatric rehabilitation. The committees include both board and non-board members to facilitate the conference, training opportunities, advocacy and policy, communications, membership and business related affairs, to name a few.

Below are the various committees and the chair people for each. If you think that you would be interested in supporting the work that we are doing in PAPRS and one of these committees sounds of interest to you, please feel free to reach out!

We are a fun and welcoming group!

Budget and Finance

Susan Poznar, Chair spoznar@cccmer.org

Education and Consultation

Kelly Shuler, Co-Chair kcschu@aol.com;

Rochelle Reimert, Co-Chair rochelle.reimert@rhanet.org

Membership Committee

Julie Sanders jsanders@stairwaysbh.org

Donna Bell Duffy ddduffybell@buckscounty.org

Conference Committee

Aaron Burkhardt, Chair aaron@challengectr.com

Maureen Walsh, Co-Chair mwals1@allied-services.org

Jennifer McLaughlin, Co-Chair mclaughlinj@csgonline.org

Communications Committee

Deb Ferguson, Chair dferguson@gladerun.org

Amy DeMay, Co-Chair ademay@ycp.edu

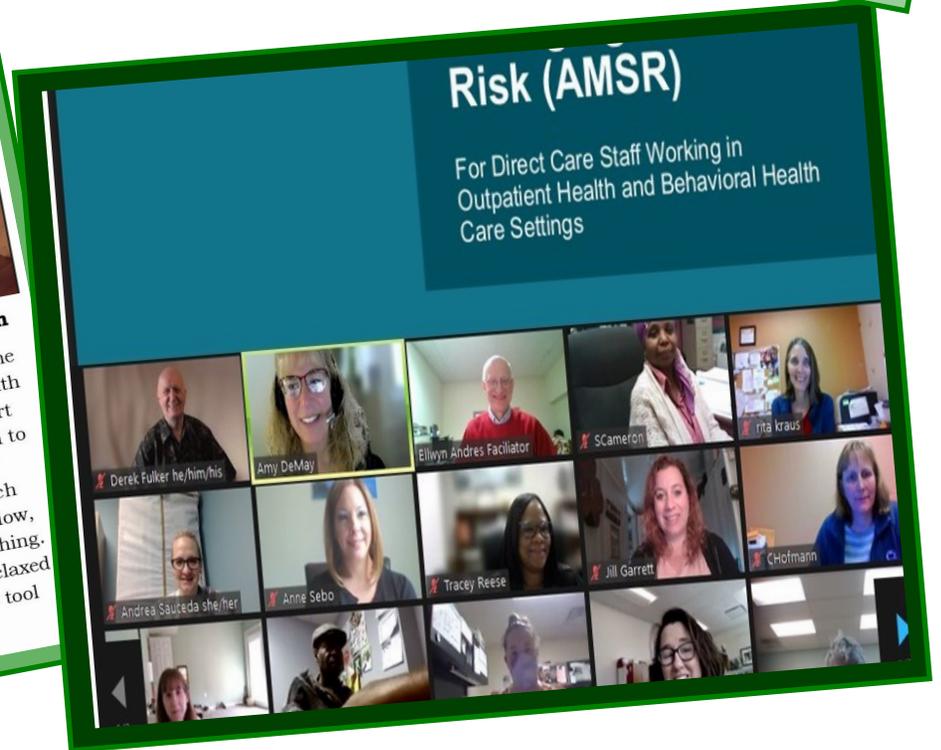
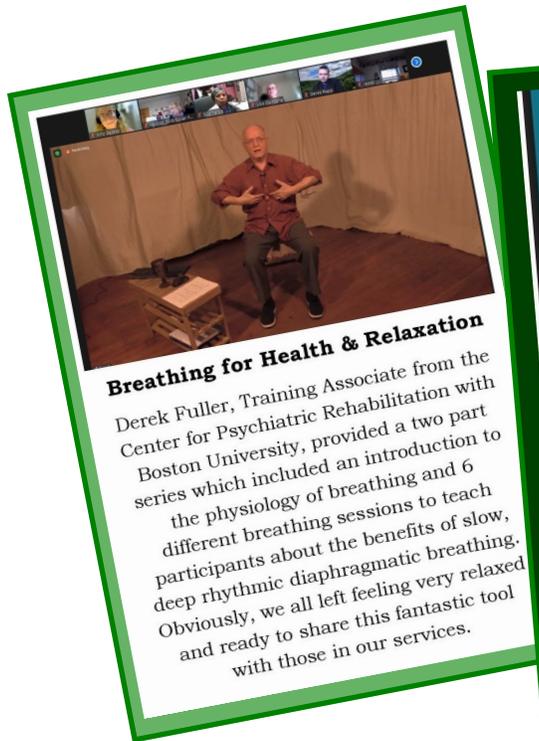
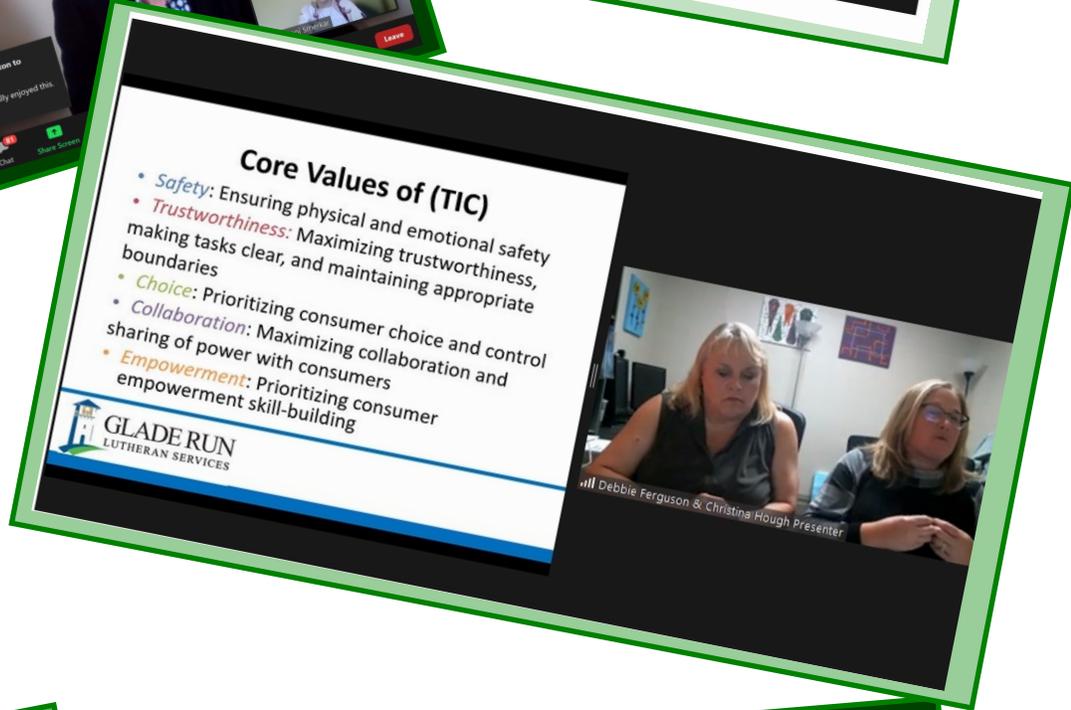
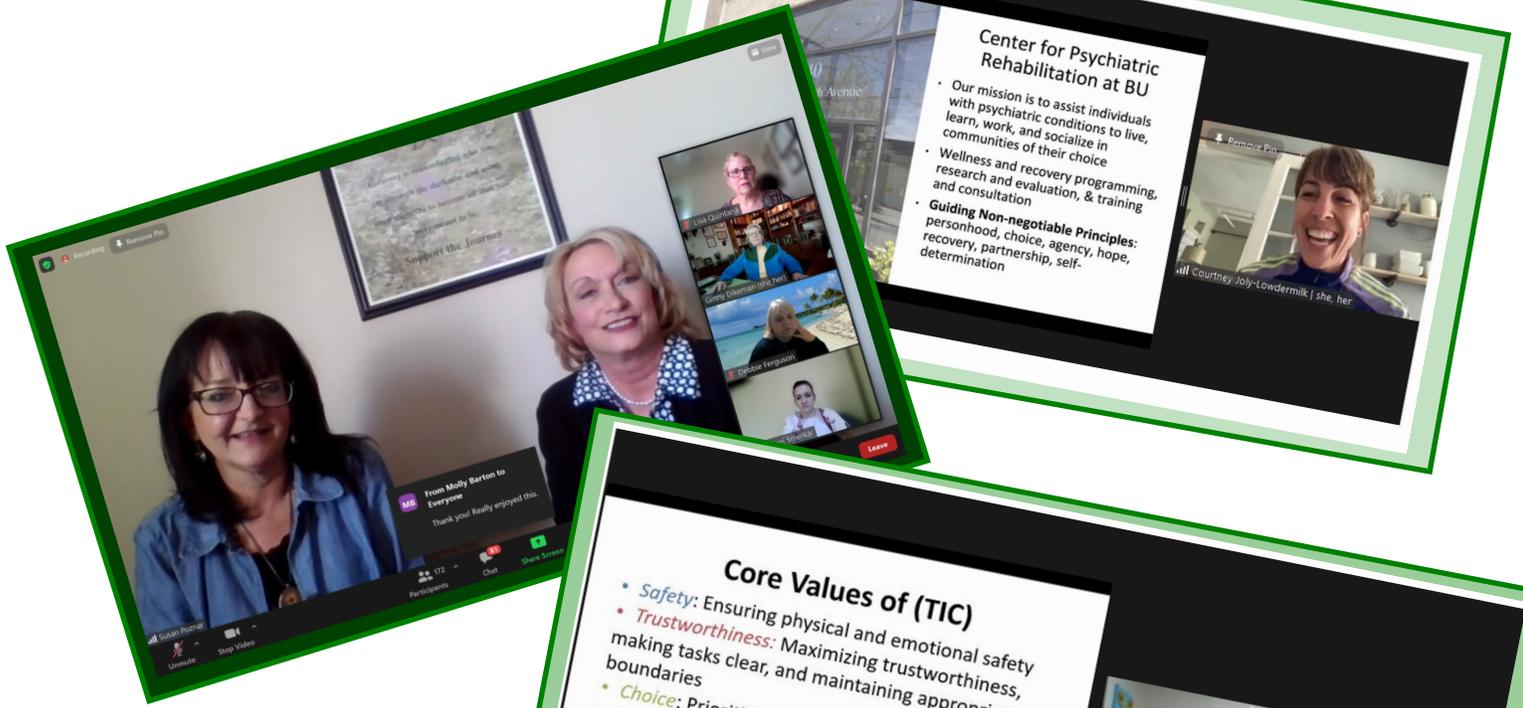
Lisa Quintana, Co-Chair lquintana@merakey.org

Policy Committee

Ginny Dikeman, Co-Chair vdikeman@pa.gov



PAPRS 2022 Virtual Conference



Site-based Psychiatric Rehabilitation

- Mobile Psychiatric Rehabilitation
- Peer Support Services
- Opportunity Centre Clubhouse
- State College
- Drop-In Centers
- Ebensburg
- Lewistown
- Mifflintown

Proud Sponsor of the 2022 PAPRS Virtual Conference!

Objectives of our Time Together

1. Participants will be afforded the opportunity to explore how OIA applies to their organizational settings.
2. Participants will enhance participant awareness of best practices.
3. Application to future leadership goals.
4. Journey to avoid substitution.

Intelligence vs Wisdom

- Intelligence is commonly associated with knowing something. Often, it also means that we can confidently apply what we know in a particular context.
- Wisdom is different. It's different because it has more dimensions. Wisdom not only knows, but it also understands. And the distinction between knowing and understanding is what makes wisdom different from intelligence.
- Remember intelligence does not guarantee wisdom.
- Ideally, Psych Rehab Practitioners want both qualities.

Clayton, 1982

PAPRS 2022 Virtual Conference Photos

Sensory Modulation Strategies

- Increase self-awareness
- Improve ability to engage in self-care
- Help cope with stressors and triggers

Vestibular-MOVE

- Middle ear
- Balance
- Head rotation
- Location in space