

# PAPRS NEWSLETTER

PENNSYLVANIA ASSOCIATION OF PSYCHIATRIC REHABILITATION SERVICES

## 2024 BOARD MEETINGS

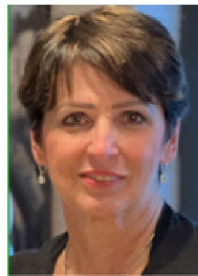
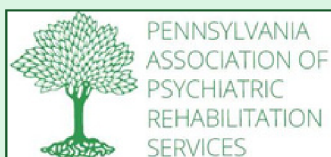
- ◆ JANUARY 25-26  
(IN-PERSON)
- ◆ MARCH 21-22  
(VIRTUAL)
- ◆ JUNE 13-14  
(IN-PERSON)
- ◆ SEPTEMBER 19-20  
(VIRTUAL)
- ◆ NOVEMBER 7-8  
(IN-PERSON)

## OPEN MEMBERSHIP MEETING:

FRIDAY, APRIL 12, 2024  
(DURING PAPRS CONFERENCE)



STAY UP-TO-DATE WITH  
PAPRS ON SOCIAL MEDIA!



## EXECUTIVE DIRECTOR REQUEST

BY: DENISE ASTANEH

Hi Everyone! Spring is just around the corner, and we will see beautiful new growth happening all over. So, in line with that, I would like to ask all of you to participate in a small activity which will also allow PAPRS to show new growth.

We are currently working on a few brochures, and one brochure I would like to create will describe and express how we grow through Psychiatric Rehabilitation. I would like to create a firsthand, brief education tool to provide to individuals that do not understand the benefits of Psychiatric Rehabilitation.

What do you feel are the key elements of Psychiatric Rehabilitation that help individuals create growth and recovery? How has Psychiatric Rehabilitation helped them to gain skills and grow? Feel free to send me any key points of your programs, as well as comments from your members and staff. Also, any small images that represent Psychiatric Rehabilitation (nothing copy-righted please).

Please send your responses to my email, [denise.astaneh@papr.org](mailto:denise.astaneh@papr.org), by April 15, 2024. I look forward to hearing from all of you. If you have any questions, please do not hesitate to reach out to me!

*Congrats!*

At our recent Board of Directors meeting, three board members were elected to leadership roles within PAPRS. These members will serve in their roles throughout 2024!

**Sara Dobson**  
PRESIDENT-ELECT

**Allyson Chludzinski**  
SECRETARY

**Tricia Fisher**  
TREASURER

**WE WANT YOUR  
FEEDBACK**

The PAPRS Communications Committee is seeking feedback about our website. Please take a few moments to take this brief survey - your feedback is valuable and appreciated!

<https://www.surveymonkey.com/r/V2QS93Y>

## PAPRS STAFF

### EXECUTIVE DIRECTOR

- ▶ Denise Astaneh  
denise.astaneh@paprs.org

### EDUCATION MANAGER

- ▶ Rochelle Reimert  
rochelle.reimert@paprs.org

### OPERATIONS ASSISTANT

- ▶ Aaron Burkhardt  
aaron.burkhardt@paprs.org

## PAPRS LEADERSHIP

### PRESIDENT

- ▶ Kim MacDonald-Wilson

### PRESIDENT- ELECT

- ▶ Sara Dobson

### SECRETARY

- ▶ Allyson Chludzinski

### TREASURER

- ▶ Tricia Fisher

### IMMEDIATE PAST PRESIDENT

- ▶ Ellwyn Andres

## BOARD MEMBERS

- Collette D'Angelo
- Skyler Deitrick
- Virginia Dikeman
- Pam Nabried-Abdullah
- Julie Sanders
- Holly Knoll
- Sara Dobson
- Debra Weisgerber
- Caitlin Needham
- Karen Yob
- Katelyn Ivanac
- Laurie Combs
- Corinne Schnee
- Laura Gardner
- Kimberly Wilson-Roberson
- Janelle Eberhardt
- Nancy Micocci

## ADVISORY MEMBERS

- Jen McLaughlin
- Susan Poznar
- Maureen Walsh
- Eileen Joseph
- Donna Duffy Bell
- Gwen DeYoung
- Rita Kraus
- Lu Mauro
- Amy DeMay

## MEET SOME OF OUR NEWLY ELECTED BOARD MEMBERS!



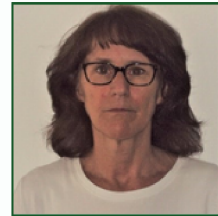
### ALLYSON CHLUDZINSKI

Allyson currently works as Assistant Director of Behavioral Health for Allied Services, located in Jefferson Township. She obtained her CPRP in 2004, and previously served one term on the PAPRS Board. She recently joined the Budget & Finance Committee. **Fun Fact:** Allyson has one kid graduating high school, and another just starting Kindergarten!



### TRICIA FISHER

Tricia is currently an EHR Trainer in Johnstown, PA. She previously served two terms on the PAPRS Board, and was also the first full-time employee of PAPRS as the Education Manager. Tricia is on the Budget & Finance and Communications committees. **Fun Fact:** During her sophomore year of college, she led the nation in triples for softball!



### KAREN YOB

Karen currently lives in Bethlehem, and works for Step By Step Inc. as the Mental Health Training Coordinator. She began her Psych Rehab experience in 1998, and has had her CPRP since 2001. She recently joined the Education committee for PAPRS. **Fun Fact:** She loves being outdoors, and thrive on sunshine!



### KATELYN IVANAC

Katelyn currently works at AMI Inc., located in Finleyville, as the Director of On-Site Services/ Psych Rehab. She has 6 years of experience in Psych Rehab, and currently has her CPRP and CFRP certifications. She is the co-chair of the Budget and Finance committee, and also joined the Membership committee. **Fun Fact:** She loves to dance, anywhere!



### LAURA GARDNER

Laura currently works at Skills of Central PA, located in Bellefonte, as a Clinical Administrator. She began working in Psych Rehab in 2022, and has previous experience supervising a Decision Support Center. Laura is currently on the Policy Committee for PAPRS. **Fun Fact:** She loves Wonder Woman, and even has a Wonder Woman Christmas tree!



### NANCY MICOCCHI

Nancy currently works for Children's Services Center, located in Wilkes Barre. Nancy has been in the mental health field for over 30 years, and has been working at her current position for the last 2 years. She is currently on the Membership and Conference committees for PAPRS. **Fun Fact:** She is a Reiki Master!



### KIM WILSON-ROBERSON

Kim is a Program Coordinator at Glade Run Lutheran Services, located in the Western region of Pennsylvania. She began her Psych Rehab experience in 2019, and obtained her CPRP certification in 2021. Kim is currently on the Education and Policy committees for PAPRS. **Fun Fact:** She has traveled twice to Italy on trips of more than 30 days!

**OTHER MEMBERS:** LAURIE COMBS, CORINNE SCHNEE, JANELLE EBERHARDT



# 2024 PAPRS CONFERENCE

## IMPORTANT DATES

- 3/29/24** DEADLINE TO SUBMIT POSTER CONTEST ENTRIES
- 4/5/24** DEADLINE TO SUBMIT SPONSORSHIPS
- 4/11/24** 2024 PAPRS CONFERENCE BEGINS
- 4/12/24** ANNUAL OPEN MEMBERSHIP MEETING
- 4/19/24** 2024 PAPRS CONFERENCE CONCLUDES



## PSYCHIATRIC REHABILITATION: BASICS AND BEYOND!

APRIL 11TH & 12TH, 18TH AND 19TH

## 2024 POSTER CONTEST

### R.E.S.P.E.C.T. POSTER CONTEST

The RESPECT Poster Contest began in 2014 as part of the PAPRS in-person conference. Winners receive a cash prize. RESPECT stands for Resolve to Eliminate Stigma: Practice Empathy, Compassion & Truth. To view previous winners, [CLICK HERE!](#)

Artists may begin submitting posters through our website January 2024. One poster per artist. The last day to enter a poster is **March 29, 2024 at 4:30 pm – no exceptions.**

**Categories:** Young Adult (26 and younger); Adult (27 and older)

**Submission:** Entries can be submitted at [WWW.PAPRS.ORG](http://WWW.PAPRS.ORG), by clicking on the Annual Conference tab at the top of the page. 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 all artists using a separate entry form for each.*



2023 Adult Poster Contest Winner:  
Danielle Delso, Johnstown, PA

PAPRS is proud to have offered 10 scholarships to participants who plan on attending the conference this year. Sponsorships were divided up amongst four different regions throughout the state.

**Have you registered for the conference yet?  
If not, click below to do so now!**

**[2024 REGISTRATION LINK](#)**

# SPONSORSHIPS

PAPRS is again offering sponsorship opportunities for the 2024 PAPRS Conference, with four different options available. Sponsorship commitment includes a spot in our virtual Exhibitor Hall during the conference.

## Gold Sponsorship - \$2,500

- Your Corporate logo, displayed on the PAPRS website as a Gold Sponsor
- Dedicated sponsorship of a Keynote
- Three (3) full Conference Registrations
- Virtual Exhibitors Hall
- Scrolling Full page ad - to be displayed between conference sessions

## Silver Sponsorship - \$1,000

- Two (2) full Conference Registrations
- Virtual Exhibitors Hall
- Scrolling Full page ad to be displayed between conference sessions

## Bronze Sponsorship - \$500

- One (1) full Conference Registration
- Scrolling Full page ad to be displayed between conference sessions

## Friend of PAPRS - \$200

- Scrolling Full page ad to be displayed between conference sessions

## All Sponsors:

- Listing on the 2024 Virtual Conference website and our PAPRS website
- Recognition as a sponsor in conference literature, promotional messages, website
- Recognition in social media and other communication

**DEADLINE: FRIDAY, APRIL 5TH**

[CONFERENCE SPONSORSHIP FORM](#)

# 2024 WORKSHOP SCHEDULE

## THURSDAY APRIL 11TH

### 8:30 AM - 10:00 AM

- Keys to Recovery

### 10:30 AM - 12:00 PM

- Taking Action for Whole Health and Wellbeing

### 10:30 AM - 12:00 PM

- Supporting Community Participation & Social Connections with PODS

### 1:00 PM - 2:30 PM

- NGL: The Good, The Bad, & The Ugly of Social Media

### 1:00 PM - 2:30 PM

- The Power of Personal Medicine

### 3:00 PM - 4:30 PM

- Psychiatric Programming for Adults with Autism

### 3:00 PM - 4:30 PM

- Recovery Star: Ladder of Change

## FRIDAY APRIL 12TH

### 8:30 AM - 10:00 AM

- Milton Dennis: My Story

### 10:30 AM - 12:00 PM

- Operational Self-Care In The Helping Profession

### 10:30 AM - 12:00 PM

- Trauma Informed Supervision In A Post Pandemic World - Part 1

### 1:00 PM - 2:30 PM

- Trauma Informed Supervision In A Post Pandemic World - Part 2

### 1:00 PM - 2:30 PM

- Including Consumer Voices In Development of Katie's Place Clubhouse

### 3:00 PM - 4:30 PM

- ✦ Annual Open Membership Meeting

## THURSDAY APRIL 18TH

### 8:30 AM - 10:00 AM

- Serving With A Trauma Responsive Lens

### 10:30 AM - 12:00 PM

- The Role of Expressive Writing in Recovery

### 10:30 AM - 12:00 PM

- Effects of Ending The Use of Mechanical Restraints and Seclusion in State Hospitals

### 1:00 PM - 2:30 PM

- Suicide Prevention In A Chaotic World

### 1:00 PM - 2:30 PM

- Working With Benefits - Part 1

### 3:00 PM - 4:30 PM

- Working With Benefits - Part 2

### 3:00 PM - 4:30 PM

- Using QPR For Suicide Prevention: Strategies for Families and Caregivers

## FRIDAY APRIL 19TH

### 8:30 AM - 10:00 AM

- Passion For The Impossible: Hope & Healing

### 10:30 AM - 12:00 PM

- Ethics, Moral, & Boundaries: None Of That Applies To Me?

### 10:30 AM - 12:00 PM

- Supporting Parents Who Experience Mental Illness: The Role of Leisure In Maintaining Wellness

### 1:00 PM - 2:30 PM

- Wellness Coaching In Psych Rehab Programs

### 1:00 PM - 2:30 PM

- Clubhouse Model

### 3:00 PM - 4:30 PM

- ✦ 2024 Closing Ceremony



# 2024 CONFERENCE KEYNOTE SPEAKERS



Gina Calhoun

Gina is an Advanced Level Wellness Facilitator that provides training and technical assistance with the Copeland Center. She is a wife, sister, friend, fitness enthusiast, and a person with mental health challenges.

She has over 30 years of experience in mental health services, first as a participant and now as a peer professional. When Gina is not promoting wellness and recovery, she enjoys adult gymnastics and spending time with her large dynamic family.

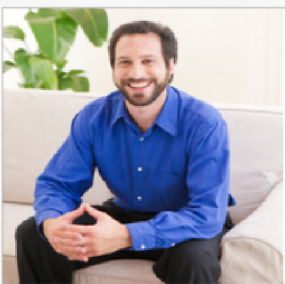
Gina won the Timothy J. Coakley National Behavioral Health Leadership Award. This award honors peer and family leaders in the behavioral health field whose work is characterized by the highest degree of integrity and a passion for creative approaches to improving the lives of persons living with mental health challenges, especially in the public sector.

Michael Nelson is a Certified Peer Specialist (in PA) and an Advanced Level WRAP Facilitator. Over the years, Michael has trained many in the greater Philadelphia area and Montgomery County. Upholding a trauma-informed perspective, he also has valuable experience working with the justice system populations, Michael also received The Lifetime Achievement and Legacy Award from the Department of Behavioral Health and Intellectual Disabilities Professional Development Support Network Meeting. Michael was also honored with the privilege to enhance the operational work of IDEYAS Training Academy of PA. and addition he conducts I.P.S. (Intentional Peer Support) training within the R.H.D. staff community. Michael takes pride in supporting- and bridging- peers into active community roles.

Presently, he works at Creating Increased Connections, RHD, and conducts contract work for the Copeland Center, Michael facilitates community-based peer support groups and workshops on various recovery topics. Michael's mantra simply states, the only way I can be my best only happens if I can support your quest of striving to be your best, with the hope we can all be our best together.



Michael Nelson



Matthew Federici

Matthew is the CEO for the Copeland Center for Wellness and Recovery. Matthew specializes in policy development, trainings and strategic planning in health systems to promote recovery, the advancement of the peer support workforce and community inclusion practices. Most notable Matthew has worked with systems in the implementation of the evidence-based practice of co-facilitated Wellness Recovery Action Plan® and partners with Temple University's Collaborative on Community Inclusion to strengthen the peer support workforce, enhance recovery, community participation outcomes and increase employment outcomes of individual service recipients within the behavioral health system.

Matthew is an internationally recognized speaker, trainer and consultant on WRAP, community inclusion, peer support and supported employment. He came to the Copeland Center in 2010 from the Institute for Recovery & Community Integration where he served as Program Director to create systems transformation through the implementation of a certified peer specialist workforce program. In addition to his role as CEO of the Copeland Center, Matthew developed and oversees the Doors to Wellbeing Program, a National Consumer Training and Technical Assistance Center that focuses on national implementation of evidence-based peer support practices.

Matthew has written many articles on the power of peer support, WRAP, and community integration. Two recent articles include "The Healing WRAP," which appeared in the National Council for Behavioral Health Care publication on trauma-informed care, and "The Importance of Fidelity in Peer-Based Programs: The Case of the Wellness Recovery Action Plan," in Psychiatric Rehabilitation Journal.



Milton Dennis

Milton Dennis is a speaker, podcast host of “Surviving Loss: Our Journey of Hope,” author, and advocate on the East Coast. As a survivor of loss by suicide, Milton himself has overcome mental health challenges, as well as experienced those close to him going through their own. He devotes his life to continuing to learn how to be the best mental health awareness advocate he can be by helping others, and himself, with proven results. He is certified through multiple mental health advocate and educator certifications including Resilience Certified through TRACOM, Family Group Facilitator certified by the National Alliance on Mental Illness and an active group community member of Pulse Task Force.

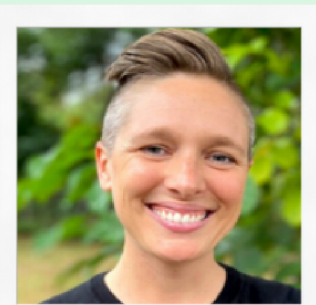
Empowered by resilience training, Milton also believes the training can be a great tool for all business sectors as it promotes personal wellbeing, increases productivity and minimizes attrition helping businesses retain quality personnel.

Sarah Buffie, MSW, LSW, serves as the visionary founding director of Soul Bird Consulting, propelled by the profound conviction that nothing heals quite like supportive relationships. Specializing in Trauma-Responsive Care, Sarah actively seeks to dismantle existing paradigms by fostering empathy and understanding of the intricate effects of trauma. Drawing upon two decades of experience in human services and community building, she channels a deep-seated passion for felt-safety and belonging into her work.

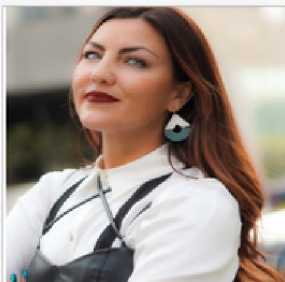
Sarah holds a Master’s in Social Work and her academic journey was marked by a self-directed focus on Polyvagal Theory, Positive Psychology, and Trauma-Sensitive Mindfulness practices, solidifying her commitment to innovative and holistic healing approaches.

In her latest chapter, Sarah delves deeper into body-based practices, completing the first cohort of the Polyvagal Certificate Course through the Polyvagal Institute. She is now a certified Laughter Yoga Instructor and a SAH Method practitioner (Somatic Activated Healing). These modalities enable her to show up as a more fully integrated self. Grounded in the belief that healing requires feeling, she champions a trauma-informed approach, guiding others out of their heads and into their bodies.

Sarah sees this lineage as a gift to those she serves daily—families, educators, and human service professionals seeking solace, and communities craving play, practice, and regulation. Join her on this transformative path, where felt-safety, belonging, regulation, and rootedness in our common humanity intertwine to create a world where pouring from a full cup is not just a possibility but a collective reality.



Sarah Buffie



Dr. Julia Garcia

Dr. Julia is a preeminent voice for the next generation. She helps schools, universities, and organizations build a culture where students are genuinely seen and valued.

As a doctor of psychology and TEDx Speaker, Dr. J (as she is known to students) helps audiences get honest with how they feel and move forward together. Dr.J is unparalleled in her ability to connect with audiences across any demographic through her spoken word poetry and highly engaging approach. Specializing in campus culture, diversity, and mental health, Dr. Julia reminds us all to keep showing up for ourselves and each other.

Dr. Julia has over a decade of experience working with hundreds of campuses, conferences, universities, and non-profit organizations, bringing interactive experiences that shape culture and improve outcomes for all students.

# 2024 CONTINUING EDUCATION

## ORIENTATION TO PSYCHIATRIC REHABILITATION

➤ April 23, 24, 30 & May 1  
9 AM - 12PM

## PSYCH REHAB SERVICES DOCUMENTATION

➤ May 6, 7, 13, & 14  
9 AM - 12PM

## PRS PRINCIPLES, VALUES, & PRACTICE DOMAINS: PREP FOR THE CPRP EXAM

➤ March 26 & 27  
9 AM - 12PM

## ETHICS & BOUNDARIES IN RECOVERY ORIENTED SERVICES

➤ September 4 & 5  
9 AM - 12PM

## ENGAGEMENT SKILLS IN PSYCH REHAB SERVICES

➤ September 9 & 10  
9 AM - 12PM

## CREATING WELCOMING SERVICES FOR LGBTQIA+ INDIVIDUALS AND FAMILIES

➤ June 3 & 4  
9 AM - 12PM

## **NEW!** PAPRS Instructor Application

PAPRS is pleased to announce a new process to apply to become a PAPRS Instructor.

If you are interested in joining our team of Instructors, please complete the [PAPRS Instructor Application](#).

TO REGISTER FOR A SESSION OR BROWSE ADDITIONAL DATES:

[Course Calendar](#)

## MEET SARA DOBSON, PAPRS PRESIDENT-ELECT

BY: DEBI WEISGERBER



Let's get to know our new President-Elect, Sara Dobson! Sara was elected to the PAPRS Board of Directors in January 2023, and recently served as co-chair on the Communications Committee. This past January, the Board elected her President-Elect.

Sara completed her undergraduate in Psychology at Temple University. She then had a "fantastic experience" furthering her education at Rutgers University and obtaining her Masters in Psych Rehab. She is mother of two amazing daughters, ages 15 and 9, and a wife for almost 23 years.

She began her journey of working in the mental health field 20 years ago working in case management. It was at this time she was afforded the opportunity to learn about the two Psych Rehab programs at St. Luke's Penn Foundation. She "*admired the way they supported people.*" In 2014, a position became available, and she jumped at her chance to be a part of something she felt so passionate about. She was hired in the Reach Program, and her interest continues to grow. Sara feels "*so lucky to have been supported by some amazing Psych Rehab mentors to realize my professional goals.*" Sara loves the creativity Psych Rehab offers, and how diverse and unique it can look across programs.

***"It's a privilege to be a part of someone's journey, supporting them with getting to where they want to be in life!"***

Sara love being outside running, hiking, camping, traveling especially with her family and friends. She also loves her coffee! She will be running her first marathon, The Philadelphia Marathon, this November. She was supposed to compete the last two years, but life has a way of getting in the way - thanks to a broken toe and Covid! She continues to practice and strive to reach her goal. Leading by example! Good luck, we can't wait to see you succeed!

**OUR NEXT PAPRS NEWSLETTER: JUNE 2024**