

Pennsylvania Association of Psychiatric Rehabilitation Services

PAPRS

www.paprs.org

Education Manager:

Tricia Fisher, MS, CPRP

Officers

President:

Rita Kraus

President Elect:

Ellwyn Andres

Secretary:

Kim MacDonald-Wilson

Treasurer:

Philip Braun

Past President:

Jen McLaughlin

Board of Directors

Marcie Cole

Amy DeMay

Gwen DeYoung

Virginia Dikeman

David Eckert

Lisa Kramer

Sara Mays

Pamela Nabried-Abdullah

Susan Poznar

Karen Retorick

Kelly Shuler

Stacey Volz

Maureen Walsh

Say Hello to your **NEW**
PAPRS Executives!



From left to right, Philip Braun
(Treasurer) Ellwyn Andres (President
Elect) Rita Kraus (President)
Kim MacDonald-Wilson (Secretary) and
Jen McLaughlin (Past President)

PAPRS

132 Raymond Drive

Johnston, PA 15909

Phone: 717-655-7662

Email: tricia.fisher@paprs.com



Pennsylvania Association of Psychiatric Rehabilitation Services

Interested in being a part of something where you support your professional career **WHILE HAVING FUN** at the same time??!

Education & Consultation Committee Chair: Ellwyn Andres eandres@keystonehumanservices.org

The purpose of the Education & Consultation Committee is reflected in the overall goal of developing "learning opportunities for increasing the statewide capacity to provide best practice psychiatric rehabilitation services." This purpose is accomplished through the efforts of the committee as a whole in collaboration with the Education Manager. PAPRS provides training opportunities for PAPRS member organizations and individuals including a frequently-offered CPRP test preparation course. Also, PAPRS is approved by the OMHSAS to provide the 12 hour required Orientation to Psychiatric Rehabilitation course. In addition, training is developed for our Annual Conference Institutes and Workshops, and other training activities emerge through the provision of consultation activities. Consultation is offered to organizations that wish to increase their capacity to provide psychiatric rehabilitation services.

Conference Committee Co-Chairs: Jennifer McLaughlin: mclaughlinj@csgonline.org
Maureen Walsh: mwals1@allied-services.org

The Conference Committee is responsible for the planning, development and implementation of the Annual PAPRS Conference. Typical committee projects/tasks related to Annual Conference:

- Sponsors
- Scholarships
- Basket Raffle
- Award Ceremony
- Networking events
- Obtaining/Selecting potential workshop proposals
- Hotel Arrangements

Budget/Business Plan Committee Chairs: Phillip Braun phil.braun@lenapevf.org **Susan Poznar** spoznar@cccmer.org

The Budget/Business Plan Committee is responsible for planning and development of the organizational annual budget and the development, implementation and revision of the PAPRS business plan. Typical committee projects/tasks related to the budget/business plan:

- Develop organizational business plan for review by the board
- Present the board information needed for financial management
- Develop annual budget to support PAPRS work
- Collaborate with PAPRS committees to support their work
- Identify revenue streams for the organization
- Review PAPRS marketing plan

Communications Committee Chair: Amy DeMay ademay@keystonehumanservices.org

The Communications Committee is responsible for developing ways to share information related to the work of PAPRS. The Committee evaluates and recommends vehicles for effective communication. Functions of the committee include the following:

- Determine organizational communication goals
- Develop and maintain PAPRS Website
- Maximize the use of technology for communication needs
- Ensure that PAPRS mission and values are incorporated into communication vehicles and efforts
- Evaluate written materials related to outreach and publicity
- Recommend plans and means for effective communication

Membership Committee Chair: Donna Duffy-Bell: ddduffybell@buckscounty.org **Phil Braun:** philip.braun@lenapevf.org

The purpose of the PAPRS Membership Committee is to attract and retain individual and organizational members through the:

- Outreach to all new members and telephonic outreach to new organizational members
- Outreach to current organizational members as their memberships come due for renewal
- Solicitation of feedback/evaluation of current and potential value-added member benefits
- Hosting of membership events
- Support and encouragement of current members to increase their role within PAPRS through sharing of individual and collective strengths and resources
- Partnership with PRA to assure that PAPRS can maximally address/meet the needs of its members

LANGUAGE MATTERS

PART TWO

In part one we showed examples of recovery language to use when discussing suicide. How we talk about suicide matters greatly. Today we will explain why advocates would like to us to carefully choose our words.

Suicide is complex. Therefore we need to avoid language that may over simplify suicide. This is especially important when considering press coverage. The full story of a person who dies by suicide can hardly be communicated in our 30 second, sound bite world. We need to avoid placing blame on the person who died or their family precisely because we do not have all the facts. How often is there follow up in the media explaining the full story?

“Died by suicide” is preferred rather than “committed suicide” as it is an explicit statement of fact. “Committed” has other connotations, such as when one gets “committed” involuntarily to a hospital. Research notes that not all folks who die by suicide have a mental illness. We also cannot attribute it to just one cause.

To speak of someone’s actions as either “successful”, “unsuccessful” or “completed” sounds as if you are grading someone on their suicidal thoughts and behavior. “Successful” and “completed” sounds like a positive outcome and “unsuccessful” sounds like a failure. When speaking about suicide a “failure” is a positive outcome that we hope for so we can begin a conversation and get someone the help and support they need. Remember suicide is complex, personal and usually involves a great deal of ambiguity for the person. If you suspect someone is at risk talk to them. It is a myth that bringing it up will increase the chances of the behavior happening. You can find much more information at the Suicide Prevention Resource Center, SPRC.org.

The Suicide Prevention Resource Center (SPRC) is the only federally supported resource center devoted to advancing the implementation of the National Strategy for Suicide Prevention. SPRC is funded by the U.S. Department of Health and Human Services' Substance Abuse and Mental Health Services Administration (SAMHSA) under grant no. 5U79SM062297 and is located at Education Development Center.



PAPRS Annual Conference

April 16 - 18, 2019

**"Opening the Door to Wellness: Inclusive Practices in Recovery"
Early Bird Rates end March 16th!**

The countdown is on! Only one month until the PAPRS Annual Conference held in beautiful State College, PA. By attending this conference not only can you earn 18 credit hours for Psych Rehab, Peer Support or Clubhouse, but you will have the opportunity to hear from some of the best minds in Pennsylvania as well as the United States on recovery services & approaches.

We have a great line up of presenters including our
Keynote Speakers:

- Dr. Rusty Clark presenting on the TIP Model (Transition to Independence Process)
- Maggie Bertram presenting her story of anxiety, depression, eating disorders and her path to recovery and acceptance.
- Lou Ruspi Foundation presenting the #BetterThanYesterday movement – their story of suicide, recovery, resilience and optimism.

Don't forget!!

If you need credit hours beyond the CPRP and Peer Support, we have you covered! We can also offer credits for:

Psychologists
National Certified Counselors,
PA Certification Board
Social Workers
Mental Health Professionals/Nurses.



Don't miss this opportunity to learn new skills and concepts, share new ideas, and network with individuals from across the state! We look forward to seeing you in State College.

Better Together
STRENGTH
IN NUMBERS

**Mental Health
Awareness Day**

Come Celebrate!

**Better Together:
Strength in Numbers**

- Make connections
- Find resources
- Make friends

Mental Health Awareness Day

May 6th, 2019

2:30 p.m. to 3:30 p.m.

Rotunda
in Harrisburg, PA

May 8th, 2019

9 a.m. to 1 p.m.

Harrisburg, PA
Strawberry Square



**Pennsylvania Association
of
Psychiatric Rehabilitation Services**

**Upcoming Continuing Education
Opportunities**

Practitioner Orientation to Psych Rehab

This two 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 in order to obtain your certificate. (55 PA Code Chapter 5230.56)

March 7 & 8, 2019	9:00am-4:30pm	Franklin, PA
May 22 & 23, 2019	9:00am -4:30pm	Charleroi, PA
July 16 & 17, 2019	9:00am -4:30pm	Scranton, PA

This Course is approved for CPRP Credits!

Course FEE:

PAPRS/PRA Member- \$250

NON Member-\$300

If you work for an Organizational member of PRA/PAPRS and are NOT able to choose the member rate, please consult your agency's primary contact person who can add you to the membership BEFORE you complete registration.

Fee includes 2 days of training, handout materials, and light refreshments.

.....
Please visit www.paprs.org to register today!

Orientation to Medicaid Funded Peer Support

This one day 5.5-hour course is designed for Certified Peer Specialists, Certified Peer Specialist Supervisors and Mental Health Professionals involved with Peer Support Services in PA. This course reviews the PA Peer Support Standards focusing on documentation. The training addresses the major components of peer documentation. In addition to these topics, the training provides ample opportunities for the trainees to apply the skills learned, through guided practice activities.

Learning Objectives

1. Recognize the purpose of documentation and relevant regulations
2. Examine a strengths-based assessment
3. Develop an Individual Service Plan
4. Demonstrate skills in writing an Individual Service Plan
5. Produce progress notes that meet documentation standards
6. Describe the essential elements of collaborative documentation.

May 17th, 2019	9:00am-4:30pm	Johnstown, PA	Fee: \$25.00
June 14th, 2019	9:00am -4:30pm	Bethlehem, PA	Fee: \$25.00



Pennsylvania Association of Psychiatric Rehabilitation Services
2019 Conference
Opening the Door to Wellness: Inclusive Practices in Recovery

**Its TIME to start thinking about this year's POSTER CONTEST!!
RESPECT Poster Contest
Resolve to Eliminate Stigma: Promote Empathy Compassion Truth**

Use your creative artistic talents to portray ways to open the door to wellness and community inclusion. Words, images and various mediums that can be placed on a poster board are allowed. Poster Size must be 11" x 14" and be made of paper or cardstock.

Be sure to complete entry information on the back of poster, to include:

Name:

Age:

Your address and phone #:

Program Name:

Program Address:

Program Phone Number:

There are two age group categories for judging:

Adult Category

Ages 27 & up

First Prize: \$100.00 Gift Card

Second Prize \$75.00 Gift Card

Third Prize: \$50.00 Gift Card

Youth & Young Adult category –

Ages 14-26

First Prize: \$100.00 Gift Card

Second Prize \$75.00 Gift Card

Third Prize: \$50.00 Gift Card



**Pennsylvania Association
of
Psychiatric Rehabilitation Services**

Certification Updates

PRA Certification Information

Beginning in 2019, PRA Certification Examinations (CPRP and CFRP) will be offered 365 days per year. Once a certification exam application has been approved, candidates will be contacted by PSI, our testing center provider, with instructions on how to schedule the date and time of their examination at any of PSI's available testing centers worldwide. Candidate information will be sent to PSI weekly.

Exam results will be scored at the conclusion of each exam period (quarterly).

Score reports will be sent via email within one month of the end of each period (i.e. candidates that take the exam between January 1st and March 31st will receive score reports by the end of April, etc.) Candidates have one year from their approval date to take and pass the exam. The fee for a candidate's first attempt is included in the application fee; candidates that do not pass will be eligible to retake the exam (upon submission of the retake fee) up to three times during their one-year eligibility period before being required to re-apply (one per quarter).

EXAM SCHEDULE (effective 1/1/2019)

Exam Period 1: January 1 – March 31

Scores sent by April 30

Exam Period 2: April 1 – June 30

Scores sent by July 31

Exam Period 3: July 1 – September 30

Scores sent by October 31

Exam Period 4: October 1 – December 31

Scores sent by January 31

Maintain Your Certification

As a reminder, to meet recertification requirements you must have accumulated at least 45 hours of continuing education in the past three (3) years, **WITH AT LEAST HALF (50%)** of which (22.5 hours) being CPRP contact hours received from either the Academy of Psychiatric Rehabilitation and Recovery or a PRA – Approved Provider of Continuing Education. A minimum of four (4) contact hours must be specific to Ethics. You are not required to submit all documentation of your credits at the time of recertification however you are required to maintain this documentation (i.e. CE Certificates) in the event of audit. Please visit psychrehabassociation.org/certification/recertification to learn more about acceptable training topics and formats.



PAPRS IS AN APPROVED PROVIDER OF CONTINUING EDUCATION
www.paprs.org



**Pennsylvania Association
of
Psychiatric Rehabilitation Services**

Get to know your Board & check out PAPRS's Facebook Page

Throughout the 2019 year, we will be posting information on our Facebook page about each of our current board members, so you can become more familiar with who we are and what we do, as we continue to serve you, our membership, in our efforts to promote psychiatric rehabilitation and competent practitioners within the state of Pennsylvania.

We are always looking for new people to participate in our different committees, bringing new ideas and energy to help support our mission and purpose.

Some of the committees include:

- Conference Committee
- Membership Committee
- Education & Consultation Committee
- Budget/ Business Plan Committee
 - Policy Committee



SAVE THE DATE!!!

May 27, 28 and 29, 2020

Annual PAPRS Conference 2020

Penn Stater Conference Center

**Psychiatric Rehabilitation Association &
Pennsylvania Association of
Psychiatric Rehabilitation Services**

Membership Benefits

PRA membership entitles you to a membership in PAPRS. Through information sharing, training, education and advocacy, PAPRS promotes the growth and development of psychiatric rehabilitation services in the Commonwealth of Pennsylvania. For information on how to join/renew PAPRS/PRA visit the PRA website.

Benefits of Memberships include:

- Psychiatric Rehabilitation Journal
- PSR Connection
- PRA publication discounts
- Other benefits depending upon the type of membership you choose

Any questions about membership and its benefits, please contact:

Donna Duffy-Bell, MA, CPRP, CAADC

Administrator, Bucks Co. Dept. of Mental Health/Developmental Programs

600 Louis Drive, Suite 101 Warminster, PA 18974

215-444-2801

215-444-2890 (fax)

ddduffybell@buckscounty.org

****Notes from the PAPRS Treasurer****

PAPRS has two main sources of revenue, our conference and the trainings and technical support we provide.

We strive to keep our trainings fresh and full of pertinent information that supports our members in providing services through psych rehab and peer support.

We are fiscally strong and have a strategic plan that reflects our mission and vision. We have a full time staff (Tricia Fisher) and are growing our training staff to respond to the needs of our members.

We look forward to this 2019 conference where we have contracted with CVENT to make the registration, attendance and tracking of CEU's more efficient and easy for our members.





They say TWO is better than one, right??

We will be holding the Annual Basket Raffle and 50/50 fundraisers again at this year's PAPRS Annual Conference, held April 16, 17, and 18, 2019. Last year, we tried something new by having a Basket Raffle on Tuesday and Wednesday, allowing opportunity for more people to have a chance to win. And because of this change, we raised over \$2,000, which in turn allowed us to offer more scholarships for this year's conference.

(A GREAT BIG THANKS goes out to last year attendees for participating!)

So, for this year, we will be having not just one, BUT TWO DAILY Basket Raffles on Tuesday and Wednesday, with the remaining basket raffles being offered on Thursday. These events take place at lunch time and you must be present to win.

We will also have the 50/50 raffle. This will go off on Thursday at lunch, but you do not have to be present to win. For these tickets, we ask that you put your name and phone number on these tickets so we can easily contact you about your winnings.

Again, we greatly appreciate everyone's participation in these fundraisers, allowing more people to attend and gain information about psychiatric rehabilitation.

