

# Recovery Workforce Summit: 2015 Annual Conference

## Poster Presentation Descriptions



**Display Posters will be displayed throughout the Summit in the Grand Foyer area. Poster presentations will take place on Tuesday, June 2<sup>nd</sup> and Wednesday, June 3<sup>rd</sup> from 7:30am – 8:30am with continental breakfast.**

### Mental Health Service Delivery: The Integration of Recovery Principles

Alice Van Ormer, Ph.D.

In recent years, the VA has become a leader in delivering recovery-oriented mental health care. In 2008, the VA released the Uniform Mental Health Services in VA Medical Centers, which specifies that all mental health services be recovery-oriented. Therefore, there is an important need to evaluate the extent to which mental health care in the VA is being perceived as recovery-oriented by various stakeholders. One assessment that has been used in various mental health care settings is the Recovery Self-Assessment (RSA), an instrument which measures five domains of the Recovery Model. The goal of this program evaluation is to administer the RSA, to both staff and Veterans, to Non-CARF accredited Mental Health Programs at the Bedford VA to assess the extent to which they perceive their program as providing recovery-oriented services. The goal of the analysis will be to highlight both strengths and relative weaknesses within each program and provide discussion points to be used in feedback sessions to each program.

### Hisbeans Coffee Shop: A Social Enterprise for People with Mental Illness in Korea

Sookhee Jung, PhD; Jeongtaek Lim

Hisbeans is a typical coffee shop and it focuses on recruiting, training, and employing people with mental illness. It has over 39 baristas with mental illness at 7 coffee shops. The workers at Hisbeans experience meaningful outcomes. The current results indicated that Hisbeans coffee shop's social enterprise makes an important role to enhance hope for living for people with mental illness. People with mental illness experience that they can be motivated to work and engage with other individuals.

### Steps to Health: Supporting Consumer Survivors to Refocus on Recovery and Personal Wellness

John Lee; Michelle Letourneau

In 2007, the Steps to Health (STH) project was created for the tenants of the Good Shepherd HOMES Program. The goal was to support tenants to get proactive health screenings, learn to look after their physical health, and manage or prevent chronic illnesses. This pilot proved to be successful. Steps to Health (STH) then received funding by the LHIN to provide support to psychiatric survivors in the Hamilton Community. STH currently supports approximately 150 participants. STH success can largely be attributed to our collaborative professional and community partners. These partnerships include traditional healthcare through St. Joseph's Healthcare Hamilton, Public Health and Family Health Teams, community agencies, and local businesses.

### Facilitating the Employability of People with Psychiatric Disabilities in Singapore

Cherie Choo

Work provides potential benefits such as a source of income, improved self-esteem, routine, and an extended social network. People with Mental Illness (PMI) have identified work as a crucial element to their recovery process. However, PMIs expressed difficulties in finding employment due to remnant symptoms and stigma towards their illness, inadequate access to employment resources, and vocational training opportunities. To meet the need for a coordinated and comprehensive employment support, the Job Club was established in 2008 as an initiative funded by the National Mental Health Blueprint Plan in Singapore. The Job Club utilizes a two-pronged approach in facilitating employability of PMIs, which has not only been proven effective in a number of U.S. studies, but has also shown sustainable effectiveness in Singapore.

### Predictors of Physical Activity in Persons with Psychiatric Disabilities

Michelle Zechner, MSW,LSW,CPRP; Kenneth Gill, PhD

People living with psychiatric disability are more sedentary than persons without illness. Exercise has been found to improve physical health outcomes and improve symptoms of depression and anxiety in persons with psychiatric disabilities. Despite this, there are few examples of examination of Social Cognitive Theory. This poster will describe the results of a study, which examined the predictors of physical activity in persons diagnosed with mental illness. One hundred and forty-two persons receiving mental health services from five organizations in New Jersey completed a self-report packet of surveys in this correlational, cross-sectional IRB approved study. Results will be displayed and implications for exercise interventions in mental health settings will be discussed.

### The Impact of Professional Experiences on Recovery Perspectives

Leonardo Caraballo, PsyD

Recovery oriented practice has been implemented in various healthcare settings and has been disseminated across healthcare disciplines. However, the impact that professional experiences may have on recovery perspectives has yet to be fully understood. The aim of this ongoing study is to examine the knowledge and expectations of mental health professionals with regard to recovery. The Recovery Knowledge Inventory and Provider Expectations for Recovery Scale will be administered to mental health providers working in various settings to assess participants' understanding and perspectives of recovery. Additionally, a demographics questionnaire will be utilized to assess for participants' previous training in recovery, experience in providing services to clients with serious mental illness, and inpatient mental health experiences. It is expected that these demographic characteristics will impact the participants' knowledge of and expectations for recovery when working with their clients.

### OT: ALOWD

Patricia Wisniewski, MS, OTR/L, CPRP

The OT: ALOWD is a comprehensive, client-centered, top-down, and functional screening tool to use with adults living with SMI in the community. The OT: ALOWD contains 12 sections including demographic information, observation, daily activities, health and wellness, safety, money management, employment, self-perception, time management, leisure, social participation, and cognition, plus an area for additional client or therapist comments. The screening tool contains three appendices, containing safety hazard pictures, Likert scales, and functional money management activities. The finalized tool was developed using a modified Delphi method. Consensuses were reached after the first and second waves of feedback. These consensuses were used to create the finalized screening tool.

### Self-Directed Financing of Services for People with Serious Mental Illnesses

Marie Hamilton, LCSW, MPH

Self-directed care (SDC) is a model of health care financing in which participants are given control over public funds to purchase services and supports necessary for their care. The Centers for Medicare and Medicaid Services' national Cash and Counseling Demonstration confirmed the effectiveness of this model for improving outcomes while maintaining cost neutrality for people with physical and developmental disabilities and the elderly. A small body of research suggests that SDC may be effective for people with psychiatric disabilities as well, but use of the model for this population has been relatively rare. This study represents the first rigorous test of the efficacy of SDC for adults with serious mental illnesses.

### Prevalence and Correlates of Co-Occurring Obesity and Diabetes in Adults with Serious Mental Illness

Judith Cook, PhD

Adults with serious mental illnesses (defined as a diagnosis of schizophrenia spectrum, bipolar, or depressive disorder accompanied by significant functional impairment) have greater health disparities, higher medical

morbidity, and a lifespan that averages 10-30 years less than the general population. Their greater risk for conditions such as obesity and diabetes is thought to be due to such factors as use of psychotropic medications, high fat/low fiber diets, and sedentary lifestyles. We sought to examine the prevalence and correlates of co-occurring obesity and diabetes in this population.

#### Wellness Centers in New Jersey: The Role of Satisfaction and Empowerment

Peter Basto, MS, CPRP

The results of a research project which examines satisfaction and empowerment in wellness centers in New Jersey will be presented as a poster. Satisfaction and empowerment are key factors in providing peer support as identified by the Substance Abuse and Mental Health Services Administration (SAMHSA). SAMHSA has listed the Facility Assessment Common Ingredients Tool (FACIT) as a way to measure how well peer provided services are adhering to the peer model which includes satisfaction and empowerment. This research project examined the role of satisfaction and empowerment, and the relationship with the FACIT tool to determine if these two key factors are present in the wellness centers in New Jersey.

#### Issues in Supervision of Peer Support Professionals at Veterans Affairs Medical Centers

Bianca Jones, Ph.D.; Shawn Clark, Ph.D.

Since 2005, Veterans Administration Medical Centers (VAMCs) have become the chief employer of peer support professionals (PSPs), and the inclusion of PSPs has been largely successful with 96% of Local Recovery Coordinators who responded to a nationwide VAMC survey reporting that PSPs have a positive impact on patient care. Strategies have been implemented to facilitate ongoing professional development in PSPs, such as conferences, trainings, and individual and/or group supervision. This poster presentation proposes that supervisors within the VAMC system set the tone for the supervisory relationship, assist with professional development, and support the PSPs' identity and role. These objectives will be met through findings from a thorough review of the literature and suggestions from VAMC leaders in peer support services. Findings from an ongoing mixed-methods study on peer support supervision will also be included (pending IRB approval).

#### Picture Me in the Community

Christine Buchanan; Tina DeRienzo, CPRP

This presentation will utilize a combination of photography and written narrative as a powerful means of self-expression. PhotoVoice by definition is a grassroots movement that gives voice to those not typically heard. Our 2014 PhotoVoice Project, Picture Me in the Community, is intended to give participants an artistic outlet to use as a means of self-expression and education based on their recovery and life experience with stigma, prejudice, and discrimination. Picture Me in the Community is an impactful gift that gives the community an inside look into what it's like to live with mental illness. The Magic of PhotoVoice is bringing people together and watching them learn to appreciate each other.

#### Enhancing Academic Community Integration of Student Veterans with Psychological Wounds

Molly Tschopp

This presentation is focused on understanding the experiences of the diverse population of student veterans with psychiatric conditions transitioning from military to civilian life, and the role that rehabilitation professionals can play in supporting their academic and career goals. It has been estimated that over 2 million OEF/OIF veterans will enroll in postsecondary education. Given the number of veterans returning with psychological and often co-occurring physical conditions (referred to as psychological and physical wounds), consideration of the needs of these student veterans is paramount. This presentation will include discussion of reintegration issues facing wounded warriors, the importance of the installation of hope and supportive systems, access and inclusion in academic environments, and the resources available to aid student veterans with psychological wounds in the promotion of their goals.

### The Design of an Integrated Healthcare Peer Support Training

Beverly McGuffin, MSN, RN, CPRP; John Anglin; Gina Chesler

The University of Arizona Workforce Development Program will give participants a view of what it takes to train peer support staff to work in an integrated healthcare setting. Beverly McGuffin, CPRP, MSN, RN, and staff will show participants how to train peer support providers to close the link between physical and mental healthcare providers in order to effectively support a person's whole health goals. Participants will be shown how to accomplish this by using tools to identify barriers, teaching relevant healthcare principles, promoting preventive medicine, and navigating the healthcare system.

### Expanding Recovery Through Training: Developing Education for the Future of Recovery

Leonardo Caraballo, PsyD; J. Glen White, PhD, CPRP

Participants will be introduced to the effects recovery-oriented healthcare training programs can have on psychosocial rehabilitation and recovery (PSR) service implementation, advocacy, and the development of future organizational agents of change. The impact that recovery training can have on recovery knowledge, attitudes about PSR, and healthcare systems will be highlighted. Recommendations for developing interprofessional training programs that emphasize a recovery learning culture will be reviewed with discussion of international efforts to implement recovery training and the role of trainees as ambassadors for recovery. Overcoming potential systemic and organizational climate challenges will also be addressed.

### Skills Don't Have to Be Boring! Engaging Participants Through Games and Hands-On Activities

Samantha McCarney-Michael, BA, CPRP; Nancy Turis, CPRP

Skills are best learned through repetition, but don't have to be repetitive! Come discover ways to incorporate games and hands-on activities into your sessions to keep skills training fresh. Activities include a Values Auction, The Feelings Game, and the Game of Life- Psych Rehab Style! Come to this session prepared to get up and join in the fun. Participants will practice their social skills and make new friends in our version of the newlywed game, "The Newly Friend Game!"

### Blueprint to Building a Balanced and Worthwhile Life

Eva Scholle Lapides ; Adele Sutton

This presentation introduces a comprehensive model that is proven to change mindset and perspective to fill in personal and service-delivery gaps. It expands on skills, knowledge, and wisdom that support an understanding of recovery by reframing it in all aspects as person-centered. Based on both personal experiences and research, the presentation delivers simple steps toward helping others. It also provides a great set of tools and perspectives for you to work with on improving yourself and help others in a humane yet professional manner. In addition, learn how human respect, kindness, satisfying human needs and more are important aspects of recovery, advocacy, and well-being.

### RecoveryWorks: Promoting Self-Directed Recovery Through Peer Support and Technology

Jennifer Guthrie, MRC, CRC; Kelli Shoupe; J. W. "Doc" Hecker

RecoveryWorks promotes self-directed recovery for the whole person through a very personalized approach enabled by technology. Our goal is to assist adults experiencing challenges with mental wellness or addictive behaviors (wellness members) in their recovery journey. The RecoveryWorks team, recovery guides, and program manager, all have experiences with mental illness and/or addiction. We recognize, through our own personal lived experiences, that life and recovery is more than managing an illness or maintaining sobriety. Recovery is being able to develop and achieve the goals we define in our own lives. In this workshop, we will discuss ways we have incorporated technology and peer support to expand people's views of themselves and encourage them to be the best they can be.

<b>Wellness Oriented Workforce: Recognizing Integrated Functional Improvement Outcomes</b>
Maria Esposito, LMSW, CPRP, OES
This workshop will focus on how integrating whole health and wellness in mind, body, and spirit through the Stanford University Chronic Disease Self-Management Program (CDSMP) has resulted in positive functional outcomes for members enrolled in mental health services. Participants will hear an overview of the history of Stanford University CDSMP, what the certification requirements are to facilitate CDSMP workshops, methods of data collection, and how the outcomes have proven to increase overall wellness and motivation to maintain a healthy lifestyle. Outcome data will be provided to support how CDSMP has contributed to supporting our members in their success in their employment setting and in activities of daily living.

<b>Professional Practices that Promote Vocational Recovery</b>
Carina Teixeira, PhD; Zlatka Russinova; Sally Rogers
There is a body of research suggesting that the core relationship along with specific provider skills can promote recovery outcomes. However, many professionals working with people with severe mental illness are not fully quipped with these competencies. This workshop aims to inform participants about the competencies needed by mental health providers to promote recovery and the skills required by rehabilitation providers to promote vocational recovery. A new tool being developed to assess these competencies will be presented. The importance and feasibility of mental health providers to promote vocational recovery will be discussed.

<b>Selecting a Self-Management Program: What Consumers, Providers, and Administrators Should Know</b>
Ryan Petros, LICSW (Licensed Independent Clinical Social Worker) and Ph.D. Candidate; Phyllis Solomon, PhD
Illness self-management programs have increased in popularity as services have transformed toward a recovery-orientation. The presentation explores the unique contribution that self-management programs provide to adults pursuing recovery in the context of mental health and illness. The five most popular programs (WRAP, IMR, BRIDGES, The Recovery Workbook, and Pathways to Recovery) have been selected for comparison. The presenters suggest that empirical evidence alone is insufficient for selecting the best-fit program(s) and guidance is given for consumers, providers, and administrators for program selection that incorporates comparisons of program structure, values, methods of teaching, and educational content. Before the program concludes, attendees will have an opportunity to share personal experiences with these programs and engage in conversation about relevant domains that affect choice regarding program selection.

<b>The Fresh Start Self-Help Center: Initial Outcomes from a Consumer Run Self-Help Center</b>
Dawn Reinhardt-Wood, MA, CPRP, DRCC, HS-BCP
This presentation will introduce participants to the Fresh Start Self-Help Center. This center is consumer-run and is operated on the grounds of Ancora Psychiatric Hospital, a state psychiatric hospital located in Ancora, New Jersey. The establishment of this self-help center has been so successful as a pilot project, the State of New Jersey funded additional "on-grounds" self-help centers at two additional state-run psychiatric hospitals in the state. Through this funding, self-help center services are available to individuals receiving inpatient psychiatric services at each of the State's three regional state-run psychiatric hospitals. This presentation will cover key components of consumer-run services, differences found between on-grounds and community consumer-run services, differences between traditional clinical services and peer support at the hospital, managing relationships between consumer providers and their new colleagues who were once their providers of care, and potential ways to achieve similar outcomes from an altered approach (non-fixed location) such as through peer bridging, and consumer outcomes.

<b>PSR Practitioners: Helping People in Recovery with Crisis</b>
Peter Basto, MS, CPRP; Kathleen O'Donnell, MS, CPRP
This interactive workshop will focus on helping Psychiatric Rehabilitation Practitioners (PRP) to help people in recovery deal with crisis/trauma. Since most crises or traumatic events occur without warning, PRP's need to be ready to support individual's so they can continue on their recovery and wellness. This workshop will present

background information on crisis/trauma, discuss safety strategies along with educational techniques for the PRP to use. Participants will be broken up into small groups where they will utilize the information presented to analyze scenarios and apply techniques to learn how to help support people in crisis. Areas that will be examined include natural disasters, rape, economic problems, substance abuse, etc.

#### Who's Teaching Who: Flipping the Classroom for Peer Support Providers

Rita Cronise, M.S.; Steve Harrington, PhD, JD; Lisa Goodale, MSW; Noelle Pollet

Next Steps is based on the premise that a group of experienced peer providers will collectively have more experience and hard earned practical wisdom than any one or two trainers or other "experts". Designed and developed as a continuing education opportunity, this collaborative learning experience is a next step in the professional development of peer support providers. In this poster session, the audience will discover aspects of collaborative learning and the core elements that make Next Steps a unique and valuable model for continuing education and peer leadership training. Next Steps developers and facilitators will be available to describe the training, participant reflections, and results from pilot sessions held in 2013 and 2014.

#### Integrating Care through Behavioral Health Homes: A Collaborative Approach to Wellness

Patricia Schake, MSW, LSW

The Behavioral Health Home model is an effective framework for optimizing health and wellness for people in recovery. Community Care Behavioral Health will present the key features of a model of integrated care provided by multidisciplinary practice teams of nurses, case managers, peer specialists and psych rehab practitioners. We will share our package of tools and techniques developed to implement, support and track wellness coaching, shared decision-making, and self-directed care activities. Attendees will have the opportunity to use these tools and to identify the system level supports needed to further integrated care within psychiatric rehabilitation programs.

#### Challenging your beliefs: An interactive way of examining stigma and provider bias

Ryan Gardner, LCSW; Kristin Kennedy, ASW; DiAnn Tokars, PhD

Stigmatizing beliefs and stereotypes about mental health are common in our society and negatively impact individuals seeking mental health support. Providers and members of society are exposed to stigmatizing messages and are susceptible to internalizing them, which influences attitudes and clinical practice. Informed by current research findings, the poster aims to identify the impact of and strategies to challenge mental health stigma and empower participants to take action. The presenters will encourage participation in an experiential exercise and offer strategies to combat stigma that reflect the PSR principles of instilling hope, shared-decision making, and using a strengths-based and person-centered approach.

#### Overcoming Institutionalization: Supporting Individuals Transitioning Back into the Community through PROS

Amanda Saake, LMSW, CPRP

For many people, transitioning from institutional settings back into the community can seem daunting. Fortunately, recent advances in legislation and psychiatric rehabilitation practice are helping people successfully transition into community living from institutional settings. New York State's mental health system is in the process of a massive transformation and the PROS (Personalized Recovery Oriented Services) program model is well suited to support individuals transitioning to the community through an integration of treatment, rehabilitation, and support services. The presenter will introduce the program model and its potential to help individuals achieve the promise of recovery through true community integration.

### The Power of Knowledge: How Curiosity Gives Meaning to Life with Bipolar Disorder and Other Ailments

Barbara Pilvin, MLS, MA

This poster will focus on the facts about bipolar disorder and its treatment, because surviving and thriving with bipolar or any other serious condition depend on adopting and maintaining that approach, living a positive life, and extending what we learn to fight stigma and discrimination through education and advocacy.

### Creating a Culture of Employment and Economic Self-Sufficiency

Len Statham, MS, CBP

Employment is a vastly underutilized "therapeutic intervention." This workshop will inspire and motivate both peers and providers to take a second look at how they view employment. Unemployment and poverty have a significant impact on each of the eight domains of wellness and a case can be made for employment because of this. A culture of employment and the establishment of "work norms" must be implemented in order for any employment program to work effectively. This training gives participants concrete measures to create stronger outcomes and embed employment as a central part of the culture of employment.

### Selecting and Adapting Recovery-oriented Group Therapies for a Psychiatric Inpatient Unit

Arash Farshid, Ph.D.

This poster will offer clinicians guidance for selecting and adapting existing recovery-oriented group therapies for treating severe mentally ill consumers in inpatient settings. The limitations and barriers to using manual-based treatments in a psychiatric inpatient unit will be discussed. This will be followed by reviewing exclusionary and inclusionary criteria for treatment selection and discussing useful strategies for successfully adapting appropriate group therapies to inpatient consumers. This session will conclude with a Q&A to address the audience.

### Problem Solving Skills Training for Veterans in a Psychiatric Inpatient Setting

Hong Ngo, Ph.D.

Veterans presenting for psychiatric inpatient care report difficulty with problem-solving coping. Emphasizing prevention of future problems and achieving life goals, problem-solving skills training (PST) is found to be an adaptive solution for stressful problems encountered in everyday life; this helps decrease likelihood of developing clinical levels of psychological symptoms and potentially averting future need for intensive psychiatric treatment. This presentation will detail principles of PST and its applicability in VA psychiatric inpatient settings with step-by-step model on facilitation of PST groups using educational materials and in-vivo demonstration. Applicability of PST across various settings will also be explored through interactive discussion.

### Recovery Oriented Psychopharmacotherapy: Changing Attitudes in Italian Mental Health

Paola Carozza; Antonella Mastrocola

It's well known that medication have Greater efficacy when the therapeutic relationship is based on trust, informed consent and shared decision making and that they alone don't develop skills and strenghts, don't replace the responsibility in the management of own life, don't replace the emotional support and the community resources needed to live independently, work, study or socialize. Furthermore, research shows that a high percentage, between 30% and 60%, don't respond or responds partially to treatment. The presentation describes how we are changing attitudes and traditional belief of psychiatrists in the MHD of Ravenna (Italy), with particular reference to the following points: In the view of recovery how much drugs are helpful and how much harmful? How long medication should be taken and at what dosage? What are the limits of the drugs? What is the balance of risks and benefits? How pharmacotherapy can be integrated with other effective practice, such as IMR? What is the meaning of polipharmacotherapy (i.e. added medication to control medical illnesses? What happens if you stop taking medication? Can you trust psychiatrists manipulated by drug companies and bad-informed? How much pharmacotherapy should be integrate to psychosocial treatment, with particular reference to Illness Management and Recovery?

### Evidence-Based Treatments for Individuals with Traumatic Brain Injury and Co-morbid Substance Use Disorder

Lindsay Williams

The overwhelming bidirectional relationship of TBI and substance use is essential to consider in the brain injury recovery process. With the number of cases of TBI on the rise as well as substance use disorder, it is essential for counselors to understand best practices for these populations. An overview of traumatic brain injury, substance use disorder, and evidence-based practices will be covered as well as implications for rehabilitation counselors in the treatment of such populations. Substance use treatments reviewed include behavioral and psychosocial interventions such as motivational enhancement therapy, 12-step/self-help models, incentive-based/contingency management models, and cognitive behavioral therapy. The goal of this research is to investigate the most appropriate models for treatment for individuals with TBI and co-morbid substance use disorder, and what modifications may be needed to be effective for treating individuals with brain injuries.

### Counseling Military Personnel

Christina Mandour-Brackin

The purpose of this poster is to explore the interplay between military culture and mental illnesses in order to provide civilian counselors with the basic tools necessary to effectively treat current and former military members. Due to lengthy wait times within the Veterans Health Administration, military members with mental health issues are regularly referred out to civilian counselors. Civilian practitioners are often caught unaware by military members in their waiting rooms, and members themselves often feel that they are in a vulnerable position which puts their career at risk. The military culture's emphasis on toughness and competence sometimes discourages its members from psychological treatment. This poster will present common issues in military members' mental health, explain how some career paths within the military can exacerbate certain mental health issues, and examine the cultural stigma that may prevent military members from seeking therapeutic help in the first place. Unique military terminology will be explored, and recommendations will be provided in order to enhance the therapeutic alliance between civilian practitioner and military client.

### Effective Strategies for Training Employees

Catherine Eccles, LCSW

Oftentimes, agencies pay large sums of money for employees to attend one-time trainings, expecting lasting change. Typically, participants in such trainings will retain that information for only a short length of time, regardless of the importance of the material to the employees' role at work. Participants soon forget what they were taught and resume old habits. They are sent to another one-time training, and the cycle repeats. This poster will introduce adult learning principles, the neurobiologically-based AGES model of learning, learning styles, specific barriers to learning in the field of psychiatric rehabilitation, and best practices for enhancing long-term learning. Participants will be presented with specific low-cost strategies that have led to an increase in one agency's employees' retention of information, and thus, performance.