

# Recovery Workforce Summit: 2015 Annual Conference

## Ted-Like Talk Descriptions



Announcements of even more Ted-like Talk presenters, in addition the ones listed below, will be announced soon. Stay tuned!



### **Elizabeth Kenny – Actor, Playwright, Activist, and Teacher**

Elizabeth has been working in the professional theater since 1993 and became an Artistic Associate at New City Theater in 1998, working as a generative collaborative artist under the direction of John Kazanjian. Elizabeth is currently working on a new play that traces the history of the phrase "what we know about the brain is..." and examines the nature of what it is to know something. Elizabeth has done extensive research into the current state of our mental health system and patient advocacy, and has given lectures on patient experiences at major teaching hospitals around the country.



### **Ron Glodoski – Dynamic Speaker, Author, Entrepreneur**

Ron Glodoski is a living example of why we should **Leave No Child Behind**. An author and remarkable motivational speaker, Ron is an inspiring example of personal transformation. His book, *How To Be A Successful Criminal: The Real Deal on Crime, Drugs, and Easy Money* has received national acclaim by parents, educators, administrators, judges, police officers, counselors and social workers. Ron has been featured on The Sally Jesse Raphael Show and has received national media coverage. A passionate and dynamic speaker, audiences find his message inspiring, insightful and provocative.



### **Dr. Dan Tomasulo – Psychologist, Professor, Trainer, Author**

Dan holds a PhD in psychology, an MFA in writing, and is the first licensed psychologist and psycho-dramatist to graduate from the Master of Applied Positive Psychology program from the University of Pennsylvania in 2012. He writes for Psychology Today as an expert on group therapy (The Healing Crowd) and authors the daily column, Ask the Therapist, for PsychCentral.com as well as their Proof Positive blog on practical applications of positive psychology.

Recently honored by Sharecare\* as one of the top ten online influencers on the topic of depression he joined the staff of ANSWERS.com as their expert on depression. He is also the creator of Interactive-Behavioral Therapy and the Dare to be Happy experiential workshops and is an Associate Professor of Psychology at New Jersey City University where he created the first Positive Psychology course to become a permanent full-term offering in the state.



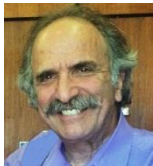
### **Dr. Helen Riess – Chief Scientist & Chairman of Empathetics; Associate Professor of Psychiatry, Harvard Medical School; Director of Empathy and Relational Science, Massachusetts General Hospital**

Dr. Riess is a psychiatrist who developed an empathy training approach based on research in the neurobiology and physiology of empathy that has been rigorously tested in pilot studies and a randomized, controlled trial at MGH. She completed her residency and Chief Residency at MGH and Harvard Medical School. Dr. Riess has devoted her career to teaching and research in the art and science of the patient-doctor relationship.



**Dr. Marianne Farkas – Co-Principal Investigator, Research & Training Center; Professor & Director of Training, Center for Psychiatric Rehabilitation, Boston University**

Dr. Farkas has authored and co-authored over 85 articles in professional journals, 4 textbooks, over a dozen book chapters, and 6 multi-media training packages. For more than 30 years, Dr. Farkas has worked in various capacities in the field of psychiatric rehabilitation, and recovery. Among her many roles providing training, research and consultation, Dr. Farkas was in charge of the World Health Organization Collaborating Center in Psychiatric Rehabilitation, providing training, consultation and research expertise to the W.H.O. network, serving as the Vice President of the World Association for Psychosocial Rehabilitation (WAPR) and President of the National Association of Rehabilitation Research and Training Centers (NARRTC).



**Harvey Rosenthal – Executive Director, New York Association of Psychiatric Rehabilitation Services (NYAPRS)**

Harvey Rosenthal has 40 years of experience working to promote public mental health policies and services that advance the recovery, rehabilitation, rights and full community inclusion of individuals with psychiatric disabilities and/or diagnoses. His advocacy has helped to transform state and national mental health systems, increase access to community based housing, employment and support services and to advance numerous recovery and criminal justice related mental health reforms. He has helped create several nationally acclaimed and replicated self-help, employment and transformational training innovations. Harvey has also worked to fight stigma, discrimination and human rights violations and to expand informed choice protections and cultural competence.

**Additional presenters include:**

<b>Moving Forward from Recovery to Well Being</b>
Roy Starks, MA
This presentation will focus on the exciting framework of well-being for the people we serve as the primary purpose of a community mental health center. It will address the importance of increasing staff well-being in order to meet this purpose. This presentation will also demonstrate how this framework unifies services to adults as well as family and children services, while addressing the importance of organizational alignment. Participants will learn how this framework can increase effectiveness of the organization and increase staff engagement.

<b>A Little Less Talk</b>
Kimberly Gilroy, PhD
Professionals tend to teach the way they were taught. However, in typical recovery settings the teaching demands of the environment are often varied and complex. This talk aims to increase awareness as to how principles and evidence from education apply to teaching strategies and curriculum design in recovery settings. Focus will be given to the Universal Design for Learning as a framework from which to adapt evidence-based therapy with the goals of enhancing health literacy and promoting access, participation, and progress of recovery-oriented services. Didactic and experiential methods for teaching along with examples of its application in an urban VA medical center will further illustrate the value of this approach.

<b>Richard Goldberg, Director, VA Psychosocial Rehabilitation Training Program, PSR Fellowship Program</b>
Session information coming soon

### **On the Shoulders of Giants: Role of Mentoring in Workforce Development**

Nicole Pashka, MS, CRC, CPRP

Personal narrative and strategies will be discussed in 20-minutes to encourage individuals to embrace mentorship as means of developing new talent and sustaining a constantly evolving workforce. Being an active participant in the development of your own career and trajectory is not always easy to do alone. Guidance, support, and vision flow best in collaboration with seasoned advisors and experienced professionals. Compatibility, temperament, ambition and world-view all go into making a great mentor but the partnership doesn't stop there. How do you seek out your sensei?

### **At Least One: Hope Inspiring Relationships**

Gina Calhoun, CPS

Essential to recovery is having at least one hope-inspiring relationship; a person that will stand by and believe in you, even when you can't believe in yourself. What does the practical application of this quote look like in the human interactive experience? In this keynote, Gina will share her recovery journey with a little help from friends in the audience. Following her interactive story, we will explore supporting others to believe in their own abilities to succeed.

### **Words Do Matter**

Matthew Federici, MS, CPRP

We are in the business of "human services", or support people's movement to reach self-identified goals, and in the process, we do a major portion of this through our communication tactics. The language we use can have a profound effect on the message of recovery. This 20-minute talk will focus on intentional language. Language that allows a person to unleash the power within themselves, language that promotes choices and option (not final answers), and language that focuses on 'What's Happened', not 'What's Wrong'.

### **Recovering from Your Recovery Oriented Job**

Cesar Sosa, CPRP

Presentation is a short snippet to promoting and increasing resiliency in a work environment where self care often falls secondary to assisting consumers in their recovery. Helping others can drain a staff of their own resiliency and hope, creating a unhealthy work situation for all involve. What we try to present in a short, quick but effective and entertaining way, is to recognize the amount of time we spend at our jobs and acknowledging that self care is just as important as productivity. We use recovery oriented supervision as a way to build rituals to help alleviate and refill depletion of one's own resiliency and hope.

### **We Found Our Colors: A Mother and Daughter Tell Their Story**

Stacey Lyddon-Scott

This is a short story about how a mother and daughter survived the challenges of mental illness. We worked through episodes of a runaway child, juvenile corrections, and ADD, to adult mental health care, disappearing acts that included drug addiction, homelessness, and prison. We also talk about the mother's worries and struggles to do the right thing with her troubled daughter while still providing unconditional support. In the end there is hope for healing and recovery. Mom survives, heals, and finds her own recovery, and her daughter finds her place in this world giving back as a peer support specialist.