



Register Now!

CASRA Fall Conference

“Recovery in Practice”

**November 4, 2015
Pasadena Hilton**

CONFERENCE SCHEDULE



2015 Keynote Speaker Dina Tyler

Dina Tyler, Director of the Bay Area Mandala Project and co-founder of the Bay Area Hearing Voices Network.

Dina will speak about her work with utilizing alternative approaches to working with people who hear voices and experience distressing states of being. Dina currently works with youth in an early psychosis intervention program in Alameda County, California. She was awarded Peer Specialist of the Year by the National Council for Behavioral Health in 2015!

Wednesday, November 4, 2015	
8:00- 9:00	Check-in and Late Registration
9:00-10:30	Welcome and Keynote Presentation
10:45-12:15	Session I Workshops
12:15-1:15	Lunch
1:15- 2:45	Session II Workshops
3:00- 4:30	Session III Workshops

SCHEDULE OF WORKSHOPS

Session I 10:45-12:15

Workshop #1

Working with Psychosis: Introduction to the Hearing Voices Movement and Meaning-Centered Alternatives

Nev Jones, Ph.D.

Psychosis remains one of the most widely misunderstood and mischaracterized experiences. Drawing on the presenter’s lived experience, research and involvement in the development of community-based peer groups, this workshop will introduce participants to the hearing voices movement and allied “meaning-centered” approaches to voices and unusual beliefs.

Workshop #2

Crisis Response and Peer Support

Angela Abbott, Senior Peer Support Communications Specialist and Shannon McCleerey-Hooper, Peer Policy & Planning Specialist, Riverside County Department of Mental Health, Consumer Affairs

Participants will hear about a highly successful peer-run program that has reduced unnecessary involuntary holds in Riverside County, resulting in cost savings. The workshop will identify the strategies that allow individuals to maintain some control over the process of their recovery.

Workshop #3

Beyond Pills: Evidence-Based Practices for Depression Recovery

Vince Caimano, Ph.D., Founder and CEO of Support Groups Central

The latest research on depression tells us that there is no one cause. Effective treatment therefore involves several different techniques. Join Dr. Vince Caimano in this informative and helpful session where he will demonstrate techniques that you can immediately use.

Workshop #4

Quality of Life Program

Mark Schumacher, Certified Peer Specialist and Kalie Matisek, MFTi, Turning Point Foundation

People living in board and care homes are typically marginalized, have limited resources for social engagement and are often very lonely. Hear how to bring socialization and engagement services to residents directly, including groups, activities and outings that create connections and relatedness to others.

Workshop #5

Implementation of Military Family Programs in Community Mental Health: The Importance of Collaboration

Sara Mehrabani, Psy.D. and Erica Trejo, LMFT, Didi Hirsch Mental Health Services

We will be discussing the strengths and challenges with implementing a military family program in a community mental health setting. Issues involving stigma, outreach, and access will be discussed as it pertains to engaging military- connected youth and families.

Session II 1:15- 2:45

Workshop #6

Psychosis Sucks! Working with People in Severe Distress

Wayne Munchel, LCSW, Director of TAY Services, STARS Behavioral Health Group

This presentation will provide an overview of current understandings and approaches to people experiencing psychosis. Participants will learn several practical strategies about how to effectively engage, normalize and enhance coping skills. Resources and tool-kits will also be made available.

Workshop #7

Culture in Recovery

Christian Maldonado, MSW, Trainer and Field Support Specialist, Mental Health America Los Angeles

The training is intended to focus on the concept of culture and the role it plays within the recovery paradigm of mental health. The influence that culture has in the development of therapeutic relationships, with particular attention to the direction of treatment planning and the course of recovery. Principles of multicultural psychiatric rehabilitation and cultural sensitivity will also be explored.

Workshop #8

Doing the Hard Work of Recovery: Building a Bridge From a River of Suffering to Inclusion in our Communities (Part 1 of a 2-part series)

Mark Ragins, MD, Mental Health America Los Angeles

Delve into the three stages of recovery with Dr. Ragins. Explore how we can 1) connect with people and help to pull them out of the river, 2) help people to shake themselves off, heal wounds, learn to walk again, and 3) help people make their return to the web of relationships in their community, having roles and belonging.

Workshop #9

An Introduction to the Honest, Open, Proud Program

Malia Fontecchio, Program Coordinator, Project Return Peer Support Network

The Honest, Open, Proud Program is a proven stigma reduction strategy. This workshop will introduce the program and its three goals: Weighing the costs and benefits of disclosing one's lived experience, safe ways to disclose, and crafting one's story. Participants will review materials from the program and learn how to get more involved in these kinds of stigma-busting efforts.

Workshop #10

Intentional Peer Support as a Framework for Building Community

Steve Morgan, Certified Peer Specialist, Intentional Peer Support

Intentional Peer Support is a framework used across the globe for creating mutual and dynamic relationships that help people overcome isolation, examine how we've come to understand our experiences, and explore new possibilities for living well. This institute workshop will discuss the principles and tasks of IPS and how purposeful relationships contribute to vibrant community life. We will also look at how IPS is used in various peer support and human services settings, and how IPS is developing in California against the backdrop of peer certification.

Session III 3:00 - 4:30

Workshop #11

Doing the Hard Work of Recovery II: Let's Build a Tool for Tracking Recovery Together,

Mark Ragins, MD, Mental Health America Los Angeles

Part II: Working in small groups, participants will work together to come up with indicators for each stage and each dimension that could be made into an assessment tool. CASRA members have contributed to the development of the Milestones of Recovery Scale (MORS) and the Recovery Culture Progress Report, both of which are now being used. This workshop would both solidify the concepts for participants in the first workshop by interacting with the concepts and making them concrete and help give this emerging tool real life validity.

Workshop #12

Recovering from your Recovery-Oriented Job

Cesar Sosa, Assistant Employment Team Leader and Ronald Lee Johnson, MSW, Employment Coordinator, Mental Health America Los Angeles

This presentation focuses on promoting and increasing resiliency in a work environment where self-care often falls secondary to assisting consumers in their recovery. Helping others can drain staff of their own resiliency and hope, creating an unhealthy work situation for all involved. 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.

Workshop #13

From Advocate to Administrator - A Roundtable Discussion

Guyton Colantuono, Executive Director, Project Return Peer Support Network

This will be a group-led round table discussion on supervision best practice using values that are congruent with the Recovery Model. This an opportunity for managers on all levels to share their successes and brainstorm with their colleagues about additional ways to lead and manage groups of employees in the recovery model.

**Free Continuing Education
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Conference!**