



2016 VAPRA Conference 32nd Annual Event

November 16 -
November 18, 2016

Fredericksburg

*Hospitality House Hotel
and Conference Center
Fredericksburg, Virginia*



VIRGINIA PSYCHIATRIC REHABILITATION ASSOCIATION



VIRGINIA PSYCHIATRIC REHABILITATION ASSOCIATION

On behalf of the VAPRA Board of Directors and the 2016 Conference Planning Committee, it is with great pleasure to welcome you to Fredericksburg and the 32nd Annual VAPRA Conference. We are excited about this year's conference and are confident that your experience will not only ignite your passion for mental health recovery, but also enhance your knowledge of psychiatric rehabilitation and the clubhouse model.

We are delighted to have Becky Sterling, DBHDS Director of Recovery Services, and Mary Katherine Greenlaw, Mayor of Fredericksburg. They will join us during the Opening Session on Wednesday to share their thoughts and knowledge of mental health services in Virginia and to welcome each participant to the conference.

We are excited we were able to do something a little different this year in regards to our keynote presentation. We are more than delighted to have three keynote speakers who will share their story and journey through recovery. Our three keynote speakers are Betsy Brown, Tammy Ozolins, and Tracy Ringquist. We look forward to hearing their stories of strength, hope, and recovery.

The theme of this year's conference, "Everyday People," will focus on the unique differences and similarities that unite us together. Please take this time to get to know each other and inquire about each other's story. In doing this, I hope you are able find support, offer support, and share your passion for mental health recovery.

It has been my pleasure to work with the VAPRA Board of Directors and Conference Planning Committee as we planned this exciting event. Their hard work and dedication is evident with the success of our annual conferences. It has been truly rewarding to see the enthusiasm and excitement coming from each and every individual of the Board and Conference Planning Committee as we planned this year's conference and worked towards promoting recovery in the field of psychiatric rehabilitation.

Most of all, I would like to offer a huge thank you to our conference attendees. We would not be able to continue on without your support of VAPRA. Each and every single one of you shape and influence the delivery of services in the Commonwealth of Virginia by sharing your stories and vision for the future. We hope that you enjoy the 32nd Annual VAPRA Conference and enjoy all that the beautiful city of Fredericksburg has to offer.

With Warm Regards,

Stephanie Rohde, LCSW

President, Virginia Psychiatric Rehabilitation Association



VIRGINIA PSYCHIATRIC REHABILITATION ASSOCIATION

2016 VAPRA Conference

Members At Large

Stephanie Rohde, President

Amy Jindra, VP & Conference Co-Chair

Annie Webster, Conference Co-Chair & Legislative Liaison

Marshae Clarke, Treasurer

Sarah Blevins, Secretary

Wendy Wampler, Chapter Representative

Robert Buncher, Veteran Services Rep.

Brenda Boone, Board Member

John Butler, Board Member

John Douglas, Board Member

Rita Reilly, Board Member

Kristian Terry, Board Member

Conference Committee Members

Sherri Dorsey, Committee Member

Samantha Feazell, Committee Member

Jodie Jameson, Committee Member

Rhonda Johnson, Committee Member

Robbie Lawson, Committee Member

Toriano Phillips, Committee Member

Daniel Spencer, Committee Member

Geoffrey Woodall, Committee Member

John Schartzer, Conference Liaison

Mary Powell, Conference Planner

Thanks to the *Workshop Presenters & Guest Speakers* for their contribution of expertise & innovative ideas.

Thanks to the *Department of Behavioral Health and Developmental Services (DBHDS)* for providing scholarship funds that enabled consumers across the Commonwealth to attend this conference.

Thanks to *PRA* for their continued support of the VAPRA chapter.

Thanks to *VAPRA Board Members & Conference Planning Committee Members* for their time & hard work.

Thanks to *Mary Powell, Conference Planner* for all of her help with the conference each and every year.

Thanks to *Our Keynote Speakers* for providing our keynote address.

Thanks to *Rialand Jones* for DJing the Dance.

Thanks to the *Mayor of Fredericksburg*.

Thanks to the *Staff at Hospitality House Hotel and Conference Center* for their assistance.

And Thank You, *Conference Attendees*, for bringing your enthusiasm and ideas to the conference!

VIRGINIA PSYCHIATRIC REHABILITATION ASSOCIATION

2016 VAPRA Conference

Schedule of Events

Wednesday, November 16, 2016

8:00 am - 5:00 pm Registration

1:30 pm - 3:00 pm Welcome Performance & Opening Session

[TACO Choir & Unspoken](#) - Welcome Performance

[Stephanie Rohde](#), President of VAPRA

[Mary Katherine Greenlaw](#), Mayor of Fredericksburg

[Becky Sterling](#), DBHDS Director of Recovery Services

3:00 pm - 3:30 pm Break

3:30 pm - 5:00pm Concurrent Workshops

5:00 pm - 7:00 pm Dinner (on your own)

7:00 pm - 10:00 pm Performing Arts Variety Show

Thursday, November 17, 2016

8:00 am - 12:00 pm Registration

8:30 am - 10:00 am Concurrent Workshops

10:00 am - 10:30 am Break

10:30 am - 11:45 am General Session & Keynote Speakers

11:45 am - 12:00 pm Break

12:00 pm - 1:30 pm Awards Luncheon

2:00 pm - 3:30 pm Concurrent Workshops

4:00 pm Old Town Trolley Tour (limit 120 people. Pre-registration required)

7:00 pm Pizza Party & Dance

Friday, November 18, 2016

9:00 am - 10:00 am Annual Business Meeting

VIRGINIA PSYCHIATRIC REHABILITATION ASSOCIATION

2016 VAPRA Conference
Keynote Speaker Profiles

Tammy Ozolins



Tammy is originally from Buffalo, NY and has been living in Richmond VA for the past 12 years. Her family consists of her mom and dad, four brothers (one is her twin) and she has three nieces and two nephews.

Tammy works in the field of education. She attended Canisius College in Buffalo, NY where she earned her Bachelor's and Master's Degrees. She also has a post-Master's Degree as well which she earned from VCU. She is very eager to help stomp out the stigma about mental illness. She is a co-facilitator for a Central Virginia NAMI group.

She is a trained "In Your Own Voice" presenter for Central Virginia NAMI. She goes around to various hospitals and tells her story. She is committed to stay in RECOVERY and wants to help people find success in their recovery as well. She sends articles to various magazines about mental illness and writes blogs/videos as well.

She enjoys working out, reading, hanging with family and friends. She truly enjoys watching NFL football (her favorite team being the San Francisco 49ers). If you would like to contact Tammy following this presentation, her e-mail is TWhammy8@aol.com.

VIRGINIA PSYCHIATRIC REHABILITATION ASSOCIATION

2016 VAPRA Conference Keynote Speaker Profiles

Tracy Ringquist



Tracy has a Bachelor's of Science from Louisiana Tech University. With the exception of Chik-Fil-A, all her jobs since college have been about helping others. When she was younger, someone helped her in a very important way and she decided at that point to give back for what she had received and that she would work in helping professions. She has worked as a personal attendant; as a counselor at Childhelp, a residential program for children who were abused and neglected; a special education paraprofessional for children with emotional disabilities and for children with autism and as a peer recovery specialist. Currently she is the volunteer interim director at Recovery in Motion, a peer run program.

Tracy enjoys knitting and binging on Netflix comedies in her spare time.

She decided to apply to be a keynote speaker just to go through the process, thinking she really didn't have a chance of being selected. While working on the application, she appreciated how much it made her look at her recovery and how far she come in the last nine years. All the reflection was quite beneficial and she was quite surprised to be selected to present.

Betsy Brown



Betsy experienced the recovery benefits of Psychiatric Rehabilitation as a member of Lakeside House in the 1980's. Clubhouse membership, Supported Employment and being involved in the Recovery movement in Virginia led Betsy to discover fulfilling employment with the mental health system assisting her peers in their recovery hopes and dreams. For almost 20 years Betsy has maintained her employment as a Peer Specialist, assisted and trained others and sustained her personal recovery and wellness. Betsy is a Virginia Board Certified Peer Recovery Specialist, WRAP facilitator and is currently a staff member for Hanover County Community Services RAFT House. Employment has been a consistent positive influence in her recovery and wellness.

VIRGINIA PSYCHIATRIC REHABILITATION ASSOCIATION

2016 VAPRA Conference
2016 Leadership Award Winners

Clarence "Rodney" Keene

Rodney was a member of Our House in Grundy, VA. Rodney was loved and admired by his peers because of his contagious personality. He was able to make friends easily and was a friend to everyone he met. He was a great fundraiser and he knew practically everyone in the community. He was an exceptional giver, a good listener, and an exceptional person. Staff stated that they felt that they were with a celebrity when out with Rodney in public. Rodney had attended the program for 25 years. Regrettably Rodney became ill with cancer and lost a courageous battle earlier this year.

Nicole Crawford

Nicole is a member of Providence House, a part of Cumberland Mountain CSB. Nicole has been in psychiatric rehabilitation and recovery for 17 years. Nicole is helpful to others and she is always organizing and planning events for the clubhouse. Nicole is very aware of issues going on in mental health. She speaks on behalf of others that have mental illnesses. She is kind and always willing to contribute her time to those in need.

Joe Johnson

Joe is a member of Providence House, a part of Cumberland Mountain CSB. Joe has been in psychiatric rehabilitation and recovery for seven years and a member at Providence House for three. He has recently been hired as a Peer Specialist for the Providence House, where he leads groups and plans special activities for the program. Joe brings energy and enthusiasm as well as compassion to help others with their recovery. Joe educates those in both the program and the community. Joe is a role model who has earned respect from peers and the community by sharing his life experiences in recovery and serving on the Local Leadership Committee. Joe is a Veteran and he also has a degree in Philosophy.

2016 VAPRA Conference

Concurrent Workshops

Wednesday, November 16, 2016

3:30 pm - 5:00 pm

Integrated Healthcare: Results of a Behavioral Health Home Pilot

William Nicoll, LPC & Greg Fulk, LCSW, Chesterfield Mental Health Support Services

A behavioral health home (BHH) is defined as integrated, person-centered services, with close coordination and collaboration with physical and behavioral service delivery systems aimed at individuals with serious mental illness/serious emotional disturbance and at risk of complex, chronic physical health conditions – fueled by exchange of health information, evidence-based practices and care coordination. This presentation is for CSB administrators, management, supervisors, clinicians, case managers and persons in recovery.

Everyday people at work through song and sign language

TACO Choir/Unspoken

The TACO choir /Unspoken perform song selections that deliver an upbeat recovery message. Throughout the selections the TACO choir and Unspoken performers give personal recovery stories that allow them to reflect on their own journey to recovery. The TACO choir and Unspoken groups had the opportunity to reflect on what makes them “everyday people”. Target Audience: Everyone! Gives hope to those suffering from Mental Health issues that they can do anything they set their minds to. Gives motivation to staff that assist others with Mental Health issues so that they can inspire.

Essential Oils for Everyday Wellness

Judy Salyer, Coordinator, Consumer Support Services and Regional Consumer Empowerment and Recovery Council, Cathy Melton, Mt. Rogers CSB, Sue Eller, Magellan Health, Marty Grizzle, Peer Support Specialist, WRAP Facilitator, Mt. Rogers CSB

The Therapeutic use of Essentials Oils from (plants, herbs or trees) for the improvement of physical, emotional or spiritual wellbeing in everyday life. **Please note: that anyone who may have a sensitivity to smells should not attend this workshop.** Target Audience: People in Recovery, Professionals, and Everyday People.

The Trauma Triangle and the Brain

Erika Boward, QMHP, MA at RACSB

This workshop is designed to present the Trauma Triangle, show attendees what happens as a result of living through traumatic events, and explain some of the organic changes to the brain. This presentation is for people in recovery as well as service providers. Additionally, this information could be good for administrative professionals in MH/SA facilities in order to help them better understand the population they work with. Should be 18+ years old to attend and participate.

Clubhouse Programming: Groups, Classes & Community Integration Outings

Jack Belcher,

This workshop is designed for clubhouse managers, staff and members who are interested in exploring new programming ideas that they can take back to their own clubhouse. The presenters have put together a menu of programming from clubhouses throughout the State of VA. Whether it is a therapeutic group, psycho-educational class or a clubhouse sponsored group activity in the community, you will leave with fresh ideas and proven programming that works in the clubhouse environment. This workshop will also include an important discussion about the differences between community integration and community inclusion activities and how clubhouse programs can bridge this gap.

2016 VAPRA Conference

Concurrent Workshops

Thursday November 17, 2016

● 8:30 am - 10:00 am

Promoting Motivation in the PSR Program

Dianne Sweet, BS, QMHP, CPRP; Program Manager of Providence House & The Leadership Group of Providence House

As the theme implies for this year “Everyday People” need simple, clear motivational guidelines and most have a genuine concern for their fellow peer. Our goal is to have every member know what goals they are working toward and find ways to assist and encourage them to strive to be the best they can be. We hope each participant will leave with a greater desire to achieve their goals, be more peer driven and think outside the box. We hope that each professional in attendance will have a clearer understanding of a more person-centered, strength based recovery model that can work in our PSR programs.

Mindful Music and Movement

Sarah Rudden, Certified Peer Recovery Specialist and Danielle Donaldson, Certified Peer Recovery Specialist
Learn to incorporate dancing and drumming into your recovery journey, as a practice to heal from trauma, and as a coping mechanism to increase capacity to handle stress. This session is for people in recovery, professionals, service providers and family members.

Building positive relationships with your peers-a tool for becoming leaders in your clubhouse

Robert Lawson, CPRP, PSR Program Supervisor - Alleghany House

This workshop will focus on the use of social skills and communication as a way to improve leadership skills among peers and overall mental and physical wellness. This workshop will be interactive and hands on. There will be time for group as well as individual participation. This work shop is for those in recovery.

Professional Boundaries!

Phil Floyd, CPRP, Manager, Adult Clinical Support Services, Rockbridge CSB

This workshop will be an interactive & engaging discussion on current best-practices specific to “professional boundaries” in a service-specific program. Programs can include but not excluded to Clubhouse, Case Management, MHSS, Supportive Residential. Scenarios specific to “professional boundaries” will be presented allowing enough time for attendees to engage in a de-construction of events that may or may not lead to an investigation whether it be internal or external. The audience for this presentation though not exclusive would be administrative/program management.

Dual Recovery Anonymous

Brandon Keene , Certified Peer Recovery Specialist

Dual Recovery Anonymous (DRA) is an independent, nonprofessional, Twelve Step, self-help membership organization for people with a dual diagnosis; those who have both substance abuse issues and an emotional or psychiatric illness. DRA has only two requirements: A desire to not use alcohol or other intoxicating drugs and a desire to manage our emotional or psychiatric illness in a healthy and constructive way.

2016 VAPRA Conference

Concurrent Workshops

Thursday November 17, 2016

2:00 pm - 3:30 pm

Everyday Creativity and Mindfulness:

Rosana Hough, MSW, QIPD, QMHP-C, REACH Clinician Region 3

Everyday, in our recovery, we can accomplish creativity and mindfulness exercises that bring about change in our lives. Come experience the healing power of arts in your everyday life. This workshop is for all those who recognize and are working daily towards their recovery and believe in the healing power of the arts.

The Language of Recovery:

Leanne Crawford, MA, CPRS Cherokee Health Systems

This educational workshop will help consumers understand that words have power. This workshop is designed to reinforce the fact that we are people first. None of us should be defined by our diagnosis. This workshop will be enjoyed by people in recovery, behavioral health and primary care providers, professionals, and anyone wanting a better understanding of wellness and recovery language.

Promoting Resilience and Recovery with Peer Supports: A Trauma Informed Approach to PSR Services:

Staff and peers in mental health/trauma recovery from the Recovery Community Center in Pulaski, Virginia, a PSR Program of New River Valley Community Services

Peer leaders from the Recovery Community Center PSR program share the various ways they provide peer support to individuals and groups at the center to foster social/emotional connections, reduce re-traumatizing triggers, and create an environment of resilience and recovery. This session is for those in recovery as well as mental health providers.

Social Inclusion Through Self-Directed Care:

Shavonne G. Carpenter, CPRS (Certified Peer Recovery Specialist – Va., Social Self-Directed Care Head Life Coach Trainer, Mental Health America

Social exclusion and isolation contribute to ill health. MHA's It's My Life Program promotes social connectivity through an integrated skill and support strategy. Learn to implement the IML Program to help the misunderstood and isolated members of your community. This presentation is appropriate for Program Administrators and Leaders of Organizations that use Peer Support, Peer Support Specialists, Providers of Psychiatric Rehabilitation and Psychosocial Supports.

Finding Your Path to Recovery:

Session facilitated by Amy Jindra. Panel members include: Maryalyce Pope, Brandon Keene, Heather Fossen, Earl Jones (tentative), Suzanne Eller, Michele Crowder, Bobby Hepner, Rebecca Cowling, Bernard Williams

Join us for a facilitated, panel discussion. Learn how others have pursued unique recovery paths. Each presenter has defined healing, success, and wellness in their own way. Learn about mapping your own recovery journey through the examples of others.

2016 VAPRA Conference

NOTES

2016 VAPRA Conference

NOTES