



Register Now!

CASRA Spring Conference

“Recovery in Practice”

**May 7 & 8
Concord Hilton**

2015 Keynote Speaker

Will Hall

**Working with Voices, Visions and Different Realities
in New Ways**

**CONFERENCE SCHEDULE
At-A-Glance**

30 timely workshops
Free continuing education credits

CASRA is an approved provider of CEUs for
MFTs, LCSWs, Registered Nurses,
Certified Drug and Alcohol Counselors and
Certified Psychiatric Rehabilitation Practitioners (CPRPs)

Thursday, May 7	
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 **CLUB ROOM 1**

Welcome to Motivational Interviewing

Kristen Dempsey, California Institute for Behavioral Health Solutions

In this **three-part workshop**, explore the basic components of Motivational Interviewing (MI) focusing on the “spirit” of this practice. Part I will take you through the essential definition and building blocks of MI and review how the components work together to provide effective treatment for a variety of challenging issues addressing behavior change. Includes a new view video of MI in action.

Workshop #2 **CLUB ROOM 2**

Working with Voices, Visions and Different Realities

Will Hall

This workshop will give participants a chance to experience a new method of working with people who experience voices, visions, and different realities. Develop skills and knowledge that will help you understand the individuals you work with in a deeper and more meaningful way as well as offering real tools for recovery.

Workshop #3 **CHABOT**

Crisis Residential Treatment Programs: Development, Implementation and Operation

Steve Fields and Bernadette Navarro-Simeon, Progress Foundation

The passage of the *Investment in Mental Health Wellness Act* has refocused attention on the need to develop alternatives to hospital-based acute care services. This **three-part workshop** is designed to “light the way” and provide guidance derived from the experience of other agencies so that organizations can learn from these past efforts rather than begin each venture as if they are inventing a new kind of service. Session I will focus on program development.

Workshop #4

TILDEN

From "Street Cred" to Incredible: Black Youth Transforming Fatalism into Respect

Markeet'a Parker and Desire Johnson, Health and Human Resources Education Center

Black youth are emerging leaders in community mental health, yet we are often considered solely as recipients of services. This highly interactive, youth-led workshop will reframe the dominant narrative and demonstrate how giving and receiving respect is essential to our personal development.

Workshop #5

SEMINAR 1

Lost in Translation: How Cultures and Languages Describe their Own Health

Christina Shea and Natalie Ah Soon, Richmond Area Multi-Services, Inc.

"Lost in translation" is beyond just the language. How culture explains physical and emotional pain, can only be understood within the cultural context. "Globalizing mental illness" can only lead to misunderstanding, miscommunication, and mistreatment. Asian Pacific Islander communities in San Francisco attempt to support API communities in understanding and communicating about their pain, and hopefully lead to healing.

Session II 1:15- 2:45

Workshop #6

CLUB ROOM 1

Motivational Interviewing, Part II: The Process and Techniques of Motivational Interviewing

Kristin Dempsey, California Institute for Behavioral Health Solutions

This session will look at the process of MI and how it can be used as a roadmap for effective engagement and behavioral change. Participants will review interaction techniques, have some opportunity to practice and see how techniques work with the process to move the work along.

Workshop #7

CLUB ROOM 2

Crisis Residential Treatment Programs: Development, Implementation and Operation Part II

Bernadette Navarro-Simeon, Progress Foundation

The second session of this 3-part workshop will implementation issues. They include locating and securing a site, building community support and combating opposition, licensing and certification, start-up procedures and staff recruitment, hiring and initial training.

Workshop #8

CHABOT

Difficult Choices: Utilizing PSR Principles in Elder Care Decision-Making

Paul Takayanagi, Alameda County Behavioral Healthcare Systems

This interactive session explores the growing phenomenon of elder care and provides an overview of care options from inter-dependent living to skilled nursing that many families are beginning to need for an elderly loved one. Participants will understand how care decisions for and by elders can maximize dignity, self-respect and choice.

Workshop #9

TILDEN

Overwhelmed with Too Much Stuff: Treatment Methods for Clearing Clutter

Gillian Howell and David Bain, Mental Health Association of San Francisco

This workshop introduces participants to the issue of hoarding and cluttering, focusing on symptoms, treatment, and harm reduction plans. We will make the workshop interactive by including audience members in a few exercises related to the topic.

Workshop #10

SEMINAR 1

A Community Service Arts Collaborative: Peer Recovery Art Project's Secret Formula

John Black, Peer Recovery Art Project, Inc.

The Peer Recovery Art Project team share their intentional step- by-step rise from a mental health peer support network into an all-inclusive community service arts and small business development complex. Come hear how a community supported mental health stigma campaign where emotional health and wellness was developed and championed by the community.

Session III 3:00 - 4:30

Workshop #11

CLUB ROOM 1

Motivational Interviewing: On the Trail of Change, Part III

Kristen Dempsey, California Institute for Behavioral Health Solutions

This last session will focus on identifying, "growing" and developing CHANGE TALK in Motivational Interviewing. Participants will learn the finer techniques of working with Change Talk, even when it's challenging to find. Participants will practice techniques and have opportunity to see Change Talk in action.

Workshop #12

CLUB ROOM 2

Crisis Residential Treatment Programs: Development, Implementation and Operation Part III

Bernadette Navarro-Simeon, Progress Foundation

Session III focuses on putting program principles into practice. It addresses day-to-day operations, referral and admission procedures and clinical protocols, quality review and outcome measurement.

Workshop #13

CHABOT

Returning to Our Roots: Re-Emergence of Natural Healers in Wellness and Recovery

Sal Nunez and Edith Guillen-Nunez, San Francisco City College

Natural healers play significant roles in the health and wellness of many communities. Due to misunderstanding they are often stigmatized. The need for culturally affirming practices makes it imperative for natural healers to be acknowledged and re-integrated as providers.

Workshop #14

TILDEN

Supervising Staff Using Values in the Recovery Model

Guyton Coulantano, Project Return Peer Support Network

Join a round table discussion among participant's regarding effective supervision strategies in the recovery model. We will explore the use of values and importance of using them in all aspects of supervision.

Do I Want to Tell My Story?

Terri Byrne, Mental Health Association of San Francisco

Research shows those who have disclosed aspects of their mental illness frequently report a sense of personal empowerment. This interactive workshop will assist people with lived experience in considering the pros and cons of disclosing and telling your story. It will also be helpful to staff persons who would like to assist individuals in crafting impactful messages of hope and recovery.

Friday, May 8	
8:00- 9:00	Check-in and Late Registration
9:00-10:30	Session I Workshops
10:45-12:15	Session II Workshops
12:15- 1:15	Lunch
1:15- 2:45	Session III Workshops
3:00- 4:30	Session IV Workshops

Session I 9:00 - 10:30

Starting, Recruiting for, Maintaining and Motivating a Self Help Group

Dan Evenhouse, Bob Hollis and Kevin Murphy, San Francisco Veterans Affairs

Based on experiences of presenters in setting up Peer Support group among Veterans and Non-Veterans at both Veterans Affairs and Community sites, presenters will discuss principles of mutuality, sensitivity to a group’s common background and experiences, and the implications for Veterans and non-Veterans who want to set up or maintain self-help groups.

The Role of Culture in Recovery

Christian Maldonado, Mental Health Association of 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.

Workshop #18

CHABOT

Work Pays

Iris Rivera and Cynthia Cadet, Crossroads Diversified Services

The Ticket to Work program is for persons with disabilities who want to work and participate in planning their employment. A ticket increases available choices when obtaining employment services, vocational rehabilitation services, and other support services a beneficiary may need to obtain and maintain employment.

Workshop #19

TILDEN

Learning to “Be With” People who are in Extreme States

Michael Cornwall, Consultant and Yana Jacobs, Santa Cruz Behavioral Health

In this workshop, Yana and Michael share their experience with a time proven way of care that was practiced at Soteria House and other alternative residential treatment programs. They will walk you through a simple process of the power of human connection, of being with. You will gain an increased understanding of how a focused, receptive style of empathic support can be effective in calming a crisis, reduce reliance on medications for some and become a primary tool in a self-care toolbox.

Workshop #20

SEMINAR 1

Cultivating the Language of Recovery

Annette Caneda, Telecare

A recovery-oriented culture is shaped by the language we use. Being mindful of the effect of both written and spoken words influences one’s vision of recovery. This presentation provides examples of how language is addressed in community and inpatient settings.

Session II 10:45 - 12:15

Workshop #21

CLUB ROOM 1

Peers in Integrated Healthcare Settings

Betty Dahlquist, CASRA

The integration of physical health, substance abuse and mental health treatment has given rise to new roles for peer providers as whole health coaches, navigators and bridgers between these entities. This workshop will explore the possibilities for expanded recovery and health outcomes by bringing peers onboard and re-view the new **Toolkit for Hiring Peer Providers in Integrated Healthcare Settings**, written by CASRA.

Workshop #22

CLUB ROOM 2

FAST: Family Assertive Support Team

Ned Brasher, Nancy Wilson, Bonnie McNamara and Susan Sanchez, Mateo Lodge, Inc.

The Family Assertive Support Team is reaching out to families in the community who have a loved one in severe distress. The team, made up of a Peer Partner, two part-time Family Partners and one licensed staff person, engages with all the family members and together create a partnership that supports recovery. Be inspired by their stories of hope and how they are tackling this huge unmet need.

Workshop #23

CHABOT

Voices from the African Diaspora

Rachel Bryant, California Institute of Integral Studies and Douglas Stewart, Health and Human Resource Education Center

Afrocentric health is grounded in relationships, spirituality, and self-healing. Our wellbeing can be measured by the extent we live by these basic principles. Explore African history, spirituality, and culture, and learn how understanding this ancient wisdom heals trauma in our everyday lives.

Workshop #24

TILDEN

Peers Helping Peers

Shawn Lemison and Zang Fang, Crossroads Diversified Services

CST provides Sacramento county residents education and connection to self-help, community and professional supports. Our goal is to provide services in a culturally competent manner in order to promote recovery, wellbeing and reduce the risk of suicide.

Workshop #25

SEMINAR 1

Speak Up for your Health: Overcoming Stigma in Healthcare Settings

Jenee Darden and Kelechi Ubozoh, Peers Envisioning and Engaging in Recovery Services

Individuals, particularly from diverse communities with mental health challenges, often receive lower quality healthcare from some providers. We'll discuss these issues and provide tips consumers and providers can use to strengthen their partnerships and reach health goals.

Session III 1:15 - 2:45

Workshop #26

CLUB ROOM 1

Cognitive Behavioral Therapy for Psychosis (CBTp)

Melody Donboli, Felton Institute

Cognitive Behavioral Therapy for Psychosis (CBTp) is an evidence-based intervention, shown to be effective in reducing distress and problems in living associated with psychotic symptoms. Numerous studies have demonstrated that CBTp is effective in reducing positive and negative symptoms and improving overall functioning. This training will overview of the effectiveness of CBTp and its application to working with people who have these experiences.

Workshop #27

CLUB ROOM 2

Continuing Education and the CPRP are Critical for Growing the Peer Support Workforce

Lisa St. George, Recovery Opportunity Center, Recovery Innovations

This **two-part workshop** discusses the need for Peer Providers to receive continuing education and training supporting their unique work. Learn about how studying for and obtaining the CPRP credential is critical to the development of these team members.

Workshop #28

CHABOT

Using Mobile Technology to Enhance Cognition in Depressed Individuals

Joaquin Anguera, University of California San Francisco

Dr. Anguera will be discussing recent efforts utilizing cutting-edge video game technologies and the advent of digital healthcare to assess & remediate the effects of depression and their effects on attention & working memory. These approaches include the use of phones, tablets (iPad), and custom designed video games used to enhance cognition in adults across the lifespan.

Workshop #29

TILDEN

Supported Education-The Role of Education in Recovery

Josephina Perez and Donovan Muschett, MHA-Antelope Valley Enrichment Center

This workshop will explore and demonstrate the impact of academic education on people who live with mental illness and share the process of developing a program with limited resources and outcomes of our unique Supported Education Program.

Workshop #30

SEMINAR 1

Health Care Reform: What Direct Service Workers Need to Know

Sheryle Stafford, California State University Sacramento

The Affordable Care Act (ACA) affects everyone. It influences the kind of insurance you are offered through your employment and the types of insurance coverage available to clients through the MediCal program. Learn tools to support client self-advocacy as well as advocacy on behalf of clients.

Session IV 3:00 - 4:30

Workshop #31

CLUB ROOM 1

Special Messages: Reconstructing a Culture of "Psychosis" in Diverse Communities

Tim Dreby, Alameda Health Systems and Avonelle Hanley-Mills, Basilla Padilla, Al Weary and Heather Riemer, Peers Envisioning and Engaging in Recovery Services

Is it possible to work with "psychosis" via uniting individuals who share similar experiences across diverse communities? Through trauma-sensitive and spiritually-focused group therapy facilitation, new strategies are being applied to help those who experience "psychosis" learn and teach social rehabilitation.

Workshop #32

CLUB ROOM 2

Continuing Education and the CPRP are Critical for Growing the Peer Support Workforce: Part II

Lisa St. George, Recovery Opportunity Center, Recovery Innovations

Part II of this workshop is focused on the importance of supporting peers in advanced training and credentialing to improve career ladder opportunities.

Workshop #33

CHABOT

Group Facilitation: How to Have Fun and Build Community

Debra Brasher and Lucinda Dei Rossi, CASRA

The power of the group is in the quality of relationships that can develop as people share their stories, wisdom and strengths. Participants will learn and practice the skills of welcoming, listening and communicating with empathy, and how to have fun in the process. This workshop also assists in the development of other core group facilitation skills: providing feedback and working with challenging situations.

Workshop #34

TILDEN

Ethics and Boundaries in Recovery-Oriented Practice

Louise Foo, Conard House

This workshop presents a model for ethical decision making with an opportunity to apply it to real-life situations. It also addresses some of the trickier ethical concerns in our field – peer providers’ relationships with other consumers, socializing with clients and having contact with clients after work hours and when there is no longer a provider-client relationship.

Workshop #35

SEMINAR 1

Spirituality, Religion and Recovery from Mental Illness

Hannah Tenpas, Transitions-Mental Health Association

This workshop is designed to engage mental health professionals and/or peers on the subject of Spirituality and Recovery from Mental Illness, including exploring first-hand accounts of the importance of Spirituality for many mental health consumers and discussing how to engage with the people you serve on this subject while maintaining professional boundaries.

Save the Dates!

The Recovery Workforce Summit: PRA Annual Conference
June 1-4, 2015 Philadelphia, PA

CASRA Fall Conference
Wednesday, November 4, 2015
Pasadena Hilton, Pasadena, CA