



BUILDING RECOVERY
ONE TOOL AT A TIME

Oklahoma Department of Mental Health
and Substance Abuse Services

*1st Annual
Consumer Conference*

September 26, 2012

**Crossings Community Center
2208 W. Hefner Road
Oklahoma City, OK 73120**

 **#recovery support #recovery month**

CONFERENCE OVERVIEW

This conference is intended for consumers and providers of mental health and addiction services who want to know more about the variety of recovery supports in Oklahoma. Participants will increase their knowledge and be exposed to recovery tools and action oriented communities to build stronger recovery connections across the state.

WHO SHOULD ATTEND

This conference will be of interest to Consumers, Recovery Advocates, Mental Health and Substance Abuse Professionals and Administrators.

CONFERENCE SPONSORS



DATE and LOCATION

The conference will be held September 26, 2012, at the Crossings Community Center 2208 W. Hefner Road Oklahoma City, OK 73120.

REGISTRATION and FEES

Please submit your registration by September 19th. The early-bird rate for the conference is \$5 if registration is postmarked on or before September 19th. Fees for registrations after September 19th or on-site registrations are \$10. Checks and money orders should be made payable to: **Evolution Foundation.**

By Mail: Mail the registration form to:

ODMHSAS
c/o David Heath Holt
1200 NE 13th Street
Oklahoma City, OK 73152

LIMITED REGISTRATION

In order to allow for activities that will help participants identify recovery tools and because space is limited at the facility, registration will reach capacity at the first two hundred and twenty-five (225) registrants.

CONTINUING EDUCATION

The Oklahoma Department of Mental Health and Substance Abuse Services, Institute for Mental Health and Substance Abuse Education and Training has approved a maximum of 5.00 credit hours for Certified Behavioral Health Case Managers and Certified Peer Recovery Support Specialists.

Please check in at the registration desk upon your arrival to verify your attendance. Continuing education credit is not provided without verification. At the completion of the conference, participants will receive a certificate of attendance from the ODMHSAS Institute for Mental Health and Substance Abuse Education and Training.

2012 Consumer Conference

Agenda

September 26, 2012

8:00 – 9:00 am **Check-in & Final Registration** (registration desk will be open from 8:00 to 9:00am)

8:15 – 9:00 am **Wellness Warm-up (Tai Chi)**
Lynn Goldberg, Communication and Events Specialist
Oklahoma Department of Mental Health and Substance Abuse Services

9:00 – 9:30 am **Welcome Address**
Terri L. White, Commissioner
Oklahoma Department of Mental Health and Substance Abuse Services

9:30 – 10:15 am **(1) Concurrent Sessions**
A- Recovery Coaching Part I
Christopher Flanagan, MSW

This session will focus on the power of the recovery conversation. Participants will:

- Understand the purpose for and expectations of recovery coaching.
- Be exposed to methods on how to move past resistance.
- Identify pathways to recovery.
- Review the steps of coaching protocol.
- Move beyond challenges of implementation.
- Learn about the trust process.

*Session Approved for Continuing Education Credit

B- Key Leadership Academy
Shae Leggett, Executive Direction of Oklahoma Mental Health Consumer Council

The session will approach issues that are relevant to the participants. Participants will:

- Understand the meanings of involvement, empowerment, and advocacy.
- Compare and contrast individuals & groups as agents of change.
- Understand etiquette of consumer involvement.
- Practice selecting relevant issues to report.
- Identify process of developing clear goals and suggestions for action.

C- Crisis Intervention Team (CIT) Q&A
Captain Robert Nash, Oklahoma City Police Department

Participants will learn about the Crisis Intervention Team and the partnerships that helped expand this training to police officers across the state. Participants will have the opportunity to engage in dialogue with Captain Nash regarding CIT and what composes this training program. Captain Robert Nash has been with Oklahoma City Police since April 1978.

10:15 – 10:30 am

Morning Break

10:30 – 11:15 am

(2) Concurrent Sessions

A- *Recovery Coaching Part II*

Christopher Flanagan, MSW

This session will focus on the power of the recovery conversation. Participants will:

- Understand the purpose for and expectations of recovery coaching.
- Be exposed to methods on how to move past resistance.
- Identify pathways to recovery.
- Review the steps of coaching protocol.
- Move beyond challenges of implementation.
- Learn about the trust process.

*Session Approved for Continuing Education Credit

B- *NorthCare Volunteer League*

Jeannetta Fairman, Jonathan Tarman, Pamela McElmurray, Roxana Morales, Tina Melton, David L. Hochstrasser, Deborah Moore, Lynn Ratliff

Participants will understand the benefits of volunteerism and learn about the evolution of NorthCare's Volunteer League, including the establishment, requirements, expectations, and future goals. The Volunteer League Members will explore the variety of roles they have at NorthCare, including co-facilitating groups, meeting with consumers, collecting National Outcome Measures, and much more!

C- *Depression Bipolar Support Alliance- Oklahoma (DBSA-OK)*

George Crooks, Executive Director

Participants will gain an understating of DBSA's history on a national and statewide level. DBSA is best known for recovery-oriented support groups, which are guided by facilitators. Participants will identify and understand what is involved in facilitator training, including guidelines that assure confidentiality, respect, kindness and compassion occur in every group. DBSA-OK trains facilitators to emphasize hope, empowerment, person-first language, personal strength, personal choice, and positive action.

11:15 – 12:00 pm

Interactive Performance

Clinton's Team Leadership, Red-Rock West

12:00 – 1:00 pm

Lunch (Provided)

1:00 – 1:45 pm

(3) Concurrent Sessions

A – *Thunderbird Clubhouse*

Tera Cordes and Pam Sanford, Director of Thunderbird Clubhouse

This session will help participants better understand the Clubhouse concept. Participants will:

- Learn the history of the Clubhouse movement.
- Identify the standards for Clubhouse development.
- Understand what services a Clubhouse provides.
- Explore the impact Clubhouse philosophy has on members.

B – Oklahoma Citizen Advocates for Recovery & Treatment Association (OCARTA)
Donna Woods, Executive Director

Participants will gain a better understanding of OCARTA in terms of their mission, vision, and the programs they offer. This session will include information on skills that develop physical, emotional and spiritual growth, as well as effective communication, public education and the promotion of healthy public policy. OCARTA envisions a world where all voices of the recovery community are included in shaping the social agenda concerning addiction and recovery.

C – Addressing Ethical Dilemmas and Boundaries Part I
Paul Williams, MA NCC LPC

This session will discuss Ethical Dilemmas and Boundaries associated with the Peer Recovery Support role. Participants will:

- Define the concept of ethics and professional boundaries, differentiate types of ethics and boundaries in recovery support, and identify common ethical and boundary violations.
- Identify at least 3 ways ethics boundaries both enhance quality support to consumers and assist recovery support staff in the delivery of services.
- Learn the contributing roles of ethics, legal mandates, state and regional rules and regulations, organizational policy, program mission, expertise and scope of training, roles and job descriptions in setting and maintaining effective boundaries.
- Learn a decision-making model to effectively analyze ethical and boundary challenges and make effective and cooperative responses to consumers, colleagues, and other agencies.
- Apply the decision-making model to common ethical and boundary challenges and develop the most effective and cooperative response as recovery support specialists.

*Session Approved for Continuing Education Credit

1:45 – 2:00 pm

Afternoon Break

2:00 – 2:45 pm

(4) Concurrent Sessions

A – Mental Health Association in Tulsa (MHAT)
Max Parker, LMSW, and Darla Dobrowolski, CPRSS

This session will discuss the benefits of peer-run mental health services and the importance of including individuals experiencing mental illness in facilitating their own recovery. The discussion will focus on three important programs that are under the Recovery Services Department of the Mental Health Association in Tulsa. These programs are Peer Outreach Services, Creating Connections, and the Denver House peer-run drop-in center. Participants will:

- Improve understanding of the effectiveness of peer-run services in mental health provision.
- Improve understanding on the positive effect on the community these services create.
- Improve understanding of the importance regarding staff and program collaboration in the provision of mental health services.
- Learn about the powerful positive effect on people with mental illness when they are encouraged and given ways to take control of their own recovery.

B – *National Alliance on Mental Illness- Oklahoma City (NAMI-OK)*

David Gordon, Executive Director; Lacey Trent, Program Coordinator

This break-out session will focus on a number of NAMI's signature programs. Included in their presentation will be information on support groups that NAMI provides throughout Oklahoma and in over 1,000 locations Nationwide. In addition to learning about peer led family support programs, participants will also learn about key elements regarding the peer led programs for those with mental illness. Volunteers from these programs will be on hand to offer their personal stories of how these programs have changed lives.

C – *Addressing Ethical Dilemmas and Boundaries Part II*

Paul Williams, MA NCC LPC

This session will discuss Ethical Dilemmas and Boundaries associated with the Peer Recovery Support role. Participants will:

- Define the concept of ethics and professional boundaries, differentiate types of ethics and boundaries in recovery support, and identify common ethical and boundary violations.
- Identify at least 3 ways ethics boundaries both enhance quality support to consumers and assist recovery support staff in the delivery of services.
- Learn the contributing roles of ethics, legal mandates, state and regional rules and regulations, organizational policy, program mission, expertise and scope of training, roles and job descriptions in setting and maintaining effective boundaries.
- Learn a decision-making model to effectively analyze ethical and boundary challenges and make effective and cooperative responses to consumers, colleagues, and other agencies.
- Apply the decision-making model to common ethical and boundary challenges and develop the most effective and cooperative response as recovery support specialists.

*Session Approved for Continuing Education Credit

D- *Live Your Life of Wellness and Recovery!*

Lisa Webb, CM, C-PRSS; Wellness and Recovery Coach -HOPE Community Services, INC.

This session will explore the relationship between wellness & recovery. Participants will:

- Learn how to incorporate the eight (8) dimensions of wellness into their life.

- Understand how primary care impacts mental health.
- Practice how to individualize your wellness goals.

2:45 – 3:00 pm

Afternoon Break

3:00 – 3:45 pm

(5) Concurrent Sessions

A – Orientation to Wellness Recovery Action Plan (WRAP)

Janette McKeever, CM, C-PRSS

This session will provide participants with an overview of WRAP, including six (6) plans and wellness tools. Plans discussed will include:

- Daily action plan
- Triggers
- Early warning signs
- When things are breaking down
- Crisis plan
- Post-crisis plan

B – Social Security Administration Q&A

Pat Sanders, Claims Representative

This session will provide information regarding the Social Security's definition of Disability: What it means when Social Security says you aren't insured: What Social Security needs to process your application: How long will it take before you know our determination: What you should do if you are denied. Participants will have an opportunity to engage-in dialogue with Pat Sanders throughout this session.

C – Addressing Ethical Dilemmas and Boundaries Part III

Paul Williams, MA NCC LPC

This session will discuss Ethical Dilemmas and Boundaries associated with the Peer Recovery Support role. Participants will:

- Define the concept of ethics and professional boundaries, differentiate types of ethics and boundaries in recovery support, and identify common ethical and boundary violations.
- Identify at least 3 ways ethics boundaries both enhance quality support to consumers and assist recovery support staff in the delivery of services.
- Learn the contributing roles of ethics, legal mandates, state and regional rules and regulations, organizational policy, program mission, expertise and scope of training, roles and job descriptions in setting and maintaining effective boundaries.
- Learn a decision-making model to effectively analyze ethical and boundary challenges and make effective and cooperative responses to consumers, colleagues, and other agencies.
- Apply the decision-making model to common ethical and boundary challenges and develop the most effective and cooperative response as recovery support specialists.

*Session Approved for Continuing Education Credit

REGISTRATION



PLEASE MAIL TO:

Oklahoma Department of Mental Health and Substance Abuse Services
c/o David Heath Holt
1200 NE 13th Street
Oklahoma City, OK 73152

Name: _____
Contact Phone Number: _____
Occupation or Job Title: _____
Employment/Volunteerism: _____
Mailing Address: _____
City, State, ZIP: _____
County: _____
E-Mail Address: _____

**Note: If an e-mail address is included, a confirmation that your registration has been received will be e-mailed to you.

I require special accommodations as follows: _____

PAYMENT

Please enclose registration payment. Please make checks and money orders payable to **Evolution Foundation**.
No Cash Please.

FORM OF PAYMENT

EARLY BIRD RATE
(by September 19)

REGULAR RATE
(after September 19)

Check or Money Order

\$5

\$10

*Please contact David Heath Holt at dholt@odmhsas.org or 405-431-7107 for info on available scholarship opportunities.

CONCURRENT SEMINAR PREFERENCES

Please check the box next to the workshop you would like to attend during each of the concurrent sessions listed below. Only one workshop should be entered per session.

<input type="checkbox"/> Session 1A	<input type="checkbox"/> Session 2A	<input type="checkbox"/> Session 3A	<input type="checkbox"/> Session 4A	<input type="checkbox"/> Session 5A
<input type="checkbox"/> Session 1B	<input type="checkbox"/> Session 2B	<input type="checkbox"/> Session 3B	<input type="checkbox"/> Session 4B	<input type="checkbox"/> Session 5B
<input type="checkbox"/> Session 1C	<input type="checkbox"/> Session 2C	<input type="checkbox"/> Session 3C	<input type="checkbox"/> Session 4C	<input type="checkbox"/> Session 5C
			<input type="checkbox"/> Session 4D	

CONTINUING EDUCATION CREDIT REQUESTED

Case Management
 P-RSS

For questions or information, please contact David Heath Holt at dholt@odmhsas.org (405) 431-7107.