

CASRA 2017 Spring Conference Presentations and Workshops
 Descriptions and Learning Objectives

Tuesday, May 2nd				
Welcome and Keynote: 9-10:30				
	Title of Presentation/Workshop	Description	Presenter(s)	Learning Objectives
	A Life in the Community Like Everyone Else: A Medical Necessity	Community participation is best understood as a health and wellness necessity rather than simply an adjunctive nicety. This presentation brings together the conceptual and empirical evidence for this perspective, and describes the fundamentals underlying effective psychosocial rehabilitation practices.	Mark Salzer, Ph.D. Director, Temple University Collaborative on Community Inclusion	<ol style="list-style-type: none"> 1. Describe two reasons why community participation is a medical necessity. 2. Identify three areas in which community participation of individuals with mental illnesses is less than desired. 3. Articulate at least four fundamentals underlying the effective promotion of community participation.
Workshops 1-5 10:45 – 12:15				
1	Fundamentals of Community Inclusion	What’s needed in a community participation assessment? How do you identify areas of participation and pinpoint what constitutes sufficiency of	Mark Salzer, Ph.D. Director, Temple University Collaborative	<ol style="list-style-type: none"> 1. Describe three psychometric properties of the Temple University Community Participation (TUCP) measure. 2. Discuss steps for using the TUCP as a recovery support tool.

		participation? Join this interactive workshop where participants will learn to use participation measurement as a recovery supports planning tool as well as in program evaluation.	on Community Inclusion	3. Explain how the TUCP can be used in program evaluation to assess needs and outcomes.
2	Creating a Culture of Employment and Economic Self-Sufficiency	Increasing empowerment and independence is the backbone of quality mental health services. Research shows a direct correlation between employment and recovery. Employment is an attainable life-role goal and community mental health providers should support clients by creating a culture that nurtures it. Learn how to increase employment outcomes and support people to realize their goals.	Len Statham, MS, CPRP, CBP Director, Employment and Economic Self Sufficiency Initiatives New York Association of Psychiatric Rehabilitation Services, Inc.	<ol style="list-style-type: none"> 1. Participants will increase their understanding of how to build an “employment culture” within their organization and mental health system. 2. Participants will learn techniques for increasing all staff’s involvement in assisting individuals in their pursuit of employment and economic self-sufficiency.
3	Changing the Treatment Paradigm Locally for Those who Experience Psychosis	This workshop outlines how diverse persons with lived experience provided outreach, made presentations and ran groups in ways that	Tim Dreby, MFT Rehabilitation Counselor, Alameda County Medical Center and	<ol style="list-style-type: none"> 1. Participants will be able to articulate two reasons why psychosis can be treated as a as a cultural issue. 2. Participants will be able to identify three reasons why paying more mindful attention to elements of universal

		honored their lived experience with “psychosis.” Imagine how a system populated with such specialists might improve treatment for those who might otherwise be wary of accepting services.	Author, <i>“Fighting for Freedom in America: Memoir of a “Schizophrenia” and Mainstream Cultural Delusions,”</i>	<p>process of “psychosis” can help lead to social rehabilitation.</p> <ol style="list-style-type: none"> 3. Participants will identify three things that can be done locally to increase engagement of individuals who experience “psychosis”.
4	PSR Values and Principles in Practice	The PSR practitioner works from a foundation built on hope, recovery and community integration. Explore the values and principles of the field of psychosocial rehabilitation in this engaging, experiential workshop and get grounded in the values and principles that underpin the work of “walking with” those on the road to recovery.	Betty Dahlquist, MSW, CPRP, Executive Director, CASRA and Ken Starr, MFT Consultant	<ol style="list-style-type: none"> 1. Define psychosocial rehabilitation. 2. Articulate the values of psychosocial rehabilitation. 3. Identify three ways to practice PSR guiding principles.
5	Energy Psychology for Self-Care and Care for Others	Learn Energy Medicine and Energy Psychology techniques to address distressing and traumatic experiences in yourself and others. In a supportive conference setting, practice	Rachael Michaelsen, LCSW Consultant	<ol style="list-style-type: none"> 1. Explain how Energy Psychology and Energy Medicine decrease symptoms caused by traumatic events and distressing experiences. 2. Demonstrate one self-help technique for each of the five post-traumatic/distressing incident phases described in the course.

		techniques to increase calm and release distress.		
PLENARY: 1:15-2:15pm				
	Developing Human Capital: Preventing Disability among Young Adults with Mental Health Conditions	Human Capital is the unique set of skills and abilities that are acquired only through education and employment. Come learn how higher education can insulate individuals from unemployment, support employment at a livable wage and offer access to opportunities that work for people with mental health challenges.	Michelle Mullen, MS, CPRP Department of Psychiatric Rehabilitation and Counseling Professions, Rutgers University	
Workshops 6-10 2:30-4pm				
6	Strategic Human Capital Development: Helping Youth on the Path to Employment (HYPE)	This workshop will offer a tour of HYPE, a manualized intervention that integrates supported education and supported employment. Learn about the principles and components of services developed in this outstanding tool to help young adults succeed in education.	Michelle Mullen, MS, CPRP Department of Psychiatric Rehabilitation and Counseling Professions, Rutgers University	

7	Self-Employment Starts with You: Opportunities and Challenges in Entrepreneurship by Individuals with Psychiatric Disabilities	Self-employment is a uniquely valuable career and financial opportunity for individuals with psychiatric disabilities, providing creative and economic independence for those who experience unemployment, discrimination, and educational barriers. This workshop will present opportunities/challenges in entrepreneurship, based on ongoing federally-funded research.	Laysha Ostrow, Ph.D., MPP Founder and CEO, Live & Learn, Inc.	<ol style="list-style-type: none"> 1. Attendees will be able to cite relevant statistics on the current state of self-employment for people with disabilities. 2. Attendees will be able to convey strategic advantages of business ownership for people with psychiatric disabilities to clients, supervisors, and policy makers. 3. Attendees will contrast different opportunities and challenges for self-employment, and strategies for support and growth.
8	Understanding the Queer Experience for Young Adults	Millennials are changing society's views on gender and sexuality. Get an update on the language of today and basic LGBT terms. Let's look at the shortcomings in the mental health system that adversely affect the LGBT community and explore helpful tips on how each of us can help LGBT youth feel comfortable in their spaces.	Ruben Gil, Community Organizer and Educator	<ol style="list-style-type: none"> 1. Define common terms related to the LGBT community. 2. Identify three ways that practitioners can assist youth in accessing mental health services.

9	Using the Environment to Engage Clients	<p>What is clinical work in residential treatment? Learn how using the environment can effectively direct our work with clients. Participants will explore the exciting work that allows one to self-reflect on the personal strengths and vulnerabilities inherent in being a role model for residential treatment clients.</p>	<p>Bernadette Navarro-Simeon, Ph.D. Clinical Director, Progress Foundation</p>	<ol style="list-style-type: none"> 1. Describe the role of a normalizing environment in assisting clients to manage personally distressing signs and symptoms. 2. Demonstrate the ability to utilize a reflective process in assessing our role in the recovery of clients.
10	Identity Politics and the Counseling Relationship	<p>This workshop explores the clinical and ethical concerns that contemporary identity politics, such as Black Lives Matter or DREAMer activism, raise for counselors and therapists. It provides a culturally responsive framework for working with clients impacted by these charged political issues.</p>	<p>Shawan Worsley, Ph.D. LPCC, MFT Behavioral Health Clinician II, Alameda County Behavioral Health and Recovery Services</p>	<ol style="list-style-type: none"> 1. Identify three major issues related to identity that impact clients that we work with. 2. Consider two ethical concerns that identity politics raise for counselors and therapists. 3. Explore a culturally responsive framework for working with clients around these issues.

Wednesday, May 3rd				
	Title of Presentation/Workshop	Description	Presenter(s)	Learning Objectives
Welcome and Plenary: 9-10:15				
	The Costly Price of Benefits: Moving Toward Economic Self-Sufficiency	Too often the outcome of going through the mental health system is living on benefits. There is little discussion about how living on benefits is not good for your health. This plenary will discuss the need for employment and economic self-sufficiency as a means to achieving recovery. The New York Association of Psychiatric Rehabilitation Services (NYAPRS) We Can Work/We Can Save grassroots campaign will be highlighted.	Len Statham, MS, CPRP, CBP Director, Employment and Economic Self Sufficiency Initiatives New York Association of Psychiatric Rehabilitation Services, Inc.	<ol style="list-style-type: none"> 1. Participants will increase their knowledge on the importance of economic self-sufficiency and the role it plays in one's health. 2. Participants will learn about resources that are available to them and will help them with the material covered during the plenary. 3. Participants will how to present the topic of employment & economic self-sufficiency to individuals with lived experience.
Workshops 11-15 10:30-noon				
11	Out of the System and into the Workforce	The unemployment rate is not our biggest problem...the lack of participation in the workforce is. This workshop will take an honest look at what we need to do as a	Len Statham, MS, CPRP, CBP Director, Employment and Economic Self Sufficiency Initiatives	<ol style="list-style-type: none"> 1. Participants will articulate the clear link between poverty and mental illness. 2. Participants will learn how to activate individuals toward employment.

		community to change this unsettling dynamic. Focusing on poverty and its relationship to mental health (and the significant data on this subject), this presentation will be a "call to arms" to empower both providers and individuals with lived experience to begin the conversation we need to have: Why are we settling only for public benefits?	New York Association of Psychiatric Rehabilitation Services, Inc.	
12	Supported Employment and Supported Education Services for Young Adults Experiencing Psychosis	What an impact we can make during the years of 16-24 - a transformative time in our lives! In this workshop we explore an adaptation of the IPS (Individual Placement and Support) model for supported employment to provide both supported employment and education services to Transition Age Youth experiencing early psychosis.	Amanda Downing, Supported Employment and Education Services Director, Prevention and Recovery in Early Psychosis (PREP), Felton Institute	<ol style="list-style-type: none"> 1. Participants will be able to discuss the principles of the IPS model for supported employment and how they apply to employment/education goals outcomes for young adults with early psychosis. 2. Participants will be able to problem solve around barriers to successful employment/education outcomes for young adults with psychosis
13	Boundaries and Ethics	This workshop presents a model for ethical decision-making with an	Louise Foo, Ph.D.	<ol style="list-style-type: none"> 1. Participants will be able to articulate the key components of a model for ethical decision-making.

		<p>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 what to do when there is no longer a provider-client relationship.</p>	<p>Director of Clinical Services, Conard House</p>	<p>2. Participants will be able to evaluate situations in which there is an ethical conflict and articulate the reasons for their response.</p>
14	<p>Mental Health in the Latino/a/x Community</p>	<p>The Everyone Counts Latino/a/x Campaign is focused on reducing stigma and discrimination through education and effective outreach. Come hear about what the Latino/a/x community said in focus groups about how best to engage and serve this community.</p>	<p>Basila Padilla, Program Coordinator, Peers Envisioning and Engaging in Recovery Services (PEERS)</p>	<ol style="list-style-type: none"> 1. Participants will be able to describe the Latino/a/x community views on mental health experiences. 2. Participants will identify key strategies for better serving the Latina/a/x community.
15	<p>A Closer Look at Motivational Interviewing: A Focused Look at Acceptance (Part I)</p>	<p>Attendees will have a chance to explore the Four Aspects of Acceptance and consider how these components function in their own practice. Participants will have an opportunity to</p>	<p>Kristen Dempsey, MFT Senior Associate, California Institute for Behavioral</p>	<ol style="list-style-type: none"> 1. Attendees will articulate how the Four Aspects of Acceptance influence their own attitudes in working with clients. 2. Participants will identify two strategies to build a more accepting attitude in their counseling practice.

		explore methods to integrate more acceptance values and attitudes into their daily work. Acceptance as a component of Motivational Interviewing will also be discussed.	Health Solutions	
Workshops 16-20 1-2:30pm				
16	Improving Successful Employment Outcomes, Part I	The session will cover the promising practices to improve diversity and inclusion for people with disabilities in the workplace. The presenter will provide specific steps to increase employer engagement in each phase of the employment lifecycle.	Dinah Cohen, CRC Consultant	<ol style="list-style-type: none"> 1. Articulate the framework necessary to build an inclusive workplace culture. 2. Identify and utilize practical steps to improve long-term employment and engagement. 3. Identify the steps to develop an Employee Resource Group and Mentoring.
17	Going to Work? Don't Leave Home without your WRAP!	Employment can be a source of Joy, Pride, Community, Money and a Date on the weekend. Employment can also be a time of unknowns; learning the job, commuting, how to manage my own wellness to name a few. Learn how Wellness Recovery Action Planning (WRAP),	Ruth Gonzales, Advanced WRAP Facilitator and Patty Blum, Ph.D. Crestwood Behavioral Health Center	<ol style="list-style-type: none"> 1. Participant will articulate the basic key concepts and component of WRAP. 2. Participants will develop a mini WRAP-to-Work plan. 3. Participants will identify work triggers and develop action plans for them.

		an Evidence-Based Practice, can help!		
18	Coping with Voices	What are voices? What causes them? Where do voices come from? Fully 10% of the population are voice-hearers. What differentiates commanding and benign voices? Suffering from voices may present danger and warrant treatment. Learn about coping strategies that will help keep you well.	Marcella Paric, Pharm.D. Chair of PAAT (Peer Advisory and Advocacy Team)	<ol style="list-style-type: none"> 1. List the two outcomes from the interaction of cognitive mechanisms and emotional regulation within the study of voice-hearing. 2. Name three coping strategies for people living with distressing voices. 3. Describe three different ways a person with schizophrenia and a voice hearer who does not have schizophrenia might describe their voices.
19	Creating a Recovery-oriented Working Environment Through Strengths-Based Leadership, Part I	Worried about staff retention? When organizations adopt the principles of strengths-based leadership to implement leadership practice, they can retain a talented workforce and an effective recovery-based organization. This workshop provides strategies that help you build employee skills, thus allowing them to achieve their greatest potential and creating a wellness	Minola Clark Manson, MA and Elisa Barnett Behavioral Health Education and Training Academy University of San Diego	<ol style="list-style-type: none"> 1. Discuss the importance of recognizing and cultivating employees' strengths. 2. List practical leadership strategies that can be implemented in/applied to their organizations 3. Describe essential leadership competencies and characteristics that are relevant for today's workforce.

		environment for all staff and participants.		
20	Motivational Interviewing in Practice: How Do the Skills Relate to the Process of MI?, Part II	This workshop will explore when and how to use Motivational Interviewing skills. The workshop is intended to provide a guide to using MI, but will avoid formulas and consider how to thoughtfully individualize MI interventions.	Kristen Dempsey, MFT Senior Associate, California Institute for Behavioral Health Solutions	<ol style="list-style-type: none"> Attendees will be able to identify the four processes of Motivational Interviewing. Attendees will be able to demonstrate their ability to conduct the five basic interactions.
Workshops 21-25 2:45-4:15pm				
21	Improving Employment Outcomes, Part II	See description above.	Dinah Cohen, CRC Consultant	See learning objectives above.
22	Work Pays	Confused about how work affects entitlements? Get the key information needed to understand work incentives as they apply to SSDI and SSI, as well as Medicare and Medi-Cal. If you are a job seeker with a disability or considering employment OR a family member, case manager or employment service provider, this workshop should not be missed.	Dee Gavaldon, Program Manager, Crossroads Diversified, Inc.	<ol style="list-style-type: none"> Identify and correct the myths and fears about employment as it pertains to SSDI/SSI and related health benefits. Describe the basic work incentives for SSDI/SSI beneficiaries. Articulate how employment will improve financial self-sufficiency for the vast majority of beneficiaries.

23.	Healing through Music and Journaling	Join this workshop to explore ways that these creative outlets are therapeutic for individuals living with mental health challenges and those who've experienced stigmatization and/or cultural trauma. Hear members of PEERS share their personal stories of how music and journaling has aided them in recovery. Plus, enjoy uplifting music exercises, writing activities, and discussion.	Lyndsey Ellis, MFA, Program Coordinator and Kozi Arrington, Outreach Coordinator, Peers Envisioning and Engaging in Recovery Services (PEERS)	<ol style="list-style-type: none"> 1. Discuss how developing culturally relevant mental health interventions via arts-related activities reduces internalized/externalized stigma. 2. Articulate how arts-related interventions improve mental health outcomes for underserved populations. 3. Identify strategies to develop peer-to-peer support systems in any community.
24	Creating a Recovery-Oriented Working Environment Through Strengths-Based Leadership, Part II	See above, workshop 19.	Minola Clark Manson, MA and Elisa Barnett Behavioral Health Education and Training Academy University of San Diego	See above, workshop 19.
25	Peers in the Mental Health Workforce	Have we transformed the mental health system yet? Peer providers are key to having a recovery-oriented system. Let's	Sam Woolf, Program Coordinator San Fernando Valley	<ol style="list-style-type: none"> 1. Identify three benefits of hiring peer providers. 2. Describe the role of peer providers and the ways that lived experience can be utilized effectively.

		take a look at the current myths surrounding hiring, working with, and supervising peer professionals, and the best practices that can make transformation a reality.	Community Mental Health Center	3. Identify key factors in helping peers acclimate to the behavioral health work environment and understand the employer perspective.
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