

# CASRA 2017 Conference and Pre-Conference

## Keynote, Plenary and Workshop Schedules

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## CASRA 2017 Pre-Conference Institute Schedule

Time	Topic	Presenter	PowerPoint Slides	Handouts and Materials
15 min.	Welcome, Introductions and Overview of the Day Introduction to the first session topic: <b><i>Employment and Education: The Key to Avoiding Disability</i></b>	Betty Dahlquist, MSW, CPRP		Powerpoint Handout
45 min.	Why work? Ryan's Story History of Voc Rehab in California Redefining treatment and services The importance of post-secondary education Facilitating entrance into the primary labor market Summary References		Slides 1-20	
30 min.	Comments, Questions and Discussion			
15 min.	Break			
30 min.	Introduction to the second session topic: <b><i>It's a Promise: Navigating the Transition from School to Work</i></b> Where does Transition start? What are the Basics of Transition?	Richard Rosenberg, Ph.D.		PowerPoint Handout Career Guide Handout
30 min.	Power of Person Center Planning			
30 min.	Appreciation of Youth with Psychiatric Disabilities and What That looks Like while in Schools			
1 hr.	Lunch			

30 min.	Career Preparation (Pre-Employment Transition Services) CA Career Passport Preparation			CA Career Passport Handout
30 min.	Facilitating Job Development and Placement for youth with challenges navigating the world of work			
15 min.	Family Dynamics, Benefits Planning, Linking of Resources and community services			
15 min.	Wrap-Up and Take-Aways		Questions and Comments	
15 min.	Break			
15 min.	Introduction to the third session topic: <b>Working for Success with Young Adults Experiencing Early Psychosis</b> , Felton's Early Psychosis Program Understanding Psychosis as a Continuum	Amanda Downing, MA and Adriana Furizawa, LMFT, CPRP		PowerPoint Handout
15 min.	Description of the Team Approach and Model for Working with Young Adults Experiencing Early Psychosis			
15 min.	Individual Placement and Support (IPS) Model Application of IPS to Young Adults Experiencing Psychosis			
15 min.	Program Outcomes Stories of Achievement from Young Adult Participants			
15 min.	Summary of Key Points Next Steps			
15 min.	Wrap up and Session Evaluation	Betty Dahlquist, MSW, CPRP		

## Paws for Assistance: A Guide to Psychiatric Service and Emotional Support Animals

Barbara Acosta

Time	Topic	Exercise	Handouts and Materials
5 min.	Welcome, Introductions and Overview of the Topic		
10 min.	Differences between Service and Emotional Support Animals	Discussion	Paws for Assistance: A guide to psychiatric service and emotional support animals worksheet (pg. 2)
5 min	Myths about Service and Emotional Support Animals	Individual and Large Group Exercise: True/False	Worksheet pg. 3
15 min	Service Animals: Public Accommodations and Public Entities		Worksheet pgs. 4-6
10 min	Rights to Service or Emotional Support Animals: Housing	Discussion	Worksheet pgs. 6-7
10 min	Rights to Service or Emotional Support Animals: Employment	Discussion	Worksheet pg. 8
5 min	Rights to Service or Emotional Support Animals: Airlines	Discussion	Worksheet pg. 9
20 min	Applying Information on Service and Emotional Support Animals	Small Groups: Interactive Scenarios	Handout: Scenarios 1-7
5 min	Recovery Model	Discussion	Worksheet pg. 10
10 min	Recovery through Service and Emotional Support Animals	Small Groups: Identify forms of Recovery	Worksheet pg. 11

## Healing Community Trauma through Resilience

Patty Blum, Ph.D. and Janet Vlavianos

<b>Time</b>	<b>Topic</b>	<b>PowerPoint</b>	<b>Exercise</b>	<b>Handouts/Materials</b>
20 min.	Welcome and Overview of the Topic	Slides 1-3	Mindfulness Exercise	
35 min.	Understanding the Impact of Trauma  Research	Slides 4-5		Drawing of the impact of trauma on the body and brain
30 min.	Increasing Resilience through Multiple Pathways  Defining the Community Resilience Model (CRM)	Slides 6-13	Demonstrate CRM Self-Soothing technique. Utilize one Dialectical Behavioral Therapy (DBT) and Wellness Recovery Action Plan (WRAP) skill	Help Now Skill Handout
5 min.	Summary of Key Points Wrap-Up and Evaluation	Slide 14	Discuss Next Steps	

## Healing through Spiritual Practices with a Trauma-Informed Lens

Patty Blum, Ph.D. and Ruth Gonzales, ALWF

Time	Topic	PowerPoint	Exercise
20 min.	Welcome and Overview of the Topic	Slides 1-4	
20 min.	Defining Spirituality	Slide 5	Brainstorming: What Is Spirituality to You? Discussion and Report out to large group
20 min.	Spirituality Practice in Recovery  Research Studies	Slides 6-15	
25 min.	Defining a Trauma-Informed Lens with regard to the Topic of Spirituality	Slides 16-23	Small Group Activity: Discuss how spirituality and trauma-informed practices are used in practice.
5 min.	Summary of Key Points Wrap-Up and Evaluation	Slide 24	Discuss Next Steps

## The Power of Wellness

Pamela Jones and Ana Contreras

<b>Time</b>	<b>Topic</b>	<b>PowerPoint</b>	<b>Exercise</b>	<b>Handouts/Materials</b>
15 min.	Welcome and Overview of the Topic	Slide 1	Ice-Breaker Exercise	
15 min.	Defining Terms: Health vs. Wellness	Slides 2-5	Large Group Brainstorming: What is the difference between Health and Wellness?	
30 min.	An Overview of the Happiness Effect  Neurochemicals and Hormones that Impact Well-Being	Slides 6-10	Demonstrate CRM Self-Soothing technique. Utilize one Dialectical Behavioral Therapy (DBT) and Wellness Recovery Action Plan (WRAP) skill	Brain Handout
25 min.	The Components of the Wellness Wheel  Working with the Wellness Wheel: The Power of Story-Telling	Slides 11-18	Small Groups: Story-telling	Wellness Handout
5 min.	Reflection and Feedback Wrap-Up and Evaluation	Slide 19		

## Using the Environment to Clients in Residential Treatment

Bernadette Navarro-Simeon, Ph.D.

<b>Time</b>	<b>Topic</b>	<b>PowerPoint</b>	<b>Exercise</b>
10 min.	Welcome, Introductions and Overview of the Topic	Slide 1	Feedback and Questions from the Participants
10 min.	Using the Environment as a Tool for Engagement	Slide 2	Feedback and Questions from the Participants
30 min.	Defining a Normalizing Environment	Slides 3-6	Feedback and Questions from the Participants
30 min.	Understanding the Reflective Process	Slides 7-9	Feedback and Questions from the Participants
10 min.	Summary of Key Points Wrap-Up and Evaluation		Discuss Next Steps



## Harm Reduction 101

Guyton Colantuono

<b>Time</b>	<b>Topic</b>	<b>Exercise</b>
15 min.	Welcome, Introductions and Overview of the Topic Attitude Questionnaire and the War on Drugs	Review of questions related to our attitudes about substance use and our country's policies
15 min.	Why Do People Use Drugs/Alcohol?	Brainstorming: Identify all the reasons why individuals might use/drink or do other risky behaviors.
20 min.	The Principles of Harm Reduction Examples of the Principles	
30 min.	The Three E's of Harm Reduction: Engagement, Education and Empowerment	
85 min.	Working with Specific Behaviors and Interventions	Participants will identify specific behaviors and practice/describe interventions that match each behavior
5min.	Summary of Key Points Wrap-Up and Evaluation	Participant's Take-Aways

## Self-Disclosure: Lived Experience as a Tool for Culture-Centered Recovery Interventions

Peter McKimmin, Ph.D.

Time	Topic	PowerPoint	Exercise	Handouts/Materials
15 min.	Welcome and Overview of the Topic			
45 min.	The Four-Step Process for Identifying Key Transformative Moments		Personal Reflection: A Transformative Moment that Positively Changed You  Dyads: Sharing Your Transformative Moment  Identifying the Cultural Components of This Transformative Moment  Determining the Key Quality that Resulted from this Experience	
25 min.	Taking Transformative Moments to Practice: How to Utilize These Experiences to Further Recovery		Generate Examples from the Large Group	
5 min.	Summary of Key Points Wrap-Up and Evaluation			

## The Costly Price of Benefits: Moving towards Economic Self-Sufficiency

Len Statham, MS, CPRP, CBP

<b>Time</b>	<b>Topic</b>	<b>PowerPoint</b>	<b>Exercise</b>	<b>Handouts/Materials</b>
5 min.	Welcome and Overview of the Topic	Slides 1-2		PowerPoint Handout
5 min.	The Power of the Mind Learning Objectives	Slides 3-4 Slide 5	Group activity	
5 min.	Everyone Wants to Work	Slide 6	Video presentation	
10 min.	Poverty and Mental Illness	Slides 7-8		
30 min.	Employment Activation	Slides 9-13		Employment Activation Tool
5 min.	The Power of Peers	Slide 14	Recovery Story	

## Creating a Culture of Employment and Economic Self-Sufficiency

Len Statham, MS, CPRP, CBP

<b>Time</b>	<b>Topic</b>	<b>PowerPoint</b>	<b>Exercise</b>	<b>Handouts/Materials</b>
5 min.	Welcome and Overview of the Topic New York Association of Psychiatric Rehabilitation Services	Slides 1-2		PowerPoint Handout
30 min.	Creating an Employment Culture The Process of Change for Organizations Change on the Individual Level Start with Executive Leadership	Slides 3-16		
20 min.	Symbolic Pivotal Events What NOT to do Important Considerations	Slides 17-19		
20 min.	Culture-Driven Outcomes Culture Change	Slides 20-27		
15 min.	Wrap Up and Questions		Large Group Discussion	

## Developing Human Capital: Preventing Disability among Young Adults with Mental Health Conditions

Michelle Mullen, MS, CRC, CPRP

<b>Time</b>	<b>Topic</b>	<b>PowerPoint</b>	<b>Exercise</b>	<b>Handouts/Materials</b>
5 min.	Welcome and Overview of the Topic	Slides 1-3		PowerPoint Handout
30 min.	The Importance of Language Developing Intentional Services Employment and Education – the Key to Avoiding Disability Defining Human Capital Education Pays	Slides 4-7  Slides 8-12  Slides 13-14  Slide 15 Slides 16-20		
20 min.	Career Development Labor Markets	Slides 21-25		
20 min.	Helping Youth on the Path to Employment (HYPE)	Slides 26-30		
20 min.	Questions and Comments Wrap Up		Large Group Discussion	

## Strategic Human Capital Development: Helping Youth on the Path to Employment (HYPE)

Michelle Mullen, MS, CRC, CPRP

<b>Time</b>	<b>Topic</b>	<b>PowerPoint</b>	<b>Exercise</b>	<b>Handouts/Materials</b>
5 min.	Welcome and Overview of the Topic	Slides 1-3		PowerPoint Handout
30 min.	Identifying Barriers and Supports: General Student Population and Students with Mental Health Conditions	Slides 4 - 11	Large Group Discussion	
20 min.	Overview of HYPE Ryan's Story HYPE Principles	Slides 12-19		
20 min.	Normative Approach to Career Development HYPE Services Goal Acquisition Skill Development Resource Development Accommodations and Assistive Technology	Slides 20-22  Slides 23-25 Slides 26-31 Slide 32 Slide 33		
15 min.	Questions and Comments Wrap Up	Slides 34-45	Large Group Discussion	