

MassPRA 2013 Conference Highlights

Tuesday, October 29 – Full Day Institutes

Integrating Employment & Recovery: Whose Job Is It?

David Lynde, MSW

This full day institute will provide participants with the opportunity to explore and develop an appreciation for how competitive employment might be an important part of the recovery process for individuals with mental illness. The workshop will focus on the importance of people being able to participate in mental health and recovery oriented services that work in an integrated manner to help people with their individual employment goals. The workshop will provide information about the Stages of Change model and its relationship to employment including specific strategies that are helpful to people as they work through stages of change. The workshop will also present information about the principles Evidence-Based Supported Employment/Individual Placement & Supports as an Evidenced Based Practice. Participants in the workshop will be able to develop their own individual action plans and ideas regarding how they will improve their ability to help people make progress towards achieving their employment-related recovery goals.

Understanding the “Rehab” in MRO

Patricia Nemec, Sc.D., CRC, CPRP

This full-day institute will explain the Medicaid Rehabilitation Option concept of rehabilitation, including the conceptual thread that ties the various elements together into a logical, coherent and useful process. The elements, consisting of skills and functional limitations; integrating person-centered goals and needs in objectives; rehabilitation interventions; and service notes that document that rehabilitation occurred, will be examined in detail. A discussion using the personal experiences of the participants in working with MRO in CBFS and elsewhere in the system will serve to illuminate the process, and provide the opportunity to examine together the skills needed to make the system work as well as the challenges confronting practitioners in its implementation.

Treating Co-Occurring Disorders: Person-Centered, Trauma-Informed, Recovery-Oriented Approaches

Cheryl Gagne, Sc.D. and John Olivet, MA

This full-day institute will capitalize on the experience of the Center for Social Innovation in working with adults who are homeless and dealing with addiction issues. It will focus on the need to address the needs of people with psychiatric disabilities who are not currently motivated to change their destructive substance use behavior. Engagement with people who are not asking for assistance with addictions, and harm reduction strategies for individuals who are not committed to sobriety, will be the primary foci of the session. Didactic presentations will be balanced with exercises designed to demonstrate and have participants experience the practice techniques necessary to successfully engage the target population.

Get Prepared! Taking the PRA Certified Psychiatric Rehabilitation Practitioner Exam

Anne Sullivan-Soydan, Sc.D., CRC, CPRP

The Certified Psychiatric Rehabilitation Practitioner credential (CPRP) is a test-based certification sponsored by the Psychiatric Rehabilitation Association (PRA). This interactive one day institute will overview the seven domains covered by the CPRP exam as well as the application of the USPRA core principles, multicultural principles, and code of ethics in everyday practice. The institute will help participants assess their current level of knowledge as well as current training needs and offer study skills and access to required materials to assist them to complete their study for the CPRP exam.

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Building Community Connections That Enhance Recovery

Dennis Rice, Ed.M. & Michael Seibold, M.A.

Relationships are critical for recovery. Social isolation too often accompanies community living. Presenters in this full day institute will share how agencies can assist individuals to fight isolation, build social capital and establish meaningful community connections.

For too many of us, “living in the community” is still a lonely experience marked by social isolation and a lack of daily connection with the local culture and the world that surrounds us. Research demonstrates the critical importance of sustained relationships in the recovery process. Yet, the very services we provide tend to reinforce this isolation. Our programs become “solitary units of disability.” Our dollars continue to be poured into these “specialized” services managed by ourselves, the “outside experts,” rather than being invested in the building of neighborhood capabilities and opportunities. These service dollars are simply consumed with no resulting benefit to the local community or to the individuals who long to be a real part of it. The cycle of dependency and built in isolation continues.

In looking at this dilemma, three key questions come to mind: How can our services get away from being “needs” driven and move towards becoming capacity focused? How can we help restore the vitality of community life by supporting each neighborhood to recognize and enjoy the gifts of all of its members? How can our agencies’ resources be used as a catalyst to build interdependence within the community and assist those we serve to become fully participating members?

Over the past several years, Alternatives has been actively pursuing solutions to these questions by consciously developing community partnerships that create new opportunities for mutually beneficial relationships between people we serve and other citizens. In this process, we have been forced to clarify our values and role as an organization, to redefine our relationship as a contributing corporate citizen in our local communities and to develop new initiatives that truly build on people’s gifts, interests, and associations

Wednesday, October 30 – Keynote and Workshops

Keynote Presentation by Dennis Rice

Recovery Through Community Membership

For most people, a rich and complete life requires a sense of belonging to a community. However, many people who use mental health services lack this sense of belonging. This presentation will describe why community membership is critical for recovery and explore the implications for our mental health service delivery.

Dennis Rice is Executive Director of Alternatives Unlimited, Inc. He is a recognized expert in helping people with psychiatric and developmental disabilities establish community connections, and has provided both management and program development trainings and consultation in developing efficient and effective personalized services to other non-profit agencies in New England, Ontario, Canada and New Zealand. Management consultation has focused on the areas of Board development, Results Oriented Management, Managed Care and strategic planning within a rehabilitation context.