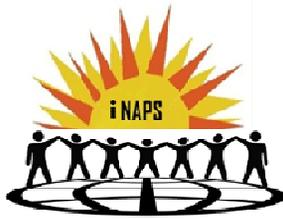


# 7th Annual Peer Support Conference



Presented by the  
International Association of  
Peer Supporters (iNAPS)

***Growing Bigger and  
Better  
Through Sharing!***

**August 27-28, 2013  
Garden Grove, CA**

## Conference Program



**Steve Harrington**  
Executive  
Director,  
International of  
Peer Supporters  
(iNAPS)

## Welcome to California!

It's a bit hard to believe. This is the 7th annual peer support conference and the 9th year of our organization. But you may have noticed something different this year. Our name has changed!

In January, we changed our name to the International Association of Peer Supporters. Going from "national" to "international" is easy to explain. We simply had many people from outside the U.S. who wanted to join. In an effort to be inclusive, we wanted to know others were welcome.

Going from "specialists" to "supporters" was also intended to be inclusive. We have many members who are performing peer support but have different titles. We also wanted to be certain peer supporters from the substance abuse field knew they were welcome. Whether it be mental health, substance abuse or family supporters, we share the same basic values and can learn so much from each other.

So our profession continues to grow and with health care reform, many expected an explosion! Will we be ready? That's what iNAPS is all about!

## ***Thanks to our supporters!!!***

Without the support of organizations that know the value of peer support, this conference would not be possible.

Optum provided financial support in the form of “scholarships” for emerging minority leaders in our field, and Recover Resources has provided general financial and logistical support. Optum also provided support to bring the “Recovered Dignity” exhibit to our conference once again.

A special thanks is owed to Rita Cronise whose tireless efforts and contributions made conference planning easier and much more efficient.

As for Steve Harrington, well, he spent a lot of time on the lake fishing and occasionally rowed back to shore to tell others what to do!

Most of all, thanks to you for coming, listening and sharing to make peer support bigger and better!



## ***Recovery to Practice***

The International Association of Peer Specialists (iNAPS) was awarded a five-year contract as part of the SAMHSA-funded Recovery to Practice initiative.



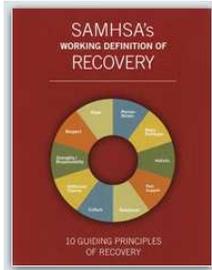
The purpose of this project is to identify recovery knowledge gaps among six behavioral health professions (psychologists, psychiatrists, psychiatric nurses, social workers, substance abuse counselors and peer specialists).

NAPS has drafted eight training modules for working peer specialists, based on a situational analysis conducted in the first year of the project. The modules cover:

- 1) basic recovery knowledge,
- 2) trauma-informed practices,
- 3) multi-cultural awareness,
- 4) co-occurring disorders,
- 5) peer roles,
- 6) recovery relationships,
- 7) wellness and
- 8) strengthening workplace relationships.

During a plenary session, Steve Harrington and Rita Cronise will provide an update on this exciting project and how it has resulted in many unexpected benefits.

Information about the full **Recovery to Practice** initiative can be found on the SAMHSA website: <http://www.samhsa.gov/recoverytopractice/>



Information about NAPS' portion of the project can be found on the **Recovery to Practice** page of the International Association of Peer Specialists website: [www.inaops.org](http://www.inaops.org).

All comments and suggestions regarding the Recovery to Practice project are welcome and should be directed to Steve Harrington, Executive Director of iNAPS at: [steve@naops.org](mailto:steve@naops.org).

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## **Local Dining**

Within two blocks of the Sheraton Garden Grove Hotel there are a variety of restaurants; from fast-food to sit-down, elegant dining.

In addition to the familiar chain restaurants, a little wandering will take you to smaller, family-owned and operated eateries. You have your choice of a variety of cuisine including Mexican and Asian.

If you wish to buy groceries, there is a Target Store across the street that offers a variety of food for meals or snacks.

Of course, the hotel offers an excellent restaurant and there are restaurants that offer delivery services.

We ask that if you purchase food from outside the hotel, you consume it in your room. Bringing in pizzas and other food and eating it in public hotel areas detracts from others' experience.

# Peer Support Conference Program

**Set a goal:** *Make at least three new friends at this conference!*

## Tuesday, Aug. 27

8:00 – 9:00 a.m. Continental Breakfast/Registration – Foyer

8:00 a.m. – 4:00 p.m. Exhibits Open - Foyer

### Opening Session – Tuesday, Aug. 27 9:00 – 10:30 am

9:00-10:00 ***Welcome, Conference Overview and iNAPS Update***

Steve Harrington, Executive Director, iNAPS and Rita Cronise, Instructional Designer.

**Emerald and Diamond Rooms  
(Ballrooms 1A and 1B)**

10:00-10:30 ***Overview and Update of Recovery to Practice Project***

Steve Harrington and Rita Cronise with an international perspective by Anthony Stratford

**Emerald and Diamond Rooms  
(Ballrooms 1A and 1B)**

10:30-10:45 **Coffee Refresh/Break—Foyer**

10:45-Noon **Breakout Sessions: Workshops 1-6**

#### **Workshop 1: Consumer Micro-Enterprise Development: Assisting in Recovery and Self-Sufficiency**

Explore how the development of consumer micro-enterprises helps those we support in their recovery journeys. A description of important areas of concern, including social needs, will be covered.

*Presenter: Ernest L. Bentley. Burgundy Room (2A)*

#### **Workshop 2: Veterans Family Resources**

Discover how veteran's families can be supported through education and information dissemination that creates a solid understanding of veterans' issues and combats stigma. *Presenters:*

*Marlene Mailahn Chirnside, Delores Pollock & Tiffany Lynn Gonzales. Dining Meeting Room*

#### **Workshop 3: Certified Peer Support and Peer Recovery Coaching: An Integrated model for Preparing Peer Supporters**

Learn about Ohio's efforts to integrate the growing parallel paths of Certified Peer Support and Peer Recovery coaching in preparation for Medicaid billable CPS/PRC. This session will focus on the challenges and rewards of modifying the NAPS CPS curriculum and the synergies of merging mental health and addiction peer services. *Presenters: Jack Cameron, Donna Conley, Jessica Kelly and Sharon Fitzpatrick.*

**Bordeaux Room (2C)**

#### **Workshop 4: Consumer Culture: Embracing the Normal in Everyone**

Riverside County Dept. of Mental Health is making a concerted effort to help the community to see that mental health consumers have a culture, as do

many cross-sections of society. This workshop explores the aspects of the consumer culture and new approaches in integrating and normalizing mental illness.

*Presenters: Shannon McCleerey-Hooper & Alison Emery.*  
**Emerald Room (1A)**

**Workshop 5: The Friends Connection: A Peer-to-Peer Program “Without Walls” Serving Individuals with Mental Health and Substance Use Conditions**

The Friends Connection (TFC) operates on the theory that people with mental health conditions become involved with drugs and alcohol out of loneliness, boredom and stigmatization. TFC counteracts these factors by providing friendship, counseling and meaningful leisure activities. The philosophy is that recovery will begin once people experience hopefulness and support. *Presenter: Susan Rogers.* **Diamond Room (1B)**

**Workshop 6: A Resource Tool to Help Augment Consumer Care in a Peer Support Setting**

Network of Care has created and is using mental health indicators as a way to enhance peer support. Learn how this new tool can help those we support more effectively. *Presenter: Paul Cumming*  
**Chardonnay Room (2B)**

**Noon – 1:30 p.m. Lunch on your own**

*I do not fear storms for I am  
learning to sail a ship.*

--Louisa May Alcott

**General Session – Tuesday, Aug. 27**

**1:30 – 3:00 p.m.**

**Emerald & Diamond Rooms**

**1:30 – 2:15 p.m.**

**Keynote Address**

**Keynote Address: Peer Support: Yesterday, Today and Tomorrow: Issues to Consider**



Join us as Lyn Legere, Training Coordinator for The Transformation Center in Boston, shares her unique, and sometimes controversial, views on important peer support issues.

**2:15 – 3:00**

**Pillars of Peer Support Update**

**Pillars of Peer Support Update**

You may have heard of the “Pillars of Peer Support Summit” but do you know what it is and its purpose? Join Pillars organizers Allen Daniels and Peter Ashenden as they explain the history and function of this important, annual event.

**Free webinar series! Check it out  
at [inaops.org](http://inaops.org)**

3:00 – 3:15

Refreshment Break - Foyer

3:15 – 4:30 p.m.

Breakout Sessions: Workshops 7 - 12

**Workshop 7: Building Blocks of Self Care**

This will be an interactive session that will help participants explore their particular needs, opportunities and barriers to developing a professional support system. The session will explore many ways to build and sustain an individualized network of peer supporters who can learn and grow together. *Presenter: Ken Timmerman. Burgundy Room (2A)*

**Workshop 8: The Power of Storytelling (Part 1)**

Who better to learn about storytelling than one who has proven her expertise over many years? This two-part workshop will focus on the benefits of storytelling as well as provide a step-by-step guide for writing your recovery story in a way that it can be shared verbally for audiences. *Presenter: Gina Calhoun Chardonnay Room (2B)*

**Workshop 9: Family and Parent Support Integration into Mental Health Systems**

Family/parent and peer supporter partnerships can be a powerful factor in recovery. Explore the value of developing these relationships and what it takes to be successful through collaborations. *Presenters: Claudia Espinoza, Lorie Lacey-Payne, Maria Algarin, & Maria Kidder-Rabago. Bordeaux Room (2C)*

**Workshop 10: LA County Dept. of Mental Health and Vet2Vet: Partnership in Support of Peer Programs for Veterans**

Vet-to-Vet is an innovative peer support training and consultation program for veterans and communities. Participants will learn about a unique partnership from the leaders of the program and veterans in recovery. *Presenters: Carl P. McKnight & Roy Anthony Brown Emerald Room (1A)*

**Workshop 11: Modifying Evidence Based Peer Support Service Modalities to Improve Cultural Competence**

Explore how evidence based peer support service models for youth and family services can be modified to improve cultural competence. Participants will see how one such endeavor involving a Native American community works. *Presenter: Gregory Powers Diamond Room (1B)*

**Workshop 12: Living Recovery: Returning to Work After a “Bump in the Road”**

Discover how key strategies can help peer supporters return to work after a mental health and/or addiction relapse. Challenges for co-workers and problem solving will be covered. *Presenters: Lisa Jackson & Denise Walker Dining Meeting Room*

4:30 – 4:45 p.m.

Switch Break

4:45 – 6:00 p.m.

Breakout Sessions: Workshops 13-18

**Workshop 13: Veteran “Peer”spective**

All Veterans do not have PTSD and not all Veterans who have mental health conditions come to the VA for their care. Join the National Director for Peer Support for the VA as he describes how peer support

services in the Department of Veterans Affairs work with examples of Veterans who have become peer supporters. *Presenter: Dan O'Brien-Mazza*  
**Emerald Room (1A)**

**Workshop 14: Peer to Peer with the Five “W’s”: A First Step for Peers to Create a Bridge**

Discover how peer supporters can ask basic questions that will provide important information quickly and meaningfully. Learn how this approach can lead to greater self-determination and understanding between peer supporters and those they serve.  
*Presenter: Mary Do* **Dining Meeting Room**

**Workshop 15: The Power of Storytelling (Part 2)**

Who better to learn about storytelling than one who has proven her expertise over many years? This two-part workshop will focus on the benefits of storytelling as well as provide a step-by-step guide for writing your recovery story in a way that it can be shared verbally for audiences. *Presenter: Gina Calhoun*  
**Chardonnay Room (2B)**

**Workshop 16: CPSS and Integrated Health: An Effective Approach to Adopting Healthy Living Habits and Understanding and Utilizing Interventions for Smoking Cessation**

This session will explore the value of peer-delivered support and services to foster healthy lifestyles. This will be an interactive session with information and skill development. *Presenters: Claire A. Cross & Natasha Ellis.* **Burgundy Room (2A)**

**Workshop 17: eCPR as a Way of Life**

This session will review three elements of Emotional CPR (eCPR) and participants will engage in role plays to discover how they can use eCPR to help

others. *Presenters: Tracy Love, Osvaldo Mila, Fawn Preston, Sara Vanderleest & Erica Fritz.*  
**Bordeaux Room (2C)**

**Workshop 18: Reviving Hopes and Dreams Through Peer Support in Correctional Settings: Programs and Outcomes from PA and NJ to AZ and CA**

This session will offer information about the significant value peer support brings to different kinds of correctional facilities. Several programs will be described. *Presenters: Lori Ashcraft, Terrence Smithers, Andy Bernstein, Dick Conklin, Judy Banes, Judi Holder, & Lisa St. George.* **Diamond Rom (1B)**

End of Conference Day

Dinner – On Your Own

*Thanks to:*



*For supporting this event!*

## Second Conference Day Wednesday, Aug. 28

8 – 9 a.m. Continental Breakfast/Registration – Foyer

8 a.m. – 4 p.m. Exhibits Open - Foyer

### Opening Session – Wednesday, Aug. 28 9:00 – 10:30 am

9:00-9:15 a.m. *Welcome back!*

9:15-10:00 *Keynote Address—Keris Myrick*

10:00-10:30 *Bringing Together Mental Health and Substance Abuse Peer Support – Steve Harrington*

10:30-10:45 a.m. Coffee Refresh - Foyer

10:45 – Noon Breakout Sessions: Workshops 19-23

#### **Workshop 19: Same Day Access: Opening Our Doors**

Join this session for an exploration of the peer support role in the delivery of Same Day Access, which allows consumers to meet with clinical staff the day they request services. This session will address the

unique perspectives and skills peer specialists use to increase the effectiveness of the Same Day Access Model. *Presenters: Susan Wagner & Patty Viles*  
**Burgundy Room (2A)**

#### **Workshop 20: From Adversary to Ally: How Tennessee Veterans Created a Grassroots Peer Movement in Cooperation with the Veterans Administration (VA)**

When the VA ended a veterans' support group, veterans continued the group on a peer-run basis. The result was collaboration with several groups and newly available trainings for participants. *Presenters: Ron Morton & Ed Junod.* **Bordeaux Room (2C)**

#### **Workshop 21: "Victorious Black Women" Improving the Workforce**

Explore ways peer supporters can be meaningfully integrated into the mental health care workforce. This session will examine the lived experience benefits to both consumers and employers. *Presenters: Yvette McShan, Brenda Crawford, Renee Harris & Tracy Love.* **Emerald Room (1A)**

#### **Workshop 22: Certified Peer Support Specialists Effectively Working in a Hospital-Based Acute Inpatient Care with Veterans**

Examine the unique and vital roles peer supporters can play in in-patient settings. Conflict resolution, unique activities, recreational resources and other areas will be explored. *Presenter: Stevena Pen*  
**Chardonnay Room (2B)**

#### **Workshop 23: Hand in Hand: Walking Two Paths**

This session will examine the service relationship between substance abuse and mental health as applied to co-occurring disorders. The effects

of labeling, principles of motivational interviewing and other skills will be presented. *Presenter: Iden C. Hill*  
**Diamond Room (1B)**

Noon – 1:30 p.m. Lunch on your own

1:30-2:45 p.m. Breakout Sessions: Workshops 24-28

**Workshop 24: Integrated Health Care Delivered by Peers: The U of A Health and Wellness Center a/k/a Camp Wellness**

Learn how peer staff deliver an integrated physical/mental health curriculum in nine-week, full-day modules. Coursework sample, funding, physical/psychological outcomes and relevance to the Affordable Care Act will be covered. *Presenters: Andy Bernstein & David Delawder* **Emerald Room (1A)**

**Workshop 25: Experiential, Educational, Self-Help and Recovery**

Explore how such activities as fishing, camping, rafting, and skiing can be used to overcome stigma, build teams, develop relationships and learn how to deal with challenges. *Presenters: Jim O'Connell, Ricky Kinney & Joshua Pfeiffer* **Burgundy Room (2A)**

**Workshop 26: Integrating Peer Support for Substance Use Disorders and Mental Health**

Models that effectively integrate mental health and substance use disorder fields will be presented as well as the similarities and differences between the two. Participants will be engaged in a dialogue about the barriers to integrating the two fields. *Presenter: Dona M. Dmitrovic* **Bordeaux Room (2C)**

**Workshop 27: The Role of Peers and Certified Peer Specialists via a Team Environment for U.S. Mental Health and Substance Abuse Mobile Crisis Intervention as Modeled in the State of Georgia by Benchmark Human Services**

Join us as we explore proven program goals, mobile crisis intervention response services and a ten-part recovery philosophy on the role and use of the CPS and peer team supports. *Presenter: Jennifer M. Padron*  
**Chardonnay Room (2B)**

**Workshop 28: Kick-Starting Work for Peers in Locked Facilities**

When there are minimal resources for peer workers, what do you do? This session will focus on strategies for finding pathways through bureaucracies and policies to provide vocational services for people with forensic issues and others. *Presenter: Violet Taylor*  
**Diamond Room (1B)**

2:45-3:00 p.m. Refreshment Break - Foyer

3:00 – 4:15 p.m. Breakout Sessions: Workshops 29-33

**Workshop 29: The Recovery Learning Center: Success in Self-Driven Care**

See how Recovery Learning Centers in Riverside County, CA facilitate recovery with peer-to-peer assistance and a recovery environment. *Presenters: Angela Abbott & Juanita Foust.* **Burgundy Room (2A)**

**Workshop 30: Striving to Help Others Thrive: Peer Specialists Involved in Correctional Facilities**

Although peer specialists involved in correctional facilities are a valuable resource, many barriers to recovery remain. This session will examine

these barriers and how a strength-oriented approach and pro-social interactions can facilitate recovery.

*Presenters: Melissa Petrovic, Geoffrey Hays & Bryce Bowers. Bordeaux Room (2C)*

**Workshop 31: Reducing and Eliminating Seclusion and Restraint: The Leadership Factor**

It takes leadership, vision, mission and peer specialists to reduce and/or eliminate seclusion and restraints in in-patient settings. This session will examine those elements and more as found in Pennsylvania's mental health hospital system.

*Presenters: Howard D. Trachtman, Gina Calhoun, Mr. Curie & Ms. Williams. Emerald Room (1A)*

**Workshop 32: Recognizing Veterans in our County Mental Health System**

Helping professionals must know about the veteran's subculture as an increasing number of military personnel return from overseas. These veterans and their families will require understanding and person-centered services. *Presenter: Douglas H. Tavira*  
**Diamond Room (1B)**

**Workshop 33: Integrating Peer Support Services into Activity Therapies for Substance Abuse and Mental Health Issues**

This workshop will describe how peer support services for youth and families with mental health and substance abuse challenges were successfully integrated into activities therapy. That therapy include activities such as equine assisted psychotherapy using individual and group peer support follow up with equine activities, drum rhythm psycho-education groups and cultural excursions. *Presenters: Gregory Powers, Janice Merino & Willymae Smith.*  
**Chardonnay Room (2B)**

4:15-4:30 p.m.

Switch Break

**Closing Session – Wednesday, Aug. 28  
4:30-5:00 p.m.**

Join us as we wrap up the 7th Annual Peer Support Conference and present awards and door prizes (you must be present to win)!

Celebrate with us and say good-bye to old friends and new.

- *Lifetime Achievement Award—Peter Ashenden*
- *Peer Support Advocate Award—Daniel O'Brien-Mazza*
- *Peer Leadership Award—Rita Cronise*

***We hope to see  
you at next year's  
conference!***