

creating health homes: embracing recovery

March 8, 2012 • Omni William Penn Hotel • Pittsburgh, PA

Health Homes are person-centered systems of care that facilitate access to, and the coordination of, a full array of physical and behavioral health care services and supports. The Health Home model works to improve health care quality and clinical outcomes as well as individuals' experiences in health care systems.

Creating health homes: embracing recovery will focus on the Health Home model and how health homes support individuals' efforts to improve their wellness and physical health.



A conference sponsored by Community Care Behavioral Health Organization
and Western Psychiatric Institute and Clinic of UPMC

ABOUT THE CONFERENCE

Integrating behavioral health and physical health care improves access to both primary care and behavioral health services. People with serious behavioral illnesses often have co-occurring chronic medical conditions and complex health needs. Physical illnesses adversely affect quality of life and recovery, as well as relationships, employability, and integration into community life. Overall health is important to behavioral health.

Fully integrated medical and behavioral health care homes establish effective linkages between physical and behavioral health services. Programs that integrate the delivery and management of these services aim to achieve better patient outcomes and control spending.

Creating health homes: embracing recovery is intended for consumers, families, educators, social workers, psychologists, psychiatrists, community staff, and other behavioral health stakeholders. Conference presenters will describe the components of a health home and discuss how the Health Home model addresses the need for integrated care and promotes wellness.

Recovery includes wellness. **Keynote speaker Peggy Swarbrick, PhD, OT, CPRP, Director, Institute for Wellness and Recovery Initiatives, Collaborative Support Programs of New Jersey**, will present ways to develop a workforce and service system grounded in a recovery and wellness orientation. Her talk will focus on wellness, which she defines as “a conscious, deliberate process that requires awareness of and making choices for a more satisfying lifestyle.” She will also provide an overview of the Substance Abuse and Mental Health Services Administration (SAMHSA) Wellness Campaign.

In addition to her keynote presentation, Dr. Swarbrick will lead a workshop entitled, ***Activating Wellness Within Your Agency***. Other workshops will be offered on topics such as drug and alcohol challenges facing people in the forensic system, homelessness, wellness coaching, recovery tools that support health homes, and finding joy in recovery.

Please register for ***Creating health homes: embracing recovery*** by February 23, 2012 using the registration form on page 7.

ABOUT THE CONFERENCE

TUITION

This program is free for consumers and their families, as well as medical residents and other students.

The tuition for behavioral health professionals is \$95. Tuition includes registration and course materials, continuing education credits, lunch, and refreshments.

LOCATION

Omni William Penn Hotel
530 William Penn Place
Pittsburgh, PA 15219

Phone: 412-281-7100
Fax: 412-553-5252

SPECIAL NEEDS

Closed captioning services will be available during the conference.

We encourage participation by all individuals. So that we can better serve you, please notify us of your special needs at least two weeks in advance of the program by calling Paul Wittman, MPA, MSW, LSW, Training Manager at 412-454-8625 or wittmanpj@ccbh.com.

ABOUT THE KEYNOTE SPEAKER

Peggy Swarbrick, PhD, OT, CPRP

Director, Institute for Wellness and Recovery Initiatives, Collaborative Support Programs of New Jersey (CSPNJ), Assistant Clinical Professor, Department of Psychiatric Rehabilitation and Counseling Professions, UMDNJ-School of Health Related Professions

Dr. Swarbrick is the director of the CSPNJ Institute for Wellness and Recovery Initiatives, a large statewide agency run by persons living with behavioral illness in collaboration with professionals. She has many years of experience providing wellness and recovery-focused services as an occupational therapist and earned a doctorate in Occupational Therapy from New York University. A key member on the planning committee for the National Wellness Summit for People with Mental Illnesses, Dr. Swarbrick took the lead in establishing an annual wellness conference.

A leader, author, and advocate within the behavioral health system and consumer survivor movement, Dr. Swarbrick has made significant contributions to the field and service delivery system in regards to peer-delivered service models and community-based health and wellness promotions programs.

THURSDAY, MARCH 8, 2012 AGENDA

8:30 a.m. Registration

9:00 a.m. Welcome and Introduction

James Gavin, MSW

President and Chief Executive Officer, Community Care

9:30 a.m. **Health Homes: What are the Next Steps?**

James Schuster, MD, MBA

Chief Medical Officer, Community Care
Adjunct Associate Professor of Psychiatry,
University of Pittsburgh School of Medicine

10:00 a.m. **Panel Discussion: Health Home Models in Allegheny County**

Discussion led by **James Schuster, MD, MBA**

Chief Medical Officer, Community Care
Adjunct Associate Professor of Psychiatry,
University of Pittsburgh School of Medicine

11:00 a.m. Break

11:15 a.m. **Keynote Presentation: Peer Wellness and the SAMHSA Wellness Campaign**

Peggy Swarbrick, PhD, OT, CPRP

Director, Institute for Wellness and Recovery Initiatives,
Collaborative Support Programs of New Jersey (CSPNJ)
Assistant Professor, Department of Psychiatric Rehabilitation and
Counseling Professions, UMDNJ School of Health-Related Professions

12:15 p.m. Lunch (Provided)

AGENDA THURSDAY, MARCH 8, 2012 (continued)

- 1:15 p.m. Workshops I
- A. **Activating Wellness Within Your Agency**
Peggy Swarbrick, PhD, OT, CPRP
Director, Institute for Wellness and Recovery Initiatives,
Collaborative Support Programs of New Jersey (CSPNJ)
Assistant Professor, Department of Psychiatric Rehabilitation and
Counseling Professions, UMDNJ School of Health-Related Professions

 - B. **Understanding Drug and Alcohol Challenges Facing the Forensic Population**
Vince Mercuri, MEd, LPC, CADC, Executive Director,
The Open Door Alcohol and Other Drug Treatment Center

 - C. **Reducing Homelessness**
Linda Sheets, MPM, Program Director and **Stephanie Chiappini, MSW, LSW**, Program Manager, Operation Safety Net
- 2:30 p.m. Break
- 2:45 p.m. Workshops II
- D. **Engaging Peers in Wellness Coaching**
Susan O'Toole, PhD, PMHCNS-BS, Director, Physical/Behavioral Health
and **Sarah Woods, BA**, Training Specialist, Community Care

 - E. **Using Recovery Tools to Support Health Homes**
Susan Stokes, RN, MSN, Steps of Hope Program Coordinator, and
Saya Krebs, MS, CLC, Training Coordinator, Community Care

 - F. **Finding Joy in Your Recovery**
Brent Dean Robbins, PhD
Director of Psychology Program, Associate Professor of Psychology,
Department of Humanities and Human Services, Point Park University
- 4:00 p.m. Adjourn

CONTINUING EDUCATION CREDIT

MENTAL HEALTH PROFESSIONALS

Nurses and other health care professionals are awarded 0.55 Continuing Education Units (CEUs), which are equal to 5.5 contact hours.

NATIONAL CERTIFIED COUNSELORS

WPIC is recognized by the National Board for Certified Counselors (NBCC) to offer continuing education for National Certified Counselors. WPIC adheres to the NBCC continuing education guidelines. This program is being offered for 5.5 continuing education credits.

PSYCHOLOGISTS

WPIC is approved by the American Psychological Association to sponsor continuing education credits for psychologists. WPIC maintains responsibility for this program and its content. This program is being offered for 5.5 continuing education credits.

SOCIAL WORKERS

This program is being offered for 5.5 hours of social work continuing education through the cosponsorship of the University of Pittsburgh School of Social Work, a Council on Social Work Education (CSWE) accredited and Pennsylvania pre-approved continuing education provider for LSW, LCSW, LPC, and LMFT. Those attending from other states should check with their social work boards on acceptance of, or number for, continuing education through CSWE-accredited schools of social work.

ABOUT COMMUNITY CARE

Community Care, a nonprofit recovery-oriented behavioral health managed care company, is a responsive and accountable community partner. Community Care manages mental health and substance abuse services for individuals in Pennsylvania's HealthChoices program. Headquartered in Pittsburgh, Community Care has eight offices throughout the Commonwealth to serve members in 36 Pennsylvania counties.

Part of UPMC, Community Care has been awarded "full" accreditation—the highest level possible—by the National Committee for Quality Assurance (NCQA). Our mission is to promote the delivery of effective and accessible behavioral health services. For more information, please visit www.ccbh.com.

REGISTRATION FORM

Creating health homes:
embracing recovery
Thursday, March 8, 2012

Return this form by February 23, 2012 to Karen Neal, Community Care, One Chatham Center, Suite 700, Pittsburgh, PA 15219.

Phone: 412-454-8646

E-mail: nealkv@ccbh.com

Fax: 412-454-2177*

* You may fax your registration if paying with a credit card.

Tuition:

\$95; includes conference materials, continuing education credits, lunch, and refreshments. Free for consumers and their family members, and for medical residents and other students.

TUITION ENCLOSED: _____

METHOD OF PAYMENT:

Check (Made payable to Community Care)

Credit Card:

Visa Mastercard Discover

Card Number: _____

Expiration Date: _____

Billing Zip Code: _____

PLEASE PRINT

NAME _____

FIRST

LAST

DEGREE _____

TITLE _____

AGENCY _____

ADDRESS _____

CITY

STATE

ZIP CODE

DAY PHONE _____

FAX _____

E-MAIL _____

For Continuing Education purposes, please check:

- ACT48 NBCC Counselor Psychologist
 CAC Nurse Social Worker

Workshop Preferences: Every attempt will be made to accommodate your preference; however, please note that workshop enrollment is limited.

Workshops I: (Circle one)

- A. Activating Wellness Within Your Agency
B. Understanding Drug and Alcohol Challenges Facing the Forensic Population
C. Reducing Homelessness

Workshops II: (Circle one)

- D. Engaging Peers in Wellness Coaching
E. Using Recovery Tools to Support Health Homes
F. Finding Joy in Your Recovery



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