

Provider/Consumer Discussion with *Pat Deegan, Ph.D.*, on Implementation of The Personal Medicine™ and Recovery Toolkit in Mental Health Clinics and Peer Organizations

*With: Kim McConnell, MA, LPC
Joyce Wills, MEd
Martin Baiada, BA
Sarah Stookey, Ph.D*

December 10, 2008
12:00 – 1:00 (EST)

Community Care Recovery Institute's
Teleconference/Webinar Series



Teleconference/Webinar Agenda

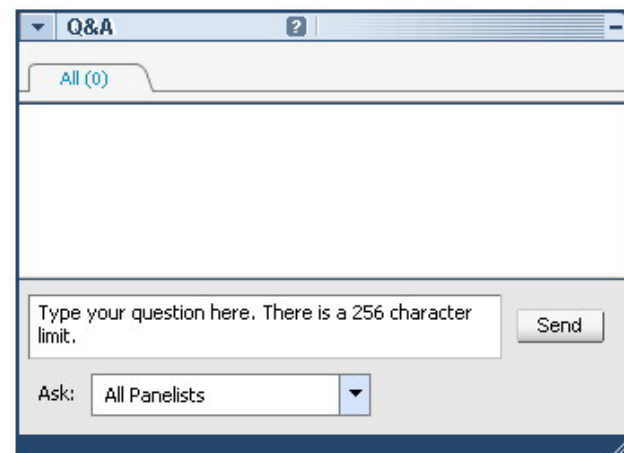
- 12:00 *Logistics* – **Pam Rainer**, LMSW, Senior Program Associate, Advocates for Human Potential, Inc.
- 12:05 *Welcome/Introductory Comments* – **Virginia Suplee**, LCSW, Manager of Recovery Initiatives, Community Care Community Care Behavioral Health Organization
- 12:10 *Presentation:* **Pat Deegan, Ph.D.**, Pat Deegan Ph.D. & Associates, **Kim McConnell, MA, LPC**, Executive Director, Family Guidance Center, **Joyce Wills, MEd** Assistant Director, Behavioral Health Services, Threshold Rehabilitation Services, **Martin Baiada, BA** Certified Peer Specialist, Threshold Rehabilitation Services, and **Sarah Stookey, Ph.D.**, Psychologist, Holcomb Behavioral Health
- 12:40 *Question & Answer Session*
- 1:00 *Conclude Teleconference*

Submitting Questions

Questions may be submitted throughout the Webinar. The presenters will answer as many questions as time permits during the Q & A portion, and will continue the dialogue/ respond to questions in the interactive forum of the Community Care Recovery Institute Web site www.recoverylearning.com following the Webinar.

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Q&A icon



About Community Care Recovery Institute

Statewide Recovery program, in collaboration with Pat Deegan, Ph.D. & Associates and Advocates for Human Potential for:

- Members
- Providers
- Families
- Our Staff

Consultation and training to support the Recovery initiative; implementing recovery-oriented, consumer-directed services in the communities it serves, known as the Community Care Recovery Institute (www.recoverylearning.com).

Training Abstract

The Personal Medicine™ and Recovery Toolkit was developed for providers and members of Community Care Behavioral Health Organization by Pat Deegan, Ph.D. First introduced in a Webinar on September 24, 2008, the Toolkit is being implemented in outpatient agencies in counties that collaborate with Community Care. Today's Webinar will focus on the plans of three separate agencies to implement the Personal Medicine™ Toolkit into their recovery process, and close with a discussion/Q & A with Pat Deegan and the other presenters. If you missed the Sept. 24 Introductory Webinar you may listen to an archived presentation at : www.recoverylearning.com and www.ccbh.com.

Event Speakers

Patricia E. Deegan, Ph.D., is an activist in the disability rights movement, a writer, lecturer and researcher. Pat is also an independent consultant with Pat Deegan & Associates, LLC and an adjunct professor at Dartmouth Medical School, and Sargent College of Health and Rehabilitation Sciences at Boston University. She has many published papers, some of which have been translated into 9 languages. Pat has lectured on the topics of self-directed recovery and empowerment around the world, and has made three films on disability related topics. Pat's current projects include developing software to support shared decision-making in psychiatry, researching a recovery-based approach to using psychiatric medications in collaboration with the University of Kansas, developing recovery-based workforce trainings for mental health practitioners and helping to restore forgotten cemeteries at state hospitals. Pat has lived her own journey of recovery, having first been diagnosed with schizophrenia as a teenager. She received her doctorate in clinical psychology from Duquesne University.

Event Speakers (cont'd)

Kim McConnell, MA, LPC, Executive Director, Family Guidance Center

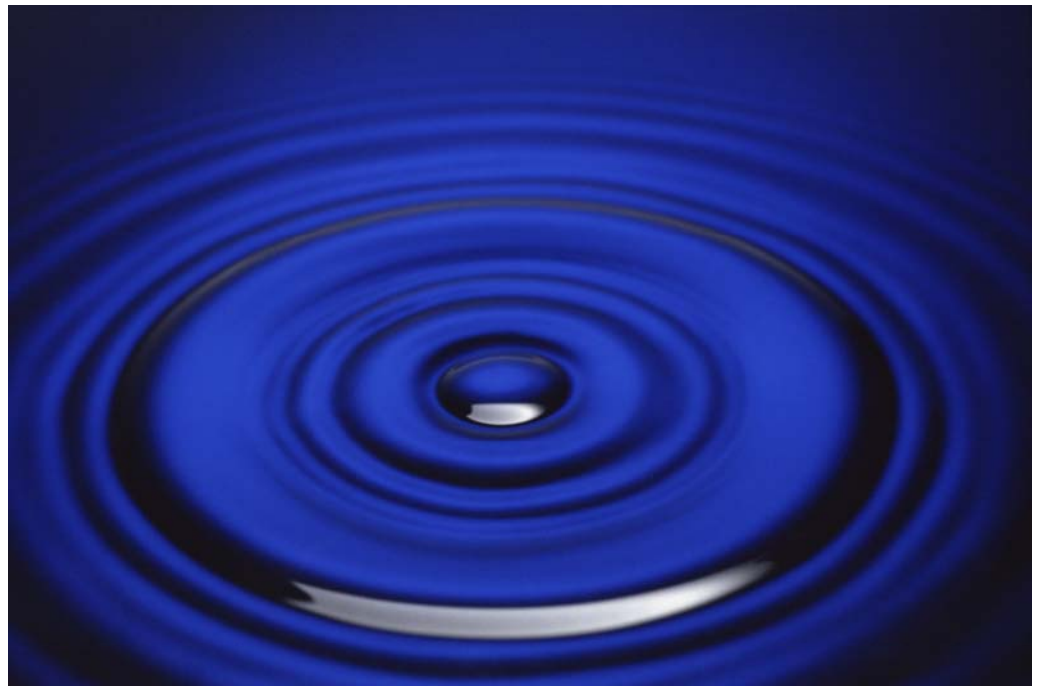
Joyce Wills, MSED, Assistant Director, Behavioral Health Services, Threshold Rehabilitation Services

Martin Baiada, BA, Certified Peer Specialist, Threshold Rehabilitation Services

Sarah Stookey, Ph.D., Psychologist, Holcomb Behavioral Health

Recovery Transformation

- ✓ Start
- ✓ Sustain
- ✓ Spread



Resistance to Change

- We already do this
- Silo
- Love-you-to-death
- Complexification

CommonGround™ Learning Collaboratives

- Agencies must transform themselves into self-renewing learning organizations (Senge 1994)
- Outside experts are never enough
- YOU must lead the transformation in your agency
- Regional CommonGround™ Learning Collaboratives

Initial Stages of Implementing Personal Medicine™

**Kim McConnell, MA, LPC, Executive Director,
Family Guidance Center**

Organization's Road to Recovery

- Outpatient Services
- Mental Health and Drug and Alcohol Counseling
- Leadership's philosophy – “Role reversal”
- Moving clinical staff toward recovery

Personal Medicine™ Toolkit

- Attendance at “Recovery Tools: Empowering Consumers and Providers”
- Receipt of Personal Medicine™ Toolkit
- How to Implement?

Posters

Clinical Supervision

Manual/CD

Personal Medicine Cards

An Agency's Decision to Use Personal Medicine™

Joyce Wills, MEd, Assistant Director, Behavioral Health Services, Threshold Rehabilitation Services

Martin Baiada, BA, Certified Peer Specialist, Threshold Rehabilitation Services

Personal Medicine TM and Threshold Rehabilitation Services

- Threshold serves people with severe mental health diagnoses through the following programs
 - Partial Hospitalization
 - CRR residences
 - Clubhouse
 - CHIPP
 - Peer Support
 - Supported Living
- President's New Freedom Commission
- OMHSAS and A Call for Change within PA

Personal Medicine™ and Threshold Rehabilitation Services (cont'd)

- October 16th local presentation on the Toolkit & Webinars
- Implementation of Toolkit
 - Posters
 - Reproducing Personal Medicine™ Cards
 - Distributing Cards within departments
 - Champion Personal Medicine™ among consumers
- New Directions
 - Provide in house training on PM Toolkit and Recovery as Precursor to Introducing Principles to Consumers

Personal Medicine™ in Outpatient Therapy

Sarah Stookey, Ph.D., Psychologist, Holcomb
Behavioral Health

A Good Fit

- Background of a Strength-Based Philosophy
- Regularly check in about Self-Care
- Personal Medicine™ resonates with me as a way to help clients conceptualize their part in the recovery process

Incorporating Personal Medicine™ into Outpatient Treatment

- My experience in the seminar
 - Personal medicine is personal
 - It is supposed to be something I already do
 - I needed to attend to my daily activities and give them significance as Personal Medicine™
- Started by asking clients to take it home and do it
 - For some, this was enough
 - Others needed to do it in therapy

Personal Medicine™ in Therapy

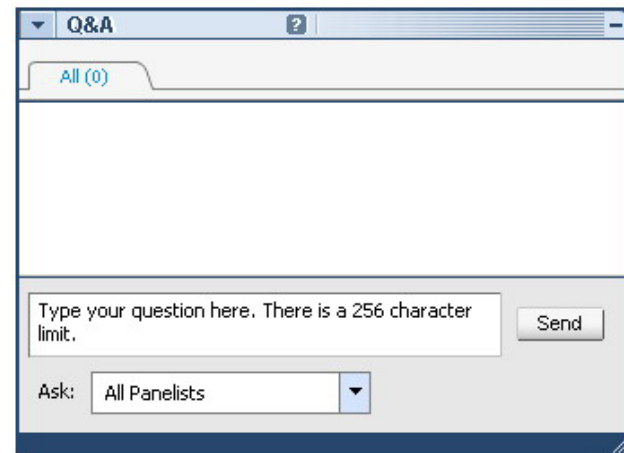
- Personal Medicine™ does not replace the therapy that is done in the room
- I use it as a tool to reinforce or supplement what we have done
- Incorporate it into the treatment plan
- Gives clients more of a sense of ownership of their recovery
- Builds Self-Esteem

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Previous Webinars

Participants who were not able to listen to the Introductory Webinar on Sept. 24 can listen to an archived presentation after today's Webinar. The archived presentation can be found in the "What's New" section of www.recoverylearning.com . It contains the audio portion as well as the Powerpoint slides.

It may also be useful to listen to the archived presentations of the October 29 discussion with Pat and the Turtle Creek Valley MHMR, Inc. staff, and the Nov. 12 discussion with Pat where she talks more about the Personal Medicine™ cards.

Following the Teleconference

*To listen to **archived teleconference presentations** check out the Community Care Recovery Institute Web Site: www.recoverylearning.com and for this presentation you may also find the archive at www.ccbh.com*

Please complete the **evaluation form** which you will receive electronically following the teleconference. Your feedback is very important in helping develop future teleconference presentations.

You may download a **Training Certificate** from the What's New section of the Community Care Recovery Institute Web Site:
www.recoverylearning.com

For More Information

For more information regarding the presentation and future training events, or to receive your copy of the Personal Medicine™ and Recovery Toolkit contact:

Virginia Suplee, LCSW, Manager of Recovery Initiatives, Community Care,
supleevd@ccbh.com

For logistical questions, contact:

Pam Rainer, LMSW, Session Moderator, Advocates for Human Potential, Inc.
prainer@ahpnet.com

For continued dialogue/questions with the presenters:

Visit the *Interactive Forum* of our web site at: www.recoverylearning.com

Thank you for participating in today's teleconference and for completing your evaluation form. We appreciate your feedback.