

# Your RoadMAP to Recovery

## Part 1

Presented by:

*Marci Sturgeon-Rusiewicz, MS, CPRP  
and Terry Moore*

February 27, 2008

*Community Care Recovery Institute's  
2007-2008*

Winter Teleconference/Webinar Series



# About Community Care

Community Care Behavioral Health Organization (Community Care) is a non-profit, federally tax-exempt, behavioral health managed care organization (BH-MCO) that manages behavioral health services for nearly one million members in Pennsylvania whose health coverage is sponsored through Medicaid, Medicare and commercial plans. It is a subsidiary of the University of Pittsburgh Medical Center.

# About Community Care Recovery Institute

Under contract with Community Care, Pat Deegan, Ph.D. & Associates and Advocates for Human Potential, provide consultation and training to support the initiative implementing recovery-oriented, consumer-directed services in the communities it serves, known as the Community Care Recovery Institute ([www.recoverylearning.com](http://www.recoverylearning.com)).

# Training Abstract

Your RoadMAP to Recovery is a program developed by Community Care in collaboration with consumers and providers. The goal of the program is to help consumers manage their own care and improve their quality of life. The consumer education curriculum is divided into six two-hour sessions co-facilitated by a consumer and a professional.

In Part I, (February 27) Marci and Terry will discuss Sessions one through three – “Understanding and Managing Your Illness, Getting the Best Results from Your Medication, and Coping with Symptoms and Side Effects”. Excerpts from the curriculum will be shared, as well as feedback given by consumers who have attended the sessions.

# Event Speakers

***Marci L. Sturgeon-Rusiewicz***, MS, CPRP, is the Recovery & Resiliency Community Manager in the Psychosocial Rehabilitation Program at Family Services of Western Pennsylvania, where she supervises the Social Rehabilitation Program and the Drop-In Program. She also works part time as a mobile therapist for a local wrap-around program in Allegheny County. Marci is a board-eligible, licensed professional counselor, with a Master of Science degree from Carlow University, where she is presently in a doctoral program for Counseling Psychology. She is a member of the Allegheny County Center's of Excellence Collaborative, a RoadMAP facilitator, and active in mental health advocacy and legislative work. She has presented at national and statewide conferences on legislative advocacy work, the "New Voices at the Civic Table" Project, and "Using WRAP in Crisis Work". Marci is actively involved in several development projects involving the implementation of peer support/specialist work on an administrative level.

## Event Speakers (cont'd)

***Terry Moore*** is a Recovery Facilitator at the Psychosocial Rehabilitation (PSR) Program of Turtle Creek Valley Mental Health/Mental Retardation, Inc. in Homestead, PA. (TCV MH/MR), where he has worked for four years. He facilitates the Expressive Arts classes and is the editor of the PSR newsletter, “Turtle News.” Terry is also a Facilitator/Trainer for the “Your Roadmap to Recovery “program, for which he assisted in the preliminary curriculum development. He has conducted several workshops and presentations of the program at various conferences and mental health agencies.

# Teleconference Agenda

- 11:00 *Welcome* – James Schuster, MD, MBA, Chief Medical Officer, Community Care Behavioral Health Organization
- 11:05 *Logistics* – Pam Rainer, LMSW, Advocates for Human Potential
- 11:10 *Presentation* - Marci Sturgeon-Rusiewicz, MS, CPRP and Terry Moore
- 11:45 Question & Answer Session
- 12:00 Conclude Teleconference

# Training Materials

If you did not receive the materials via email or fax, you may download them from the Community Care Recovery Institute web site at [www.recoverylearning.com](http://www.recoverylearning.com)

If you do not have access to a computer you may contact Pam Rainer at 518-729-1246 to have them faxed to you.

# Pose A Question

- We invite you to send in your questions via email to [prainer@ahpnet.com](mailto:prainer@ahpnet.com) ; submit them on the web site or press 1 on your telephone and the operator will announce you in the order you call in.
- The speaker will answer as many questions as possible during the teleconference.
- Please note that sending a question does not guarantee its inclusion in the teleconference. If you provide your name and organization at the time you ask your question, we may use it during the call. Anonymous questions also can be submitted.

# What is "Your ROADMAP to Recovery"

- \* A program created by consumers & providers to encourage MH recovery
- \* A program to help you understand your illness & your medications

## GOAL

- \* To help you manage your own care and make your life better

# Consumer Education Curriculum

Session 1 - Understanding your Illness

Session 2 - Getting the best results from Your Medication

Session 3 - Coping with Symptoms and Side Effects

Session 4 - Why People Don't Take Their Medications & other relapse issues

Session 5 - Communication with Your Doctor

Session 6 - Involving Family & other Supports to Avoid Crisis

# What to Expect

- \* The program is 6, 2-hour sessions
- \* Co-led by a behavioral health clinician and a consumer
- \* Consumer facilitator shares personal experiences and offers encouragement & support

# Excerpts from Session 1

## Recognizing Symptoms of Schizophrenia, Major Depression & Bipolar Disorder



The book of symptoms that your doctor uses to see which illness you have.

People are following me.

I'm scared.

I keep crying.



I can't sleep.

I hear voices.

I can't remember.

# Excerpts from Session 2

## Getting the Best results from Your Medications

## Session 2

- \* Effects of Mixing Medicines with Alcohol & Drugs
- \* Benefits of taking Medications properly

I want my money back.  
I'm still short and I still  
can't do algebra!

PHARMACY



WHAT WE EXPECT MEDICATIONS TO DO FOR US.

# Excerpts from Session 3

## Coping with Symptoms & Side Effects

# SIDE EFFECTS



# Conclusion

## Your Roadmap to Recovery

- \* Brings knowledge & understanding
- \* Teaches the importance of a support system
- \* Provides useful information
- \* Teaches daily coping skills
- \* Distributes information on taking medications properly
- \* Helps develop good communication skills

and gives participants **Hope & Encouragement**

# Agencies That Have Been Trained in RoadMAP to Recovery within Pennsylvania

## Allegheny County:

### **Family Services of Western PA**

724-335-9883 x 526

### **Mon-Yough Community Services**

412-675-8850

### **TCV MH/MR, Inc.**

Homestead House

412-462-9902

Homestead Outpatient

412-461-4100 x 700

Turtle Creek Outpatient

412-824-8510 x 607

### **Western Psychiatric Institute and Clinic**

Drake Building

412-586-2900

Oxford Building

412-246-6196

# Agencies That Have Been Trained in RoadMAP to Recovery within Pennsylvania (con'td)

## Berks County:

**Berks Counseling Center** 610-373-4281

**Threshold Rehabilitation Services** 610-375-7480

## Chester County:

**Fellowship Health Services** 610-415-9301

**Human Service Inc.** 610-692-3415

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# Following the Teleconference

*To listen to archived teleconference presentations check out the Community Care Recovery Institute Web Site:*

[www.recoverylearning.com](http://www.recoverylearning.com)

Please complete the evaluation form by clicking on the link sent to you via email by Community Care. Your feedback is very important in developing future teleconference content. If you do not have access to a computer please call Pam Rainer at 518-729-1246 to have an evaluation form faxed to you.

# More Information

*For more information, contact: [www.recoverylearning.com](http://www.recoverylearning.com)*

Nancy Parrotta, LPC, NCC, Quality Clinician, Community Care, [parrottan@ccbh.com](mailto:parrottan@ccbh.com)

Virginia Suplee, LCSW, Manager of Recovery Initiatives, Community Care, [supleevd@ccbh.com](mailto:supleevd@ccbh.com)

*For logistical questions, contact:*

Pam Rainer, LMSW, Senior Program Associate, Advocates for Human Potential, Inc. [prainer@ahpnet.com](mailto:prainer@ahpnet.com)

*Thank you for participating in today's teleconference.*

