

**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: Susan Preffer, MA; Robin Lautner, M.Ed.;
Patti Rizzo; Rosemary Foerster, MA;
and Gail Kubrin, MD*

October 29, 2008
12:00 – 1:00 (EST)

*Community Care Recovery Institute's
Teleconference/Webinar Series*



Teleconference/Webinar Agenda

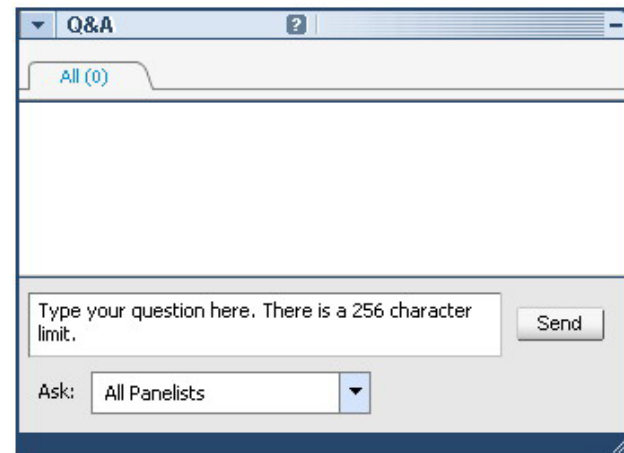
- 12:00 *Logistics* – **Pam Rainer**, LMSW, Senior Program Associate, Advocates for Human Potential, Inc.
- 12:05 *Welcome/Introductory Comments* – **Virginia Suplee**, LCSW, Manager of Recovery Initiatives, Community Care Community Care Behavioral Health Organization
- 12:10 *Presentation*: **Pat Deegan, Ph.D., Susan Preffer, MA; Robin Lautner, M.Ed.; Patti Rizzo; Rosemary Foerster, MA; and Gail Kubrin, MD**
- 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 provides an opportunity to hear from an agency with direct experience (Turtle Creek Valley) and engage in a discussion/Q & A with Pat Deegan and the staff from Turtle Creek. If you missed the Sept. 24 Introductory Webinar you may listen to an archived presentation at : www.recoverylearning.com and www.ccbh.com.



Personal Medicine™ and Recovery Toolkit Training Events

November 10, 2008

9 AM to Noon
Radisson Penn Harris
1150 Camp Hill Bypass

November 20, 2008

9 AM to Noon
Hilton Scranton and Conference Center
100 Adams Ave.
Scranton, PA

November 11, 2008

9 AM to Noon
Nittany Lion Inn
200 West Park Ave.
State College, PA

December 9 & 10, 2008

Allegheny County
Specific locations and times to be announced

November 12, 2008

9 AM to Noon
Best Western Hotel and Conference Center
82 N. Park Place
DuBois, PA

*For more information regarding the training events,
contact:*

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



Event Speakers

Patricia E. Deegan, Ph.D.

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

From TCV MHMR, Inc. (Turtle Creek Valley)

**Susan Preffer, MA, Coordinator, Decision Support Center,
spreffer@tcvmhmr.org;**

**Robin Lautner, M.Ed., Recovery Facilitator
rlautner@tcvmhmr.org**

Patti Rizzo, Consumer

**Rosemary C. Foerster, MA, Mental Health Out-Patient
Supervisor, rfoerster@tcvmhmr.org**

Gail Kubrin, MD, Medical Director, gkubrin@tcvmhmr.org

Personal Medicine & Recovery Toolkit



Getting Started with CommonGround™: The Personal Medicine and Recovery Toolkit

- ✓ 6 Screencasts for rapid e-learning
- ✓ Viewer's guide w/ discussion questions
- ✓ Personal Medicine Worksheet & Calendar
- ✓ Personal Medicine Cards
- ✓ Affirmations
- ✓ Presenter notes
- ✓ Presenter Power Point Slide Show

Who is this tutorial for?

Consumers

- ✓ aids for your recovery

Families

- ✓ tools to encourage recovery in loved ones



Who is this tutorial for?

Peer practitioners

- ✓ peer support tools

Case managers and therapists

- ✓ self help strategies



Who is the tutorial for?

Medical staff

✓ practical recovery-oriented methods for your practice

Trainers

✓ training materials



Six Screencasts for Rapid e-Learning

- ✓ On the go learning
- ✓ 5 – 17 minutes w/ 1-hour total run time
- ✓ Self paced
- ✓ Can be used in a group or alone
- ✓ Quiz
- ✓ Discussion questions in Viewer's Guide
- ✓ QuickTime, Windows Media Player or DVD player



A Peer-Run Decision Support Center in a Psychiatric Medication Clinic in Pittsburgh PA

Personal Medicines are things that...

- ...Give us a sense of purpose
- ...Make us laugh
- ...Make life worth living
- ...Help us feel loved
- ...Build our sense of self-esteem & confidence
- ...Soothe us
- ...Challenge us

WHAT IF I DON'T HAVE ANY PERSONAL MEDICINES?

Things that help me help me

- When I am feeling unwell, what do I do?
 - And how does this help me?
- What makes me feel good about me?
 - And how does this help me
- What do I most enjoy?
 - And how does this help me?

Examples of Personal Medicine

- Cooking
- Play with my children
- Gardening
- Take a bubble bath
- Listen to music
- Go for a walk
- Use the computer
- Take time to pray
- Watch TV
- Dance
- Exercise
- Play bingo
- Draw/Paint
- Visit animal shelter
- Go fishing
- Go shopping
- Write poetry
- Do housework
- Play the piano
- Go bowling

How Personal Medicine Helps Practitioners

- Personal Medicine empowers the person
- More than one way to manage symptoms
- Can be used by clinicians, case managers, peer supports
- Practitioner can be a coach/cheerleader and spend less time dealing with crises

Personal Medicine from the Prescriber's Perspective

- Enhances therapeutic alliance by providing a framework for collaboration
- Opens up the conversation to coping strategies
- Lets the clinician learn more about the client as a person; what is important; what are talents, strengths and interests of the individual
- Takes the pressure off the prescriber to find the perfect medication or dose
- Empowers the client to take charge of recovery process

More About Personal Medicine and the Med Check Visit

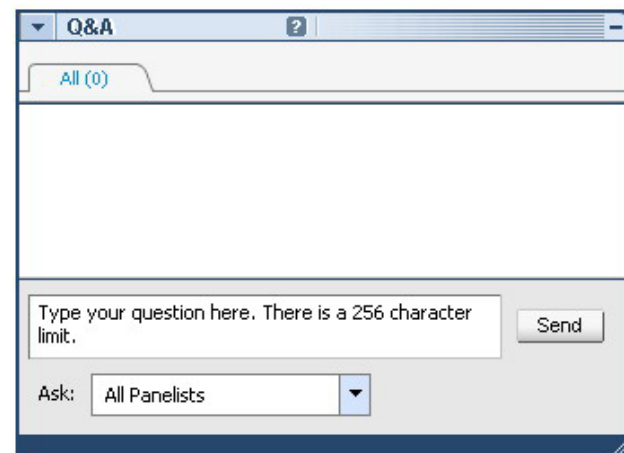
- Helps us as prescribers move from generic recommendations for coping to specific strategies for each client—enhances the feeling of being listened to by our client. Examples.
- Gives more responsibility to the client rather than the old model of the doctor is in charge; the client's actions are valued and important. Examples.
- How to sell this to prescribers: It works because we all know that the medication is not the whole answer; what the person does is essential.

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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 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, 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.