RECOVERY IS FOR EVERYONE!
Thursday, April 4, 2013
The Marriott, Albany, NY

Sponsored by: Community Care Behavioral Health Organization
and Western Psychiatric Institute and Clinic of UPMC
ABOUT THE CONFERENCE

People can and do fully recover from behavioral health conditions when given the opportunity to build skills and supports. Recovery happens when individuals (and the people around them) believe that they are capable of taking control of their lives – and of having dreams, friends, a job, and a place to live.

Recovery is about doing things differently. It’s about having hope and making changes. This conference, “Recovery is for Everyone!,” will include information that persons in recovery, providers, and others can use to make recovery “real.” Speakers will discuss recovery principles and concepts and how they can be put into practice, what a recovery facilitating system looks like, measures for recovery-promoting environments, and tools that support recovery.

“Recovery is for Everyone!” will feature two keynote speakers. Patricia Deegan, PhD, an independent consultant specializing in research and lecturing on the topic of recovery and empowering people diagnosed with mental health conditions, will describe her CommonGround approach and the importance of engaging people in their own recovery. Peggy Swarbrick, PhD, CPRP, FAOTA, Director, Institute for Wellness and Recovery Initiatives, Collaborative Support Programs of New Jersey, will present ways to develop a workforce and service system oriented in recovery and wellness. Workshops will focus on how yoga and nutrition can promote wellness, as well as how peers can support shared decision-making.

Intended for people in recovery from mental health conditions and/or addiction as well as their families, educators, social workers, psychologists, psychiatrists, peer specialists, community staff, and other behavioral health stakeholders, this conference is offered free of charge. Continuing education credits will be available.

Location: The Marriott, 189 Wolf Road, Albany, NY 12205.

Please register for “Recovery is for Everyone!” by Friday, March 22, 2013 using the form included in this brochure.

Special Needs: Please notify Paul Wittman of any special needs at least two weeks in advance of the program by calling 914-226-3500 or e-mailing wittmanpj@ccbh.com.
ABOUT THE SPEAKERS

Patricia Deegan, PhD
Principal, Pat Deegan, PhD & Associates, LLC

An activist in the disability rights movement, Dr. Pat Deegan has lived her own journey of recovery, having been diagnosed with schizophrenia as a teenager. She is the creator of CommonGround, a software program that supports shared decision-making in the psychopharmacology consultation.

In addition to being an Adjunct Professor at Dartmouth College, School of Medicine, and Boston University, Sargent College of Health and Rehabilitation Sciences, Dr. Deegan is a Principal Investigator with the University of Kansas School of Social Welfare.

Dr. Deegan received a doctorate degree in clinical psychology from Duquesne University in Pittsburgh, PA.

“Recovery is so much more than symptom reduction. Recovery is about creating a new portrait of oneself, one brush stroke at a time. It takes patience and care. It can’t be prescribed. Recovery is an act of creation. Service providers provide the paints and the brushes and maybe help adjust the perspective of the artist. The service user is the true creator. Let’s get painting!”  ~ Pat Deegan, PhD

Peggy Swarbrick, PhD, CPRP, FAOTA
Director, CSPNJ Institute for Wellness and Recovery Initiatives, Assistant Clinical Professor, Department of Psychiatric Rehabilitation, UMDNJ School of Health Related Professions

Director of the CSPNJ Institute for Wellness and Recovery Initiatives, a large statewide agency run by persons living with behavioral health illnesses in collaboration with professionals, Dr. Peggy Swarbrick is an advocate for people with behavioral health disorders. Her early personal life challenges and experiences led to a career focused on promoting wellness and recovery.

Dr. Swarbrick has made significant contributions to the behavioral health field and service delivery system regarding peer-delivered service models and community-based health and wellness promotions programs. A key member of the planning committee for the National Wellness Summit for People with Mental Illnesses, she has spearheaded an annual wellness conference since 2001. Her current work focuses on an eight dimensional model of wellness.

Dr. Swarbrick received a doctorate degree in Occupational Therapy from New York University.
Amy Colesante, BS
Executive Director, Mental Health Empowerment Project, Inc. (MHEP)

A former user of mental health services and a trauma survivor, Ms. Colesante has a long history as a systems change agent. Her passion is to introduce people to strategies that help them find their voice, connect to their personal power, and move into their rightful place as equal citizens. As Executive Director of MHEP, she promotes the agency’s mission of developing, nurturing, and sustaining self-help related activities and participates on many Boards and committees. Prior to her position at MHEP, Ms. Colesante served as Deputy Director of the Office of Mental Health’s Office of Consumer Affairs.

Lisa Dixon, MD, MPH
Professor of Psychiatry, Columbia University College of Physicians and Surgeons
Director, Center for Practice Innovations and New York State First Episode Psychosis Initiative, New York State Psychiatric Institute

Dr. Lisa Dixon is a well-known and highly accomplished health services researcher whose work has focused on improving the quality of care for individuals with serious mental disorders, with a particular emphasis on services that include families, reducing the negative impact of co-occurring addictions and medical problems, and improving treatment engagement and adherence. In addition, she edits the column in Psychiatric Services dedicated to Public-Academic partnerships. Dr. Dixon received the 2009 American Psychiatric Association Health Services Senior Scholar Award as well as the Wayne Fenton Award for Exceptional Clinical Care. With a long-standing interest in education, she was Director of Education and Residency Training of the University of Maryland-Sheppard Pratt Residency training program at its inception.

Emily Grossman, MA
Training and Technical Assistance Facilitator
New York Association of Psychiatric Rehabilitation Services (NYAPRS)

Ms. Emily Grossman, currently a Training and Technical Assistance Facilitator for the New York Association of Psychiatric Rehabilitation Services (NYAPRS), trains mental health professionals throughout New York City and the five boroughs. She previously worked as a Job Coach for the Mental Health Association in New Jersey. Ms. Grossman is the author of “There and Back Again: A Mental Health Recovery Book by Someone Who Has Lived It” and
founder of The Dream Team Coaches, LLC, a school, career, and life success coaching company. She received a master’s degree in education from Columbia University and a bachelor’s degree in English from Rutgers University.

Eileen C. Lindemann, MS, RD, CDN
The Sage Colleges, Nutrition Science Department

A registered dietician with a Master of Science degree in applied nutrition, Ms. Eileen Lindemann has taught nutrition and nutrition science classes at The Sage Colleges in Troy, NY, and at Adirondack Community College in Queensbury, NY. Ms. Lindemann currently lectures at The Sage Colleges on topics such as community nutrition, food science, nutrition metabolism, and the gluten-free diet and related disorders.

Jessica Lubin
Owner/Instructor, Good Karma Studio

A certified yoga and fitness instructor, Ms. Jessica Lubin is the owner of the Good Karma Studio in Albany, NY. In addition to the work that she does in the studio, Ms. Lubin teaches yoga to children in grades K-5 and has designed presentations for numerous events, including Compassion in Action and Yoga for Women Cancer Survivors, that focus on using yoga and meditation to promote wellness.

Cheryl MacNeil, PhD
Research Consultant, Mental Health Empowerment Project, Inc. (MHEP)

As a research consultant working with a variety of organizations, Dr. MacNeil is concerned with the role of research and evaluation in promoting issues of social justice, democracy, and community welfare. She teaches Research Methods in the Occupational Therapy Department at the Sage Graduate School, has conducted numerous studies, and is well published in peer-reviewed journals. Dr. MacNeil serves on several editorial boards and on Rensselaer County’s Community Mental Health Advisory Board.

Cindy Peterson-Dana, LMHC
Director, Mental Health Association of Westchester’s Sterling Community Center and Northern Westchester Recovery Network

Ms. Cindy Peterson-Dana’s involvement in the mental health field includes both personal and professional experiences of recovery. An advocate for the transformation of mental health services, she has worked
in state hospitals, community clinics, on an ACT team, in residential services, and in her own private psychotherapy practice in Nyack, NY. A former Deputy Director of Howie the Harp Peer Training and Advocacy Center for Community Access, she currently serves as a Board member and Regional Co-coordinator for the New York Association for Psychiatric Rehabilitation Services. Ms. Peterson-Dana works to transform services to “include a vision of robust recovery supported by both traditional and alternative treatment modalities.”

**Meggan Schilkie**
Deputy Director of the Bureau of Mental Health, New York City Department of Health and Mental Hygiene

As Deputy Director of the Bureau of Mental Health at the New York City Department of Health and Mental Hygiene, Ms. Meggan Schilkie oversees the operations of the Parachute NYC Grant Project as well as four other offices and approximately $150 million in contracted mental health services throughout New York City including housing, rehabilitation, and case management. Ms. Schilkie is also responsible for the management of operations for the Bureau, including human resources, finance, contraction, and budget. She has been with the Department for approximately eight years in various capacities. Prior to joining the department, she was an Advocate at the non-profit Coalition for Behavioral Health Agencies.

**James Schuster, MD, MBA**
Chief Medical Officer, Community Care Adjunct Associate Professor of Psychiatry, University of Pittsburgh School of Medicine

Dr. James Schuster is responsible for ensuring that services delivered are consistent with prevailing medical and clinical standards. Board Certified in psychiatry and in the subspecialties of geriatric and addiction psychiatry, Dr. Schuster obtained his medical degree from the University of Louisville in 1985 and completed his psychiatric residency at the University of Pittsburgh in 1985-1989. He received an MBA from the University of Pittsburgh in 1989.

**Jody Silver**
Director, Office of Consumer Affairs New York City Department of Health and Mental Hygiene

Ms. Jody Silver has worked as a leading New York City-based mental health advocate for over 30 years. She is currently the Director of the Office of
ABOUT THE SPEAKERS

Consumer Affairs for The New York City Department of Health and Mental Hygiene and has held this position for over eight years, working to meet the needs of people with mental health disorders, developmental disabilities, and chemical dependency. Under Ms. Silver’s leadership, the voices of consumers are being heard in New York City, and major initiatives around crisis diversion, cultural competency, health integration, and economic self-sufficiency are being addressed. A former Director of Advocacy and Public Policy for Community Access, Ms. Silver has served on numerous boards and committees and has received important awards, including most recently, the NAMI Metro Seeds of Hope 2012 Award.

Carole Taylor, RN, MSN
Chief Clinical Officer, Community Care

Ms. Carole Taylor is responsible for all care management, complaints and grievances, and customer services operations as well as quality improvement functions. In addition, Ms. Taylor oversees the work performed for the Hudson River Region. Ms. Taylor received a master’s degree in nursing from the University of Pittsburgh and has 40 years of experience, including community mental health experience in a rural area, providing program development, outreach, case management, and inpatient treatment.

Community Care would like to thank the conference advisory panel:

Adam Black, Recipient Affairs Specialist
Westchester Department of Community Mental Health

John Coppola, MSW, Executive Director
NY Association of Alcoholism and Substance Abuse Providers, Inc.

Lynne Davidson, Director, Peer Services
Ellis Medicine

Bill Gamble, Trainer
Mental Health Empowerment Project, Inc.

Doug Hovey, Executive Director
Independent Living, Inc.

Glenn Liebman, Chief Executive Officer
Mental Health Association in New York State, Inc.

Steve Miccio, Executive Director
PEOPLe, Inc.

Harvey Rosenthal, Executive Director
New York Association of Psychiatric Rehabilitation Services

Doris Schwartz, MA, LCSW-R
Chief Operating Officer
Mental Health Association of Westchester
THURSDAY, APRIL 4, 2013 AGENDA

8:00 a.m. Registration (continental breakfast provided)

9:00 a.m. **Introduction to Recovery and Transformation in Behavioral Health**
James Schuster, MD, MBA, Chief Medical Officer, Community Care, Adjunct Associate Professor of Psychiatry, University of Pittsburgh School of Medicine

Carole Taylor, RN, MSN, Chief Clinical Officer, Community Care

9:15 a.m. **Balancing the Duty to Care with the Dignity of Risk**
Patricia Deegan, PhD, Principal, Pat Deegan, PhD & Associates, LLC

10:15 a.m. **The Roles of Peers in Promoting Wellness**
Peggy Swarbrick, PhD, CPRP, FAOTA, Director of the Collaborative Support Programs of New Jersey (CSPNJ) Institute for Wellness and Recovery Initiatives, Assistant Professor, Department of Psychiatric Rehabilitation and Counseling Professions, UMDNJ School of Health-Related Professions

11:15 a.m. Break (beverages provided)

11:30 a.m. **The Science of Recovery**
Lisa Dixon, MD, MPH, Professor of Psychiatry, Columbia University College of Physicians and Surgeons, Director, Center for Practice Innovations and New York State First Episode Psychosis Initiative, New York State Psychiatric Institute

12:15 p.m. Lunch (provided)

1:00 p.m. **Overview of the Parachute New York City**
Meggan Schilkie, Deputy Director, Bureau of Mental Health, New York City Department of Health and Mental Hygiene

Jody Silver, Director, Consumer Affairs, New York City Department of Health and Mental Hygiene
1:45 p.m.  **Panel Discussion: Talking About Recovery**  
Amy Colesante, BS, Executive Director, Mental Health Empowerment Project, Inc.  

**Emily Grossman, MA**, Training and Technical Assistance Facilitator, New York Association of Psychiatric Rehabilitation Services (NYAPRS)  

**Cheryl MacNeil, PhD**, Consultant, Mental Health Empowerment Project, Inc.  

**Cindy Peterson-Dana, LMHC**, Director, Mental Health Association of Westchester’s Sterling Community Center and Northern Westchester Recovery Network  

**James Schuster, MD, MBA** (Moderator), Chief Medical Officer, Community Care, Adjunct Associate Professor of Psychiatry, University of Pittsburgh School of Medicine  

2:30 p.m.  **Break (Beverages Provided)**  

2:45 p.m.  **Workshops**  

**A. Peer Staff as Disruptive Innovators**  
**Patricia Deegan, PhD**, Principal, Pat Deegan, PhD & Associates, LLC  

**B. Exploring Food/Nutrition for Recovery and Wellness**  
**Eileen C. Lindemann, MS, RD, CDN**  
The Sage Colleges, Nutrition Science Department  

**C. Using Yoga to Support Recovery and Wellness**  
**Jessica Lubin**, Owner/Instructor  
Good Karma Studio  

4:00 p.m.  **Adjourn**
CONTINUING EDUCATION CREDITS

MENTAL HEALTH PROFESSIONALS
Other health care professionals are awarded 0.60 Continuing Education Units (CEUs), which are equal to 10.0 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 6.0 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 6.0 continuing education credits.

SOCIAL WORKERS
This program is offered for 5.5 hours of social work continuing education through co-sponsorship of the University of Pittsburgh’s School of Social Work, a Council on Social Work Education-accredited school and, therefore, a PA pre-approved provider of social work continuing education. These credit hours satisfy requirements for LSW/LCSW, LPC, and LMFT renewal for both PA and NY. For information on social work continuing education call 412-624-3711.

Note: This conference has been approved by the New York State Office of Alcoholism and Substance Abuse Services (OASAS) to satisfy initial credentialing and renewal requirements for Credentialed Alcoholism and Substance Abuse Counselor (CASAC), Credentialed Prevention Professional (CPP) and/or Credentialed Prevention Specialist (CPS).

Community Care, a nonprofit, recovery-oriented behavioral health managed care organization, serves as the Behavioral Health Organization (BHO) for the Hudson River Region in New York. For more information, visit www.ccbh.com.

Community Care Behavioral Health Organization
1 Executive Boulevard
South Westchester Executive Park
Yonkers, New York 10701
and
41 State Street, Suite 402
Albany, New York 12207
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189 Wolf Road
Albany, NY 12205

Please register no later than Friday, March 22, 2013.

To register, complete this form and mail it to:
Community Care
One Chatham Center, Suite 700
112 Washington Place
Pittsburgh, PA 15219
Attn: Karen Neal
Or e-mail it to: nealkv@ccbh.com
Or fax it to: 412-454-2177

If you have questions about the conference or registration, contact Paul Wittman, Training Manager, at 914-226-3500 or wittmanpj@ccbh.com.

This conference is offered free of charge.

Please indicate your lunch preference:
☐ Turkey    ☐ Ham    ☐ Vegetarian

For Continuing Education purposes, check:
☐ NBCC Counselor ☐ Psychologist
☐ Social Worker ☐ Other Health Care Professional