IN PURSUIT OF

Health & Happiness

Growing Your Sense of Well-Being

2014 Recovery Conference

FRIDAY, NOVEMBER 14, 2014 • 8AM–4PM
WYNDHAM GRAND PITTSBURGH DOWNTOWN
JOIN US for the 2014 Recovery Conference brought to you by a team of your peers, providers, Allegheny County Department of Human Services and AHCI staff. This event will provide you with a full day of enjoyment and growth opportunities. Your participation will improve your sense of well-being and health, assist you in coping with the stresses of everyday living and rejuvenate your pursuit of health and happiness!

This day will be packed with information and resources that support successful living for people living in recovery. Jim Probert will start the day teaching us how to turn traumatic experiences around and put them to work toward recovery and healing. At lunch, Johanna Bergan will entice us to live more happy and fulfilling lives. Besides these two exciting keynotes, you can choose to take advantage of activities like yoga or line dancing, or you can decide to learn about pursuing career options, adding fresh foods to your diet, getting emotionally fit or other activities.

We will provide nourishing meals and end the day with an opportunity to attend an Ice Cream Social and ask questions of the speakers.

LOCATION

WYNDHAM GRAND PITTSBURGH DOWNTOWN
600 Commonwealth Place (formerly Pittsburgh Hilton)
Pittsburgh, PA 15222

PARKING ACCOMMODATIONS

If you drive, we can validate your ticket for either of these two garages:

Gateway Garage, 400 Liberty Avenue
(across street from Wyndham and accessible from Liberty Avenue)

Stanwix Garage, 625 Stanwix Street
(corner of Stanwix & Fort Duquesne Boulevard)

Please arrive by 8:15am to secure a parking spot. There is a 6-foot height restriction at each garage.

You can also park on the Northside and take the “T” to the Gateway Center station. (We cannot validate these tickets.)
Please join us immediately following the conference for an Ice Cream Social and an informal “Ask The Speaker” session.

Schedule

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<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>8:00</td>
<td>REGISTRATION</td>
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<tr>
<td>8:30</td>
<td>BREAKFAST</td>
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<tr>
<td>9:00</td>
<td>OPENING REMARKS</td>
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<tr>
<td>9:15</td>
<td>KEYNOTE</td>
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<tr>
<td>10:30</td>
<td>BREAK</td>
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<tr>
<td>10:45</td>
<td>SESSION 1</td>
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<tr>
<td>12:00</td>
<td>LUNCH &amp; KEYNOTE</td>
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<tr>
<td>1:45</td>
<td>SESSION 2</td>
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<tr>
<td>2:45</td>
<td>BREAK</td>
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<tr>
<td>3:00</td>
<td>ICE CREAM SOCIAL</td>
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**Ask the Speaker**

Jim Probert

Johanna Bergan

Ask The Speaker
JIM PROBERT

Jim Probert is a psychologist at the University of Florida where he provides recovery-oriented individual therapy, emotional fitness workshops and professional consultation and training in mental health recovery. Jim often presents at peer and professional conferences and considers his most significant accomplishment to be the steps taken toward recovery in the 1980s.

In 1982, Jim was diagnosed with a severe mental illness and hospitalized. His traumatic experiences and healing capacities were not acknowledged. Fortunately, he saw beyond this and was able to turn inward, sort through the chaos of his own inner world, and learn how to draw on a deeper source of perseverance, healing and recovery within himself. By 1991, Jim began answering phones at a crisis center where he later provided emergency outreach counseling and therapy. Since 2001, he has worked at the University of Florida. SAMHSA published Jim’s recommendations for trauma-informed and recovery-oriented suicide prevention. To learn more about Jim’s recovery and his advocacy work in mental health recovery & suicide prevention, you can read his article on www.samhsa.gov in SAMHSA’s Recovery to Practice Highlights.

KEYNOTE TOPIC:
FROM TRAUMA AND POWERLESSNESS TO RECOVERY AND HEALING

Unresolved trauma can bring powerlessness and the return of other extreme feelings, thoughts, voices and experiences. Hospitalizations, re-traumatization, and an internalized fear of our own extreme states can fuel a vicious cycle. However, learning mindfulness skills may support us to acknowledge our own experiences, learn to “stand up” to those who disparage or threaten to push us toward destructive behaviors, and move more intentionally into recovery and healing.
JOHANNA BERGAN

Johanna Bergan currently serves as the Director of Member Services for Youth MOVE National (YMN). In this position, she assists chapters in the YMN network in creating and promoting successful youth-guided organizations working to unite the voices and causes of youth at the local and state level.

Ms. Bergan is a young adult with lived experience in the mental health system, now working to promote and encourage the inclusion of youth voice in policy change. She has six years experience advocating for important changes in the mental health system to improve the care options and treatment availability for young adults with mental health challenges. Her voice has been heard on several national platforms, including advising technical assistance and research and training centers that support and promote the value of youth voice.

Further positions supporting youth voice include youth advisory positions with the Pathways to Positive Futures, Portland State University Research and Training Center; the National TA Center for Children’s Mental Health, Georgetown University; and the Advisory Council on Women’s Services to the Substance Abuse and Mental Health Services Administration.

KEYNOTE TOPIC:

HOLISTIC HAPPINESS: COME WITH ME!

Together, we are on a journey to create personal wellness and happiness. Johanna shares the power of personal stories, used to create change, in furthering us on this journey. Sharing from her experience connecting youth across the country, lived experience and belief in the power of holistic lifestyles, this presentation provides everyone a chance to reflect and choose action to forward our collective pursuit. Connecting across the generations, this hopeful presentation of our collective future offers up a life choice for each of us, balanced and holistic, but most of all, happy.
GET CONNECTED THROUGH PEER LEARNING
Brian Mountain, Jon Lloyd, Paul Freund and a Panel of Peers
Social isolation has shown to be a very difficult problem to solve, and is experienced by many people with mental health disorders. The Peer Learning process puts the power in the hands of the people directly affected by the problem, instead of outside “experts.” Peers engage in learning from each other to discover seemingly “hidden” solutions to the problem of social isolation.

LIVING WITH DIABETES AND HELPFUL RESOURCES
Terry Seidman, American Diabetes Association
Diabetes is on the rise throughout this country. 25 million people have diabetes, 8 million of them don’t know it. Another 79 million people are already at the stage of pre-diabetes. There is a choice as to how we live with diabetes or with pre-diabetes. There are many resources available through the American Diabetes Association as well as in the local Pittsburgh community. This session will cover the topic of healthy lifestyle in relation to disease management and prevention.

TRAUMA SENSITIVE YOGA
Maggi Aebe, Maggi with Yoga-Plus
Participants will learn to be present in the moment by connecting with the sensations in the feet for grounding as well as matching the movements to one’s inhales and exhales. Trauma causes a disconnect between the brain and the body, and as a result the survivor has less awareness of being present, especially in stressful situations. Yoga can bring the student back to him/herself with guided stretching and breathing in a safe and secure classroom assisted by an educated teacher.

ADVOCACY IN ACTION WITH POSITIVE IMPACT
Rev. Sally Jo Snyder, Consumer Health Coalition
Advocacy begins with you and your experience and your story. For advocacy to bring effective social change, one’s personal story must be joined to a broader base and a larger cause. Advocacy that works is creative and constant with a polite persistence. This workshop will teach how to tell your story with impact, how to create a successful and creative advocacy campaign, and how to educate and create ongoing conversations with elected officials that result in effective relationships that work together towards positive change.

SPIRITUAL MEDICINES
Father Hal Baily
In the past, spirituality and faith were topics to be discussed in places of worship and services. Today, we find more and more stories and examples of how individuals who allow themselves the opportunity to have their Spiritual Being at the core and center of their lives have a much better means of a real and healthy recovery.
Workshops: SESSION 2

EMOTIONAL FITNESS: MINDFULNESS SKILLS FOR RECOVERY AND HEALING
Jim Probert
Having often learned to reject ourselves and fear our own responses to trauma, learning to live intentionally during periods of overwhelming distress can take tremendous effort and perseverance. In this workshop, a number of basic mindfulness tools will be offered to support this practice. Among these, a practice of unconditional self-acceptance may help strengthen our ability to (a) accept our own extreme experiences; (b) “stand up” to those who disparage us or push us toward destructive behaviors; and (c) eventually move more intentionally into a journey of recovery and healing.

SHOP SMART: THEN ADD INTEREST WITH FRESH FOODS
Cynthia Moore and Jesse Sharrad, Greater Pittsburgh Community Food Bank
According to the Feeding America Network, there are a majority of individuals in our country today who are challenged with making ends meet. This workshop session will show participants the techniques used to get the most bang for their food dollars. We will explore the use of grocery store ads, spotting deals while shopping, and utilizing available community resources. The session will then feature a cooking demonstration sharing how to bring those dead, boring processed foods to life by incorporating fresh food items.

PURSUITING HIGHER EDUCATION AND YOUR DESIRED CAREER
Dr. Deno DeCiantis and colleagues
A panel of Penn State officials will provide insights and information on how to achieve a college degree from the Pennsylvania State University. The panel will be made up of individuals representing University Park, local campuses, and the World Campus–Penn State’s online program. Information will be provided on the steps necessary to attend as well as the various support networks available for non-traditional students. Discussion with Q&A will follow.

MEDITATION: A JOURNEY
Maggi Aebi, Maggi with Yoga-Plus
Meditation is not about going somewhere, it is about being right where we are and getting ok with it. In this class, the participant will come away with some techniques in awareness of the sensations connected to breathing and the posture in sitting to increase the ability to remain focused. This time gives the brain the opportunity to rest and remain quiet. With practice, the amount of time spent in meditation can increase and the benefits will increase as well.

EVERYBODY CAN DANCE – LINE DANCE!
Felicia Lane Savage, Yoga Roots on Location
Workshop participants will enjoy learning and practicing line dances that are easy and keep you moving.
Registration

2014 RECOVERY CONFERENCE
Pre-Registration is required by November 3, 2014.
Space limited to 200 registrants.

Complete this form and mail it to:
You can also fax to 412-325-1111, or register online at www.ahci.org.
Please contact Tina Zimmerman at 412-325-1100 with any questions.

Name: __________________________________________________________
Phone: _______________________________     E-Mail: ____________________
Street Address: _____________________________________________________
City _____________________________________      State _____     ZIP ____________

WORKSHOP PREFERENCES
Please check your first and second choices for each session.

SESSION 1
1st  2nd
☐ ☐  Get Connected through Peer Learning
☐ ☐  Living with Diabetes and Helpful Resources
☐ ☐  Trauma Sensitive Yoga
☐ ☐  Advocacy in Action with Positive Impact
☐ ☐  Spiritual Medicines

SESSION 2
1st  2nd
☐ ☐  Emotional Fitness: Mindfulness Skills for Recovery and Healing
☐ ☐  Shop Smart: Then Add Interest with Fresh Foods
☐ ☐  Pursuing Higher Education and Your Desired Career
☐ ☐  Meditation: A Journey
☐ ☐  Everybody Can Dance – Line Dance!

SPECIAL ACCOMMODATIONS  (Dietary Restrictions, Interpreter, etc.)
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