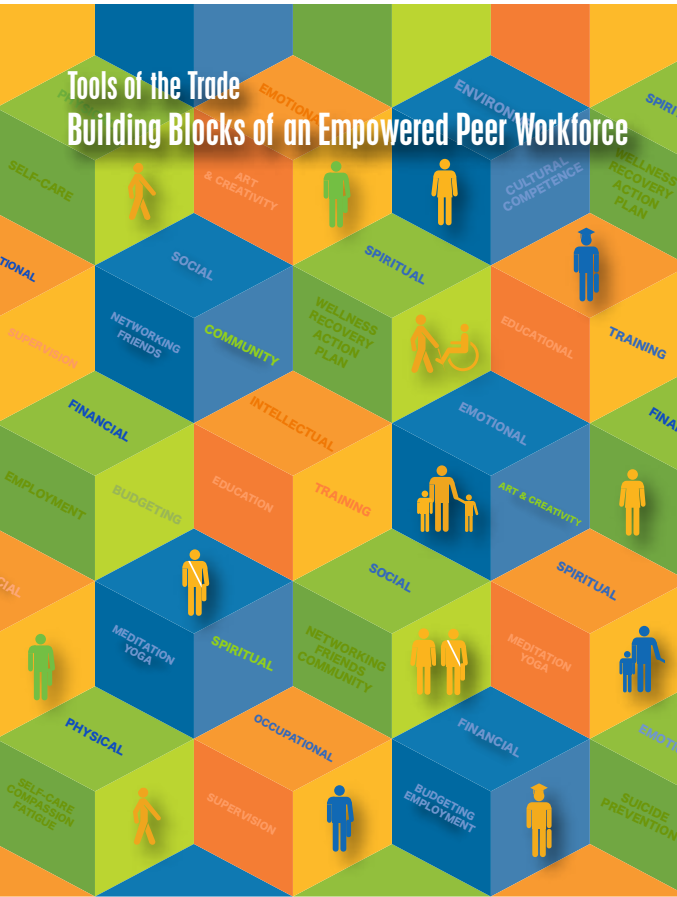


Tools of the Trade Building Blocks of an Empowered Peer Workforce



NYC WORKING PEER SPECIALISTS
ONE DAY CONFERENCE
NYU KIMMEL CENTER
60 Washington Square South, NYC
JULY 19, 2018



**Tools of the Trade
Building Blocks of an Empowered Peer Workforce**

Conference Overview

Tools of the Trade:

Building Blocks of an Empowered Peer Workforce

Tools of the Trade: Building Blocks of an Empowered Peer Workforce will showcase 22 workshops that illustrate important tools to sustain personal recovery and employment. These tools can be shared in various interpersonal settings, online peer support communities and informal grassroots-style get-togethers where mutual support is freely offered. The 12th Annual New York City Conference for Working Peer Specialists will host more than 300 peer specialists working across the spectrum of New York City’s mental health service delivery system.

An Empowered Peer Workforce combines everything we have become plus everything we wish for ourselves. We are a community that forges ahead despite oppression, stigma, threats of cooptation and numerous attempts to erode the fabric of peer support values. We are empowered not only through our achievements and resilience, but through our passion and commitment to be there for others. As peer specialists working in agencies and among people who still don’t know who we are and what we do, we look forward to sharing the tools of our trade. We believe that these tools can work for everyone!

Conference Location

This conference will be held at:
New York University – Kimmel Center
60 Washington Square South
New York, NY 10012

Conference Date

Thursday, July 19, 2018

Who Should Attend

This conference has been specifically designed for:

- Peer Specialists
- Peer Counselors
- Peer Advocates
- Peer Recovery Facilitators
- Peer Bridgers

We wish to thank the New York University Silver School of Social Work for their continued support in hosting the conference.

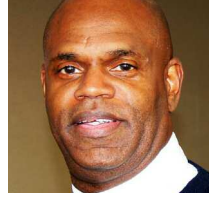
Conference Planning Committee

- New York State Office of Mental Health Office of Consumer Affairs
- New York City Department of Health and Mental Hygiene, Bureau of Mental Health, Office of Rehabilitation Programs
- New York City Department of Health and Mental Hygiene, Office of Consumer Affairs, Division of Mental Hygiene
- Baltic Street AEH, Inc.
- The Coalition for Behavioral Health: The Center for Rehabilitation and Recovery
- NYC Health + Hospitals, Office of Behavioral Health
- Howie The Harp Advocacy Center, a program of Community Access, Inc.
- New York Association of Psychiatric Rehabilitation Services (NYAPRS)
- Advocacy Consultation Services

WELCOMES



Celia Brown
Regional Advocacy Specialist,
New York State Office of Mental
Health, Office of Consumer Affairs



Carlton Whitmore
Director of The Office of Consumer
Affairs, New York City Department
of Health and Mental Hygiene,
Division of Mental Hygiene



John B. Allen, Jr.
Special Assistant to the
Commissioner, New York State
Office of Mental Health



Benjamin R. Sher, MA, LMSW
Director, Office of Global and Lifelong
Learning
NYU Silver School of Social Work



Gary Belkin, MD, PhD, MPH
Executive Deputy Commissioner
New York City Department of Health
and Mental Hygiene

KEYNOTE SPEAKER



Robert Fagan
Wellness Advocate, RELAY, Office of Recovery Systems,
Bureau of Alcohol and Drug Use, Prevention, Care
& Treatment, NYC Department of Health and Mental Hygiene

©Photo courtesy
Vincent Tullo for
The New York Times

Stepping Up to Lead and Grow

Robert will describe his journey to discovering the value of peer support. He will share his personal strategy, “formula for growth,” which uses three basic tools to enrich and empower fellow peers.

PROGRAM AGENDA

Program Agenda

- 8:15AM
 - Doors Open for Registration
- 9:00-9:30 AM
 - **Welcomes**
 - **Celia Brown**
Regional Advocacy Specialist, Office of Consumer Affairs,
NYC Field Office, New York State Office of Mental Health
 - **John Allen**
Special Assistant to the Commissioner, New York State
Office of Mental Health
 - **Gary Belkin, MD, PhD, MPH**
Executive Deputy Commissioner, New York City Department
of Health and Mental Hygiene
 - **Benjamin R. Sher, MA, LMSW**
Director, Office of Global and Lifelong Learning
NYU Silver School of Social Work
 - **Carlton Whitmore**
Director of The Office of Consumer Affairs, New York City
Department of Health and Mental Hygiene, Division of
Mental Hygiene
- 9:45-10:30 AM
 - **Keynote Presentation**
“Stepping Up to Lead and Grow”
Keynote Speaker: Robert Fagan
Wellness Advocate, RELAY, Office of Recovery Systems,
Bureau of Alcohol and Drug Use, Prevention, Care
& Treatment, NYC Department of Health and Mental Hygiene

Robert will describe his journey to discovering the value
of peer support. He will share his personal strategy,
“Formula for Growth,” which uses three basic tools to
enrich and empower fellow peers.
- 10:45-12:15 PM

- **Morning Workshops** – 90 minutes
Resource Room is Open
- 12:15-1:00 PM
Lunch and/or Resource Room
- 1:00-2:00 PM
Talent Exhibition
The Tools of Our Trade include hobbies, talents
and passions, aspects of ourselves we sometimes
don't reveal to others. These tools not only make
“you be you,” they are vital to our recovery and
our lives.
 - **Jaquese Armstrong**
 - **Carl Blumenthal**
 - **Jenny Chan**
 - **Patrice Jacks**
 - **Joel Simonds**
 - **Angel Serrano**
 - **Tony Trahan**
 - **Laura Anne Walker**
- 2:15-3:45 PM
 - **Afternoon Workshops** – 90 minutes
- 4:00-5:00 PM
 - **Reception**

MORNING WORKSHOPS

- **Morning Workshops 2018**

10:45 AM - 12:15 PM

- **What Gets You Out of Bed in the Morning?**

Room 906

Jacquese Armstrong, Wellness Mentor, CSPNJ

Motivation is the key to any type of success, whether it is starting a business or getting out of your bed to do daily tasks when you are challenged by your mental health. Are you motivated by external factors like need or greed or do you just want to be a better person. These are some of the questions we should ask ourselves as we define our personal “motivation spectrum.” This workshop will provide participants with an opportunity to develop a visual representation of their motivation spectrum and identify the wants and needs that produce it.

- **The Practice of Self-Appreciation** Room 905

Sara Goodman, CPRP, Chief Operating Officer
Baltic Street, AEH, Inc.

Each person attending this conference is an affirmation that practice yields positive results. Individually, we have successfully undertaken various practices of wellness; we practice empathy in our job roles, and we practice our job skills so we may retain our employment. We are becoming more mindful of our physical health. Under the broad heading of Self-Care we will discuss the importance of adopting a “Practice of Self-Appreciation.”

Together we will gain an understanding of the little things that we do for ourselves that can significantly enhance the quality of our lives and how to integrate these new practices into our daily routine and make them “second nature.”

- **Who Defines Peer Support? The Danger of Substituted Values and Voice** - Room 803

Darby Penney, Advocates for Human Potential, Inc.

This presentation will explore how peer support has morphed into paid staff positions within traditional mental health agencies over the past 20+ years, and how this process has changed the field’s understanding of peer support. Peer support was originally a grassroots, non-hierarchical approach rooted in mutual aid and consciousness-raising groups. In recent years, state mental health authorities have developed a “peer staff model” exemplified by the rapid expansion of peer specialist positions within traditional mental health programs. This presentation will discuss the processes

by which this happened and offer recommendations for redefining terminology to distinguish between these very different types of roles and safeguarding the future of genuine peer support. An ongoing federally funded study of Intentional Peer Support practiced in peer-run programs will be described and discussed.

- **Creating Safe Space
Making LGBTQI People Comfortable to Share
Their Stories**

Room 903

David Ruiz

Baltic Street AEH, Inc.

What do you do when you meet different people—or people different from you. Over the last few years there has been a lot more exposure to people who identify differently. Whether it is orientation, gender, gender expression, or simply how they see relationship values. Through use of scenarios, workshop participants will leave with a better understanding of how people identify and that identity does not necessarily need to match the person’s gender expression. We will work towards being non-judgmental when encountering people whose relationships may not match societal norms, with a goal of opening up better lines of communication.

- **Using Social Media to Facilitate Grassroots
Peer Support and Advocacy Efforts**

Room 901

Neesa Sunar, Peer Specialist

Transitional Services for New York, Inc.

Social media is a powerful tool that can bring mental health advocates together from across the globe. Through the use of Facebook groups, people can come together and empower one another in their journeys towards wellness, thus replicating the dynamic of professional peers. Workshop participants will learn how to set up and promote their own mental health groups on Facebook and learn how to manage groups and keep them engaging while maintaining a supportive safe space.

MORNING WORKSHOPS

- **Supervision and Peers: Preserving Our Values, Defining Our Practice - Room 909**

Jonathan P. Edwards, LCSW, ACSW, M.Phil.
Program Consultant, Office of Recovery Systems
Bureau of Alcohol and Drug Use Prevention, Care & Treatment, NYC Dept. of Health and Mental Hygiene

Gita Enders, LMSW, MA, CPRP
Associate Director, Consumer Affairs
NYC Health + Hospitals, Office of Behavioral Health

The national peer support workforce is estimated to be more than 25,400. However, there seems to be a lack of supervision resources and supports for this rapidly emerging discipline in behavioral health. As with other helping professions, the scope of peer supporter's work is often not clearly defined, leading to role ambiguity, cooptation, exploitation, and professional stagnation. Structured supervision that combines empathy, positive regard, respect, constructive and timely feedback, and opportunities for professional development constitutes the gold-standard.

This workshop provides a brief overview of peer workforce development, with a focus on the importance of embedding peer recovery values in supervision practice; reviews the Five Critical Functions of Supervision; and utilizes scenarios to engage participants in interactive dialogue and problem-solving to address an array of issues that may be raised during supervision.

- **How Program Participants Guide an Agency: Lessons Learned from Community Access' Tenant Advisory Group - Room 406**

Carla Rabinowitz, Advocacy Coordinator
Community Access

The Program Participant Advisory Group (PPAG) was developed so Community Access leadership could hear directly from participants about both needed changes and good things that are happening in each program. Learn how a group of tenants from 22 buildings, and non-housing programs, came together to form an advisory group to the CEO and senior management staff. This workshop will address how this peer driven group overcame its tumultuous beginning and succeeded in developing a few programs that are now implemented throughout the agency.

- **Peace Work—Bonded Community Heals Room 904**

Noelle Pollet, Consultant/Developer of Peace Work
Heart Circle Consulting

Peace Work is a remarkably transformative community-building format based on the Alternatives to Violence Project; a group process created by incarcerated people, Quakers and Civil Rights Leaders, in response to the Attica Prison uprising. It is constructed of engaging interactive activities arranged in specific ways to affirm, foster interpersonal skill, share power, build trust, encourage play: invite the life experience and wisdom of each participant forward . . . which ultimately facilitates a deeply bonded community! One in which trauma bubbles gently surface and dissipate. Workshop participants will experience enough of the process to put elements to use in their peer support work.

- **Getting to What Matters with Person-Centered Recovery Planning - Room 405**

Amanda Saake, LMSW, CPRP
Director, Center for Rehabilitation & Recovery
The Coalition for Behavioral Health, Inc.

Melissa Thomas, LCSW, Sr. Program Associate

Marlo Pasion, LCSW, Program Associate

The person-centered approach supports individuals to drive their own recovery and encourage a holistic method of collaborative planning. Person-Centered Recovery Planning goes beyond the management of diagnosis and symptoms to more fully appreciate the importance of an individual's valued cultural preferences, natural supports and recovery-based life role goals. This skills focused workshop will provide an overview of PCRCP and an interactive exercise where participants will put together the pieces of a recovery plan including: strengths, barriers, goals, SMART objectives, and interventions. Workshop participants will receive a sample recovery plan and resources to assist with the "real world" application of PCRCP in their work.

MORNING WORKSHOPS

- **Are You Ready? Preparing for Challenging Behaviors from Clients and Co-workers** - Room 907

Dan Berstein, MHS, Mediator, MH Mediate

This highly interactive workshop will help participants reflect on their professional norms, organization policies, and personal boundaries to develop plans for the emergencies, disruptions, and disconnects they may encounter from clients and co-workers. All participants will receive a 5-step reference tool to help them plan for challenging behaviors.

- **Peer Services: A Kaleidoscope of Changing Skills**
Room 908

Cindy Rodriguez, Peer Specialist
Creedmore Psychiatric Center

Bernard Thomas-Pearman, Peer Specialist
Creedmore Psychiatric Center

Monique Velluti, Peer Specialist
Creedmore Psychiatric Center

Michelle Laferriere, Peer Specialist
Creedmore Psychiatric Center

Laverne Ketcham, Peer Specialist
Creedmore Psychiatric Center

Michelle Alam, Peer Advocate
Federation of Organizations at CPC

What is one of the most important skills for a Peer Specialist? Group Skills! This workshop will provide the group perspective from a state psychiatric hospital setting. We will present on the innovative groups that we are leading in a hospital setting. Our primary focus will be on inpatient peer run groups that cover a variety of subjects that are relevant to a patient's recovery and independence. These include, medication management, substance use, activities of daily living and more. Peer Specialists will provide insight into the success and challenges of empowering patients to move on to the community.

- **Academy of Peer Services – Preparing for the “Real World” of Peer Support and Supervision**
Room 912

Rita Cronise, Distance Faculty, Academy of Peer Services and Virtual Community, Rutgers University

Amy Spagnolo, PhD, Program Manager, Academy of Peer Services

Karen Richards, PhD, Faculty/Instructional Design Team, Academy of Peer Services

Annette Backs, PhD, Faculty/Instructional Design Team, Academy of Peer Services

As the peer support and supervision workforce evolves and expands, training strategies need to change and grow as well. The Academy of Peer Services currently offers online, on-demand courses as a first step toward certification. As new technologies become affordable and accessible, new ways to increase skills and knowledge emerge through learning collaborative, communities of practice, and other types of instructional strategies. In this interactive workshop the Academy of Peer Services instructional design team engages the audience in an open dialogue about what is happening in peer support and supervision in the real world and ways to prepare people to meet those challenges.

- **Lunch and/or Resource Room**
12:15 PM - 1:00 PM

- **Talent Exhibition**
1:00 PM - 2:00 PM

The Tools of Our Trade include hobbies, talents and passions, aspects of ourselves we sometimes don't reveal to others. These tools not only make **“you be you,”** they are vital to our recovery and our lives.

- **Jaquese Armstrong**
- **Carl Blumenthal**
- **Jenny Chan**
- **Patrice Jacks**
- **Joel Simonds**
- **Angel Serrano**
- **Tony Trahan**
- **Laura Anne Walker**

AFTERNOON WORKSHOPS

- **Afternoon Workshops 2018**

2:15 PM - 3:45 PM

**Trauma-Informed Peer Support:
Meeting Real-Life Challenges - Room 803**

Darby Penney, Advocates for Human Potential, Inc.

Cathy Cave, Unlimited Mindfulness Consulting

This session will introduce participants to the values and principles of trauma-informed peer support (TIPS), offer examples of potential challenges they may face in implementing TIPS, and provide a structured, interactive opportunity to problem-solve in small groups about how they would address these issues in their practice of peer support.

- **Career Chat: Sharing Tips and Strategies for Professional Growth through Education**

Room 912

Jonathan P. Edwards, LCSW, ACSW, M.Phil.

Bureau of Alcohol and Drug Use Prevention, Care & Treatment NYC Dept. of Health and Mental Hygiene

Gita Enders, LMSW, MA, CPRP,

Associate Director, Consumer Affairs
NYC Health + Hospitals, Office of Behavioral Health

This session will be a facilitated dialogue where participants can share their experiences of education and their dreams of achieving higher education. The facilitators will share their experiences pursuing higher education in the face of challenges, setbacks, stigmatizing beliefs, and other structural barriers that often interrupt or impede these goals. We find that, consistent with the values of hope, identification, and mutuality, one person's account of overcoming fear can ignite another's courage and determination. We also find that, like ourselves, many peers also experience age as yet another barrier to higher education and career advancement.

- **Write Your Story, Heal Your Self - Room 901**

Christina Bruni, M.S., Christina Bruni, LLC

The goal of this workshop is to help peers craft their own recovery stories to heal from illness. Peers will develop the language to rewrite their stories to create possibilities where once there was pain. By telling their stories they combat the self-stigma surrounding having an illness. Peers will get information on finding ways to publish their writing. Peers will read their stories to each other to get support.

- **Supporting LGBTQ Community Members in Their Mental Health and Substance Abuse Recovery at Rainbow Heights Club - Room 904**

Bernis Young, Peer Specialist

Sunny Rivera, Peer Specialist

Jake Aubrt, Peer Specialist

Rainbow Heights Club is a psychosocial and advocacy club in Brooklyn for LGBTQ+ people living with mental illness. Three peers will talk about their lived experience with incarceration and hospitalization, the support they needed to recover, and the work they do to support others in recovery at Rainbow Heights Club.

- **Peer Supervision: What's Working, How and Why? - Room 909**

Jessica Wolf, PhD, Decision Solutions

Jeremy Reuling, LCSW, NYCPS, Director,
Sterling Community Center, MHA of Westchester

Peer employment continues to increase. Peer support workers partner with non-peer staff in a variety of roles. All workers, including peers, benefit from and need effective supervision and career development. This interactive workshop will build on participants' wisdom, knowledge and expertise to document and share successful peer supervision practices.

- **The Tools of Self-Care for the Professional Peer: How to Use Reflective Journaling for your Personal Well-Being, Professional Development and Growth - Room 906**

Tania Martinez, Director of Employment Services
Baltic Street A.E.H., Inc.

This workshop will provide professional peers with the communication skills that will enhance their awareness of self-care and personal responsibility. Participants will learn how to use the tools of reflective journaling in the following ways; goal setting, to identify the warning signs of compassion fatigue and to enhance supervision.

AFTERNOON WORKSHOPS

- **Haiku: Creating Art While Healing from Trauma NYC Trauma-Informed Approaches Learning Community**

Room 903

Beth Mangiaracina, MHEP Inc

Marc Levine, Peer Specialist, PSI NY, Inc.

WillieFlora Gaines, Coordinator NYC Dept of Health and Mental Hygiene

Christina Sparrock, CPA, CFE, CGMA, Mental Health Advocate

Kira Labinger, Peer Specialist

Teena Brooks, LMSW, Assistant Director NYC Dept of Health and Mental Hygiene, Office of Consumer Affairs

This session is an experiential haiku poetry workshop viewing the art form as a tool in healing and self-expression. Haiku, with its emphasis on simplicity, intensity and directness of expression can provide a peaceful, calming outlet for both the writer and reader as each move along their health paths. It is a natural fit as a self-discovery and wellness tool for peer supporters. Participants will hear and read examples of haiku poetry, learn about the history and structure of the poem and will develop the skill to write one. We hope people will choose to share their haiku as we wrap up. Come learn more about haiku poetry, self-care and healing from trauma.

- **Peer Workers as Change Agents: Building Our Collective Power**

Room 905

Sascha Altman DuBrul, Co-Founder of The Icarus Project, Recovery Specialist & Trainer for OnTrackNY & the ACT Institute

Peter Stasny, MD, Co-Founder of IDHA Institute for the Development of Human Arts

Jazmine Russell, MD, Co-Founder of IDHA

Angel Serrano, HNC ACT Team Peer Counselor and Wellness Spirituality Peer Group Facilitator

Join members of the Institute for the Development of Human Arts (IDHA) for an on-fire conversation about the future of the peer workforce and what it means to be a change agent in the system. Join us as we talk about the trainings we've been doing with peers and clinicians in NYC as well as how peer specialists and mental health activists are organizing mutual aid learning and support communities inspired by The Icarus Project, Hearing Voices Network, Intentional Peer Support, Open Dialogue, Western Mass RLC and other community based projects that are drawing clear lines between clinical work and peer work.

- **Healing Through Hip Hop - Room 907**

Luis O. Lopez, MS, Coordinator for Fidelity and Best Practice, ACT Institute

Chacku Mathai, CPRP, CEO Mental Health Association of Rochester, Inc.

Celia Brown, Regional Advocacy Specialist, Office of Consumer Affairs, NYC Field Office, Office of Mental Health

Amanda Saake, LMSW, CPRP, Director, Center for Rehabilitation & Recovery, The Coalition of Behavioral Health, Inc.

Noah Gokul, BA, Peer Specialist, OnTrackNY Clinic, NY State Psychiatric Institute

Three years ago, five presenters spoke about their challenges and how hip hop factored into their recovery and helped in their healing. This year the group comes back ready to share more stories. Additionally a number of artists will join the presentation and share their art through rapping and poetry. Participants will have an opportunity to share their own stories of struggle and recovery.

- **Speaking Up: Interrupting Acts of Prejudice**
Room 908

Moneer Zarou, Advocacy Consultation Services

Ellen Stoller, ATR-BC, LCAT

Being culturally competent requires us to act when we hear expressions or jokes that are offensive – yet every day in our communities, families, and workplaces we experience stereotypes, racial, ethnic and homophobic slurs and jokes. We need tools and techniques to interrupt these acts of prejudice. We also need to speak up when we hear people identified as a diagnosis rather than as a person. In this interactive workshop we will explore this deeper layer of becoming culturally competent and acting as a change agent in your world.

- **Reception**

4:00 PM - 5:00 PM

Reception Rooms - 405 - 406

CONFERENCE REGISTRATION

How to

To register for this FREE full day conference, you may register online, by mail or fax.

- Register online at: www.coalitionny.org/the_center
- Register by mail to:
The New York State Office of Mental Health
Attn: Deborah Mizell
330 Fifth Avenue, 9th fl., New York, NY 10001
- Register by FAX: 212-330-6359
- Information: 212-330-6352
or e-mail: nypeer@omh.ny.gov

Location

This conference will be held at New York University Kimmel Center, 60 Washington Square South, New York, NY 10012

Confirmation

To confirm your registration for the conference, a registration acceptance will be emailed to you whether you registered online or or by fax.

Cancellation

To cancel, so others may attend, please e-mail: nypeer@omh.ny.gov We will maintain a waiting list.

Accommodations

The Kimmel Center is wheelchair accessible.

Lunch

Lunch is provided at no cost to all participants.

Transportation

By Subway

- Take the Lexington Avenue subway (No. 6 train) to Astor Place Station. Go west on Astor Place to Broadway. Walk south on Broadway to Waverly Place. Walk westward on Waverly Place until you reach Washington Square.
- Take the Sixth Avenue subway to West Fourth Street-Washington Square Station (A, C, E, B, D, F, or M train). Walk east on West Fourth Street until you reach Washington Square.
- Take the Seventh Avenue subway #1 to Christopher Street-Sheridan Square Station. Walk east on Christopher Street to West Fourth Street. Continue east to Washington Square.



Registration Form (PLEASE PRINT. Register online, mail or fax completed registration form to the address listed above.)

Name: _____

Title: _____ Organization: _____

Phone-Work: () _____ FAX: () _____ E-Mail: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____



Mail Registration or Fax:

New York State Office of Mental Health

Attn: Deborah Mizell, 9th Fl.
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