

2016 HOPE Conference

Living Well:
Nurturing Health through Self-Discovery



FRIDAY, MAY 20, 2016
AUGUSTA CIVIC CENTER | Augusta, Maine

*Presented by the Maine Office of Substance Abuse and Mental Health Services,
in collaboration with the Consumer Council System of Maine
and the Maine Association of Peer Support and Recovery Centers*



Paul R. LePage, Governor

Department of Health
and Human Services

*Maine People Living
Safe, Healthy and Productive Lives*

Mary C. Mayhew, Commissioner

2016 HOPE Conference

Living Well: Nurturing Health through Self-Discovery

Friday, May 20, 2016

8:00 am – 4:00 pm

Augusta Civic Center

76 Community Drive

Augusta, ME 04430

Registration Fee

\$15 by May 13

\$20 on or after May 14

2016 HOPE Conference

8:00 – 8:30
Registration & Breakfast

8:30–8:45
Opening Remarks

8:45–9:30
Keynote Speaker: Oryx Cohen, MPA
National Empowerment Center

9:30–9:45
Break

9:45–11:00
Workshop A

11:15–12:30
Workshop B

12:30 –1:30
Lunch
Entertainment – Peers Sharing Talents

1:30–2:15
Keynote Speaker: Tom Hill, MSW
SAMSHA

2:15–2:30
Break

2:30–3:45
Workshop C

3:45–4:00
Closing Remarks/Raffle

Who Should Attend:

This conference is designed for persons in recovery, consumers, survivors, service providers, family and community members

Conference Objectives:

The goals for the conference are for participants to gain a greater understanding of what recovery/wellness is from the many paths and different perspectives on the journey of life. This conference will be a chance to learn from each other, network, and gain greater understanding about recovery and wellness.

Please arrive and register on time!

Registration and breakfast start at 8 a.m. Conference starts at 8:30 a.m.



Keynote Speakers



ORYX COHEN, MPA |

Oryx Cohen is a leader in the international consumer/survivor/ex-patient movement. Currently he is the Chief Operating Officer of the National Empowerment Center's Technical Assistance Center. Oryx is featured in *Agnes's Jacket*, a book by Gail Hornstein, where Oryx and fellow Freedom Center co-founder Will Hall are compared to the founders of Alcoholics Anonymous. Oryx is also a board member of the Hearing Voices Network USA and an Emotional CPR trainer. Oryx co-produced and stars in a film called *HEALING VOICES*, which will be released in April 2016.



TOM HILL, MSW |

A long-time leader in the addiction recovery community, Tom joined SAMHSA as a Senior Advisor to the Administrator in November 2015. Previously, he was a Senior Associate at Altarum Institute, serving as Technical Assistance Director for a number of SAMHSA treatment and recovery support grant initiatives. He also served for three years as Director of Programs at Faces & Voices of Recovery. Mr. Hill is frequently sought out as a national thought leader in the recovery field; his personal experience of recovery from addiction spans over two decades. Reflecting his commitment to the goal of long-term recovery for individuals, families, and communities, Mr. Hill has also served on numerous Boards of Directors, advisory boards, committees, and task force/working groups. Mr. Hill received his MSW in community organizing from Hunter College at City University of New York. He is the recipient of numerous awards including the Johnson Institute America Honors Recovery Award, the NALGAP Advocacy Award, and a Robert Wood Johnson Fellowship in the Developing Leadership in Reducing Substance Abuse initiative.

Contact Hours

Certificates of attendance will be available for 5.5 contact hours. Participants in the CIPSS Training Program will receive 1 continuing education credit for attending A-7, B-7, and C-7 workshops. Be sure to select all three when you register.

Scholarships

It is necessary to charge a registration fee to help cover a portion of the cost per individual. A limited number of partial scholarships are available for peers who would otherwise be unable to attend. A scholarship application may be requested from Linda MacDonald by phone: 207-287-9162, e-mail: linda.macdonald@maine.gov or fax: 207-287-9152. If you are applying for a scholarship, you must complete this process before registering for the conference.

Car-Pooling

We highly recommend car-pooling and also encourage organizations with vans to provide rides to members. Anyone who brings two or more passengers with them in a private vehicle may register to win a prize drawing of one of five \$25 gas cards! See the Help Desk for details as you sign in on the day of the conference. Must be present to win.

Food

A complimentary continental breakfast, lunch and afternoon snack will be provided. **Please note:** Bringing in food or beverages from home or outside establishments is strictly prohibited by this facility and will not be allowed into the building. Please indicate any food allergies on the registration form.

Lodging

Lodging is available for the night of May 19 for those peers/consumers who live more than 130 miles from the Augusta Civic Center. Please indicate that you qualify on the registration form.

Mileage

A limited amount of funding is available for mileage for those peers/consumers who use a private vehicle to travel 150 miles round-trip to the conference. Please indicate that you qualify on the registration form.

Book Table

A book table will be offered by Kelly's Books To Go with a variety of books for purchase. Please come prepared if you want to take advantage of this opportunity. Cash, checks, Visa, MasterCard and Discover cards will be accepted.

Resource Tables

HOPE Conference Sponsors will have resource tables available at the conference.

*Please be aware that temperatures may fluctuate in the meeting rooms.
For your own comfort, please dress in layers.*

Descriptions of all workshops are listed on the next few pages. Each one is assigned a special code (A1, B1, and so on). Please choose your 1st and 2nd choices for each session — A, B, C — and circle the codes on the Registration Form.

MORNING KEYNOTE PRESENTATION:

Wounded Healers: How the Peer Movement is Transforming Mental Health

Oryx Cohen, MPA, Chief Operating Officer, National Empowerment Center

The notion of the wounded healer goes back to Greek mythology when the centaur Chiron was wounded by a poisonous arrow. Later, Carl Jung used the term to describe the condition which compels one to become an analyst. Today, we look at the concept of the wounded healer in the emergence of the peer movement in mental health. The keynote will address leading innovations developed by modern day wounded healers, including Peer-run Respite, Intentional Peer Support, and Emotional CPR.

A-1 Creating and Promoting Crisis Alternatives — *Oryx Cohen, MPA*

In this interactive workshop, participants will examine the leading crisis alternatives in the world and how we can better promote these existing alternatives. We will also spend time discussing how we can create new options to help fill the wide gaps we presently see in community care.

A-2 Aerobics for the Mind — *Cathy Brown and Jan Anderson*

Learn to live well by keeping your mind active in creative and fun ways! The Intentional Warm Line Staff will share their experiences in intellectual wellness and how to make it fun. Intellectual wellness involves lifelong learning, applying the knowledge learned, and sharing it with fellow peers. Participants will benefit from some of the items from the presenters' Wellness Toolbox. You will discuss and explore the benefits of using sudoku, word searches, cryptograms, crossword puzzles and other logic puzzles. There will be various levels of difficulty. Don't miss what promises to be a 'thought-provoking' workshop!

A-3 Connecting Through Compassionate Conversation — *Elaine Ecker*

Learning how to speak and listen with compassion and empathy has the potential to make a dramatic difference in relationships and interactions. The basis of this introductory workshop is from NAMI Maine's new curriculum, "Inspiring Minds: Skills for Balance, Connection & Fresh Perspectives," and Marshall Rosenberg's book, "Nonviolent Communication: A Language of Life." Participants will discuss how some of our everyday conversation styles can engender defensiveness and disconnection, and how and why language in our culture often reflects competition rather than connection. Learn how to practice I Statements, reflecting the four components using nonviolent communication, and hear about listening with empathy, using reflection and validation. This workshop will be highly interactive and informative.

A-4 WRAP Key Recovery Concepts and the Eight Dimensions of Wellness

Scott Metzger and Liz Lind

This presentation will include a brief overview of the Mary Ellen Copeland's evidence based Study of Mental Health Recovery and Wellness Recovery Action Planning (WRAP). Participants will explore the five Key Recovery Concepts of WRAP; Hope, Personal Responsibility, Education, Self-Advocacy and Support. After discussion, participants will start their own personal gratitude list within the framework of the Eight Dimensions of Wellness, and have the opportunity to share with the group and develop a group gratitude list. Participants will identify a specific area in the Eight Dimensions they would like to move towards and then explore how they can use the five Key concepts to support their own journey and goals in leading a balanced life. This workshop is going to be interactive and will display visually the connection between the Five Recovery Concepts and how it can be implemented within the Eight Dimensions of Wellness.

A-5 Entering the Peer Workforce: Résumé Writing, Interviewing and Skill Building

Randy Morrison

The process for applying and interviewing as a Peer is unlike any other job hiring process. This workshop will cover the process applicants go through for a Peer position. It will focus on building skills and knowledge about how best to convey difficult life stories, the path to recovery, and IPS. For the Behavioral Health Home programs, as an example, one must show how to talk about lived experience, recovery, and challenges within the mental health system, while not isolating case workers or providers. The session will also touch on what NOT to say. The format for this presentation will rely on discussions and some presentation, and will allow time for specific questions and audience participation.

A-6 Wellness through Music — *Thomas Poulson*

Music is a healthy outlet and can be a tool to move forward through difficult events or feelings. In this workshop, through words and song, participants will learn how to explore personal means of coping and self-expression. Participants will work as a group to create poetry and song as a way to realize personal talents, and as a way to create wholeness. Come to this workshop and celebrate your wellness!

A-7 Why I Can't Trust You . . . Exploring Cultural Competence in IPS

Kelly Staples, Katharine Storer and Moon Nguany

In collaboration with Youth Move Maine this program explores why certain populations in Maine choose not to seek mental health support. Using a variety of presentation platforms such as video, skits and discussion, participants will gain insight into the reasons behind these barriers. The trainers will apply the concepts of Intentional Peer Support (IPS) to determine effective ways to connect with individuals who might be reluctant to disclose mental health issues. For CIPS Continuing Education credit, participants must attend all three workshops A-7, B-7 and C-7.

B-1 Every Voice Matters — *Jenna Mehnert*

Make your voice matter! This workshop will provide attendees with information on how the legislative process works, how it affects individuals, and how we are able to influence the legislative process. NAMI SMART training is embedded within this workshop. Attendees will

hear a clear explanation of how the legislation works, what are the nuts and bolts of giving effective testimony, and will have a chance to practice telling their story. Learn to tell your story so that it will move the legislation!

B-2 Hearing Voices — ~~Lydia Richard and Cathy Bustin~~ **CANCELLED**

~~The International Hearing Voices Network Inc., is an independent network offering peer support, training and education with a non-pathologizing, alternative approach to the experience of hearing voices. This session will provide full information regarding the history of the Hearing Voices Network and the components of Hearing Voices support groups, as well as discuss alternative ways of thinking or believing. It promises to spark your interest in a full day of information/education about the Hearing Voices Network to be offered in Augusta this coming June by trainers from the Western Mass Learning and Recovery Peer Center. It will be followed by three days of facilitator training in HV support groups. If you're interested in the International Hearing Voices Network, don't miss this breakout session!~~

B-3 Self-Awareness in Handling Every Day Challenges in Recovery — *Nancy Michaud*

This workshop will focus on how to deal effectively with negative thinking that results from experiences of trauma, addiction, physical or psychological abuse, or any other of life's struggles. Participants will hear how positive thinking and self-care can be present every day, and will share about useful strategies that may have helped them in challenging times. This workshop will give participants a toolbox of resources to use in their personal recovery journeys.

B-4 Self-Discovery through Sharing Our Stories

Panel, Voices of Recovery: Nancy Boucher, Morgan Danae and Sara Paulsen

This panel gives participants an inside view of personal experience with mental health. The panel will speak about what has helped, and what has hindered, throughout the recovery process. In sharing this way, the panel hopes to give others insight that will help them in their personal journeys. The stories are told in an inclusive setting to help educate the public about mental health, to help reduce stigma, and is presented with a focus on recovery.

B-5 Supported Decision-Making and Alternatives to Guardianship — *Lydia Paquette*

Decision-making is a skill like any other. We each process information differently and react based on different priorities and life experiences. Similarly, we all experience difficulties in decision-making at one time or another. For individuals experiencing limitations in decision-making, guardianship may feel like the only answer. Though it is one solution, guardianship does not allow for an individualized assessment of the decision-making process and can forego an opportunity for the individual to grow and enhance their decision-making capabilities. Many tools exist to identify and accommodate those limitations while promoting self-determinations. These tools are generally referred to as "alternatives to guardianship". This training provides a general overview of the decision-making process and how guardianship and alternatives to guardianship are used to assist in that process.

B-6 Systems Change: One Relationship at a Time — *Melissa Caswell and Vickie McCarty*

This workshop will provide participants with tools to help them actively work on systems change through legislative action. Participants will see how, through working at the systems level, they can impact not just their lives, but also the lives of others. In discussion,

participants will learn how they can have a voice in systems change and how this fits in with the eight dimensions of wellness. Each attendee will also get the chance to participate in activities and small group discussions that will allow them to practice what they have learned. Take the first step to become involved in making a difference by becoming agents for positive systems change!

B-7 Why I Can't Trust You . . . Exploring Cultural Competence in IPS — Part 2

B-8 On Bending Not Breaking: Yoga in Recovery — Emily Johnson

Yoga can certainly help people become more physically fit and develop better mental focus, but more importantly, it can bring the type of inner peace which extends outward to all situations and people. In this workshop, participants will be led through a basic yoga routine, including sun salutations and some standing and sitting poses. They will hear a brief summary of the key findings of researcher Dr. Bessel van der Kolk, a psychiatrist who has been treating people with post-traumatic stress disorder (PTSD) and other types of trauma for more than 40 years. Participants will learn how yoga can help them practice emotional regulation when managing trauma symptoms and anxiety. Participants will have an opportunity to learn specific breathing techniques to gain a sense of being more grounded, as well as poses which regulate emotions. Parallels between a yogic practice and the guiding principles of the 12 steps, particularly a moral inventory, radical acceptance, and the need to be of service to others will be discussed.

AFTERNOON KEYNOTE PRESENTATION:

Peer Practice: A Valuable Asset to Recovery-oriented Systems of Care

Tom Hill, MSW

Making peers a visible part of the behavioral health workforce has been a major achievement of the peer and recovery movement. As we move forward, it will be important to recognize our value, communicate it strategically, and find opportunities to leverage it to create systems and services that help individuals, families, and communities get well.

C-1 The Positive Effects of Volunteerism on Personal Recovery and Wellness

Dorie Oakes

Through shared experience of the positive outcomes that can come from volunteering, this workshop will encourage people to get out and give back to their communities. Participants will learn about the incentives and barriers to volunteering. Topics include a volunteering assessment, learned skills that can be offered – and with training, new skills – and what agencies might be looking for. In this workshop, participants will understand who should volunteer, and how this could lead to job placement!

C-2 Wellness and Work: WRAP for Work — Paula Gustafson and Ken Bragg

This workshop will provide attendees with an overview of how to approach the topic of wellness during their supervision time. Participants will leave with a workbook to develop their own WRAP for Work – an action plan to divert having a mental health crisis that may prevent them from working. Participants will explore, through interactive conversation, how individual wellness can introduce a culture of wellness into the workplace.

C-3 Recovering People, Recovering Communities — *Andrew Kiezulas and Shelby Briggs*

A huge part of our humanity revolves around our ability to support and empower each other. Whether it's another person in recovery, or just someone in need, giving back plays a significant role in our collective and personal wellness. This workshop will introduce participants to YPR (Young people in Recovery), and demonstrate how it reaches individuals, communities, and policy makers with its comprehensive and dynamic recovery network. Join in this conversation and hear what some of the collaborative recovery efforts are across the State.

C-4 More Than a Label: Fostering Recovery Through Discovering and Nourishing Identity and Individuality

Whitney Parrish and Bruce King

A diagnosis can be a blessing and it can be a curse: It can open doors to treatment and support that facilitate recovery and inspire hope. It can also foster hopelessness, by informing an individual's identity from the moment it is given—it can *become* ones identity. This workshop will help participants understand what identity is and discuss its important role in recovery. The presenters will share tools and methods to center on the process of self-discovery and expanding outward to "find your tribe." Some components of identity such as race, socioeconomic status, gender, sexual orientation, and subcultures will be discussed.

C-5 Writing for Discovery and Strength — *Kelly Jean Richardson*

This workshop will cover new ways of writing that will enhance the benefits far beyond traditional journal writing. Participants will learn how to write a story about a personal event using the point-of-view of multiple characters, and will also learn how to write a story about an important personal choice. Using these and other methods of writing, participants will begin to understand how various writing styles can enable us to make healthy choices, improve our relationships, and to create a happy, healthy life.

C-6 Make Your Voice Heard: A Survey of YOUR Needs for Future Mental Health System Development — *Kevin Voyvodich and Cathy Bustin*

This workshop will give a brief overview of the reasons behind the PAIMI (Protection and Advocacy for Individuals with Mental Illness) statewide survey, the method that will be used, the reasoning behind the questions, and the goal of collecting this information. Information will be provided for attendees to spread the word about the importance of the survey to other consumers in their communities. There will be opportunities for participants to take the survey, as well as express any interest in helping to gather survey information from peers. DRM, and Maine's mental health policy makers and service providers, need to be completely informed about the actual needs of consumers, by consumers, when advocating for mental health consumers/survivors to help them get access to relevant, helpful services. Come to this workshop and be part of the solution!

C-7 Why I Can't Trust You . . . Exploring Cultural Competence in IPS — *Part 3*

OPEN MIC!



Showcase your talents during the lunch break!

Anything musical is welcome, as well as original poetry or readings. Have an idea for a short skit? Bring it on! Please mark the Open Mic box on the conference registration form if you're interested in performing.

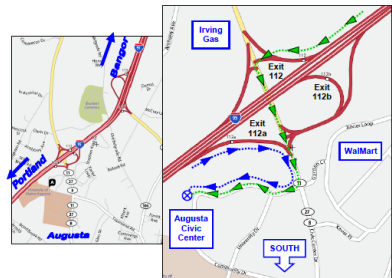
Contact Elaine Ecker for more info:

(207) 622-5767 | eecker@namimaine.org

DIRECTIONS

Directions to the Augusta Civic Center

The Augusta Civic Center is located at 76 Community Drive in Augusta. From I-95, take Exit 112 from the north or Exit 112a from the south. Go south on Civic Center Drive (toward the shopping area) and turn right on Community Drive (at the traffic light near the Civic Center sign). Continue a short distance on Community Drive. You will see the Augusta Civic Center ahead. Look for the North Wing of the building (at the right end). The registration area will be on the second floor of the North Wing. Look for our conference signs. See you there!





THANK YOU

This conference is designed by consumers and allies who want to increase awareness and skills about recovery and wellness. A big thank you to the dedicated and hardworking conference planning committee, representing SAMHS, CCSM, MAPSARC, NAMI Maine, Peer Support Network, CCSME, and Young People In Recovery.

Matt Braun

Alicia Hafford

Simonne Maline

Elaine Ecker

Mindy Harrison

Vickie McCarty

Paula Gustafson

Troy Henderson

Nancy Michaud

Jeanne Hackett

Linda MacDonald

Matt Wells

The Department of Health and Human Services (DHHS) does not discriminate on the basis of disability, race, color, creed, gender, sexual orientation, age, or national origin, in admission to, access to, or operations of its programs, services, or activities, or its hiring or employment practices. This notice is provided as required by Title II of the Americans with Disabilities Act of 1990 and in accordance with the Civil Rights Act of 1964 as amended, Section 504 of the Rehabilitation Act of 1973, as amended, the Age Discrimination Act of 1975, Title IX of the Education Amendments of 1972 and the Maine Human Rights Act and Executive Order Regarding State of Maine Contracts for Services. Questions, concerns, complaints or requests for additional information regarding the ADA may be forwarded to DHHS' ADA Compliance/EEO Coordinators, 11 State House Station – 221 State Street, Augusta, Maine 04333-0011, 207-287-4289 (V), 207-287-3488 (V), TTY users call Maine relay 711. Individuals who need auxiliary aids for effective communication in program and services of DHHS are invited to make their needs and preferences known to the ADA Compliance/EEO Coordinators. This notice is available in alternate formats, upon request.

**REGISTER
ONLINE!**



You can register online, choose breakout sessions, and pay with your credit card by going to:

<http://hopeconf2016.eventbrite.com>

Unable to register online? Complete the form below and mail or fax this page to CCSME.

2016 HOPE Conference Registration

Living Well: Nurturing Health through Self-Discovery

DATE Friday, May 20, 2016
TIME 8:30 am – 4 pm • Registration begins at 8 am
FEE **\$15 by May 13** | \$20 on or after May 14

REGISTRATION DEADLINE
May 13, 2016

Name

Organization

Address

City

State

Zip

Telephone

Fax

Email

Yes, please contact me to perform in the Open Mic!

Special Accommodations / Dietary Needs: We will do our best to respond to reasonable requests for special accommodations. Please contact Linda MacDonald as soon as possible or by **April 29**, so that we may provide you with an appropriate service: Linda.MacDonald@maine.gov | 207-287-9162.

Special Needs: _____

- I will need an American Sign Language interpreter.
- I will be accompanied by an attendant.
- I live more than 130 miles from the Augusta Civic Center and qualify for hotel reimbursement.
- I live over 150 miles from the conference (round trip). I qualify and need mileage reimbursement.

I identify as a:

- Peer/Consumer Provider Consumer and Provider

We highly recommend car-pooling and also encourage organizations with vans to provide rides to members.

Anyone who brings two or more passengers with them in a private vehicle may register for a prize drawing of a \$25 gas card! See the Help Desk for details as you sign in on the day of the conference.

Please circle your workshop choices:

Sessions A • 9:45 – 11:00 AM

1st choice: A1 A2 A3 A4 A5 A6 A7
2nd choice: A1 A2 A3 A4 A5 A6 A7

Sessions B • 11:15 – 12:30 PM

1st choice: B1 B2 B3 B4 B5 B6 B7 B8
2nd choice: B1 B2 B3 B4 B5 B6 B7 B8

Sessions C • 2:30 – 3:45 PM

1st choice: C1 C2 C3 C4 C5 C6 C7
2nd choice: C1 C2 C3 C4 C5 C6 C7

Registrations accepted with a check or purchase order only.

Mail this form with a check made payable to CCSME, or fax a copy of your purchase order to:

CCSME

94 Auburn Street, Ste. 110
Portland, ME 04103
Tel 207-878-6170 | Fax 207-878-6172
Email ccsme@ccsme.org

Lined writing area consisting of 20 horizontal lines.

DHHS/SAMHS

11 SHS

41 Anthony Ave.

Augusta, ME 04333-0011



*Department of Health
and Human Services*
Maine People Living
Safe, Healthy and Productive Lives

Paul R. LePage, Governor

Mary C. Mayhew, Commissioner