

2022 HOPE Conference

Rising with Hope, Building a New World

Wednesday, May 18, 2022, | 8am to 4pm | Augusta Civic Center | Augusta, Maine

Agenda

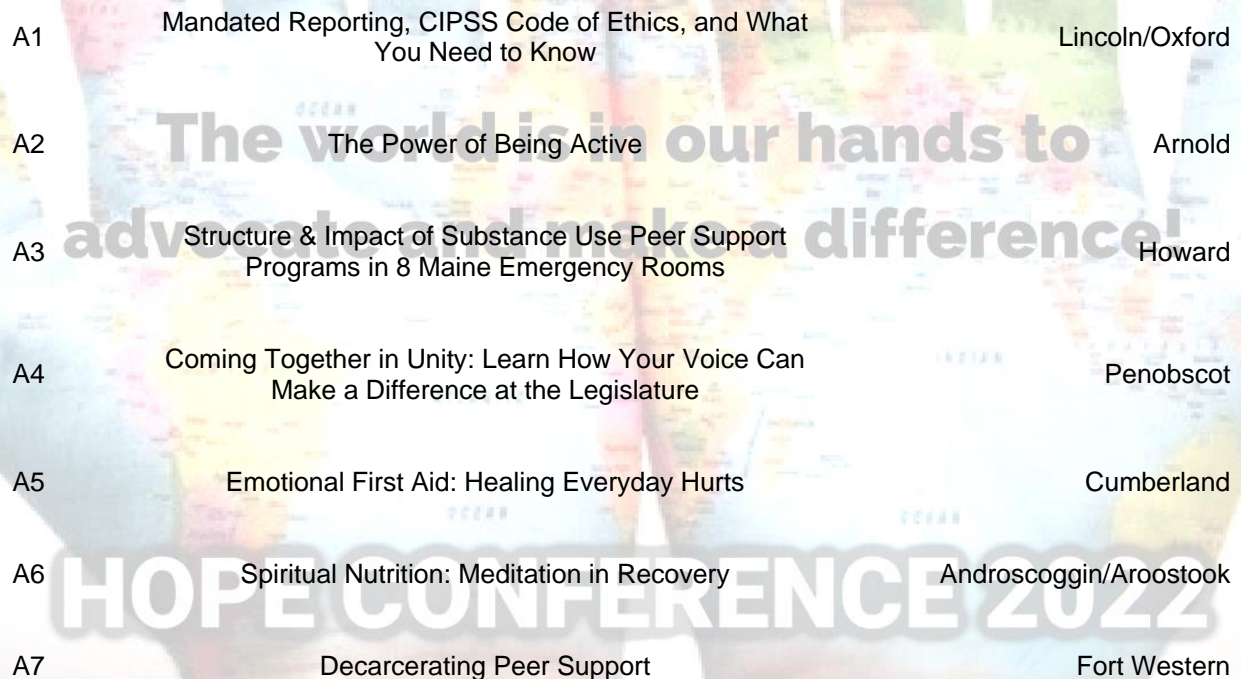
8:00 – 8:30 Registration/Exhibits

8:30 – 8:45 Opening Remarks Main Auditorium

8:45 – 9:30 Keynote – *Toward Liberation: A Peer Support Praxis* Jess Stohlmann-Rainey, she/her

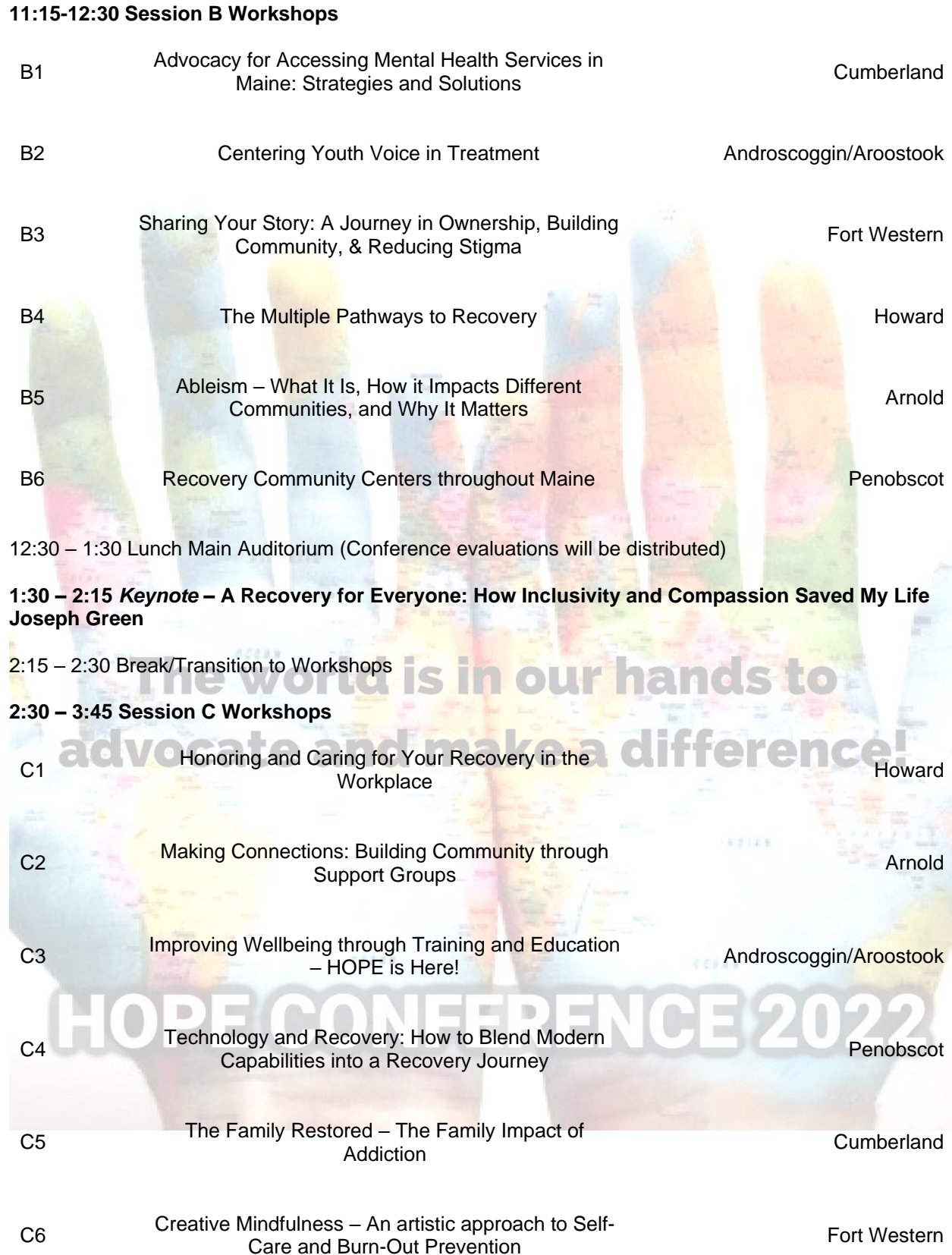
9:30 – 9:45 Break/Transition to Workshops

9:45 – 11:00 Session A Workshops

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| A1 | Mandated Reporting, CIPSS Code of Ethics, and What You Need to Know | Lincoln/Oxford |
| A2 | The Power of Being Active | Arnold |
| A3 | Structure & Impact of Substance Use Peer Support Programs in 8 Maine Emergency Rooms | Howard |
| A4 | Coming Together in Unity: Learn How Your Voice Can Make a Difference at the Legislature | Penobscot |
| A5 | Emotional First Aid: Healing Everyday Hurts | Cumberland |
| A6 | Spiritual Nutrition: Meditation in Recovery | Androscoggin/Aroostook |
| A7 | Decarcerating Peer Support | Fort Western |

11:00 -11:15 Break/Transition to Session B Workshops

11:15-12:30 Session B Workshops



B1	Advocacy for Accessing Mental Health Services in Maine: Strategies and Solutions	Cumberland
B2	Centering Youth Voice in Treatment	Androscoggin/Aroostook
B3	Sharing Your Story: A Journey in Ownership, Building Community, & Reducing Stigma	Fort Western
B4	The Multiple Pathways to Recovery	Howard
B5	Ableism – What It Is, How it Impacts Different Communities, and Why It Matters	Arnold
B6	Recovery Community Centers throughout Maine	Penobscot

12:30 – 1:30 Lunch Main Auditorium (Conference evaluations will be distributed)

1:30 – 2:15 Keynote – A Recovery for Everyone: How Inclusivity and Compassion Saved My Life
Joseph Green

2:15 – 2:30 Break/Transition to Workshops

2:30 – 3:45 Session C Workshops

C1	Honoring and Caring for Your Recovery in the Workplace	Howard
C2	Making Connections: Building Community through Support Groups	Arnold
C3	Improving Wellbeing through Training and Education – HOPE is Here!	Androscoggin/Aroostook
C4	Technology and Recovery: How to Blend Modern Capabilities into a Recovery Journey	Penobscot
C5	The Family Restored – The Family Impact of Addiction	Cumberland
C6	Creative Mindfulness – An artistic approach to Self-Care and Burn-Out Prevention	Fort Western

3:45 – 4:00 Closing Remarks and Raffle Main Auditorium (*Raffle tickets will be handed out as you reenter the auditorium*) | **Certificates** - To receive your certificate of attendance, please return your completed evaluation before you leave. Thank you!

About the Workshops

A1 Mandated Reporting: CIPSS Code of Ethics and What You Need to Know

Lively discussion around clarification of the peer support code of ethics, and everyday challenges of implementing Intentional Peer Support in the traditional model while supporting Intentional Peer Support principles.

A2 The Power of Being Active This workshop is about the benefits of physical and mental activity in your recovery from SUD and mental health challenges. We will discuss ways to get physically and mentally active. People will learn the benefits and challenges of living an active lifestyle: how to get started and how to connect with others.

A3 The Structure & Impact of Substance Use Peer Support Programs in Eight Emergency Departments in Maine This presentation will cover how MaineHealth developed substance use peer support programs associated with eight of their emergency departments during COVID-19. Additionally, how those positions are supported within the larger organization, including supervision, training, and mutual support. A panel of four peer recovery partners will share why these programs and their structure have been effective in supporting people during and after an emergency department visit.

A4 Coming Together in Unity by Learning How Your Voice Can Be Effective at The Legislature You will see how sharing your lived experiences can give the legislators a better-informed ability to make decisions with your input during these important times when laws are being changed or put into place. Learn how to empower yourself as you become an informing part of the process of change affecting you and those around you. We will provide you with handouts on how to access resources and supports to write testimonies and where to go to learn what bills the legislators are looking at. Legislators (past and present) will be available for a Q & A part of this workshop.

A5 Emotional First Aid Ask a ten-year-old what you should do if you catch a cold, and the child would at once recommend getting into bed and drinking a cup of soup. We teach our children how to take care of their bodies from a young age and they usually learn such lessons well. But ask an adult what you should do to ease the sharp pain of rejection, the devastating ache of loneliness, or the bitter disappointment of failure and the person would know little about how to treat these common psychological injuries. Ask how you might deal with intrusive ruminations or nagging guilt and you are likely to be met with sheepish looks, feet shuffling, and a pointed effort to change the subject. The reason we take little to no purposeful action to treat the psychological wounds we sustain in daily life is because we lack the tools with which to manage such experiences. Applying emotional first aid to such injuries can protect your mental health and emotional wellbeing. Learning the tools for emotional first aid will help support your overall wellness and give you a fresh approach to supporting your mental health. The idea of learning basic emotional first aid and helping to stop mental health crisis events from occurring helps to transform and reimagine the way we think about wellness. Learning and using skills to support our mental and emotional wellbeing, not just when you are in crisis, but using them for common psychological injury to keep them from becoming worse.

A6 Spiritual Nutrition: Meditation in Recovery

Prayer ("A daily admission of weakness. A longing of the soul" -Gandhi); Rudiments of pranayama (working with vital energy); Introduction/presenting premises (including emphasis on direct personal experience & de-emphasis on questions of success/failure); Presenting the problem of addiction from the spiritual perspective (including discussion of the verb "to ego" & the nature of craving); Presenting the practice of meditation as part of the solution to that problem ("God will remove your garbage, but you have to take it to the curb"); Sitting meditation practice, followed by some explanation & commentary. Question & answer discussion.

A7 Decarcerating Peer Support

As crisis services expand and the well-intentioned ideas around replacing “cops” with “care” gain momentum, it is important to analyze the carceral structures within mental health systems. Both family advocacy and more progressive group discussions often revert to models of caring for diagnosed (“mentally ill”) people and people who use drugs/alcohol with forced treatments in confined settings. This workshop will begin by deconstructing reformist ideas that uphold coercive interventions. Then, we will explore abolitionist reforms that support peers in keeping the safety and health of our communities that preserve dignity and autonomy through experiences with crisis.

B1 Advocacy for Accessing Mental Health Services in Maine: Strategies and Solutions

MaineCare, Maine’s Medicaid program, supplies health insurance coverage for various mental health services. Problems arise when people who are eligible for this coverage have difficulty obtaining these services due to barriers in how the system runs in practice. This workshop will examine those barriers and what strategies can be used to overcome them, including how to access the new community-based advocacy services offered through Disability Rights Maine.

B2 Centering Youth Voice in Treatment

Empowering young people to engage in treatment begins with ensuring their voice is heard and valued in decisions that affect their lives. To meaningfully do this, we must make youth feel like they belong in spaces where their needs are discussed and that their contributions matter. This is not only their Right, but it also achieves better outcomes. Presenters will share practical ways adults can genuinely partner with youth through very “adult-centric” processes and incorporate strategies to develop self-determination and decision-making skills. Also, learn more about Maine’s Youth Peer Support services and the Rights youth have when receiving treatment.

B3 Sharing your Story: A Journey in Ownership, Building Community, and Reducing Stigma

In this workshop, participants will learn important considerations when preparing to speak publicly about their mental health experiences, be able to generate ideas about what they might include when sharing their own stories and strategize for reflections and debriefs after sharing their stories.

B4 Multiple Pathways to Recovery

There are multiple pathways of recovery. For a long time, most people have been familiar with AA as the primary way to address addiction. But there are multiple pathways of recovery. Learn more about what these other pathways are, including SMART recovery, Recovery Dharma, Wellbriety, to name just a few.

B5 Ableism – What it is, How It Impacts Different Communities, and Why It Matters

This presentation is an introduction to ableism; a term that refers to the long history of discrimination towards people with disability or perceived disabilities. This workshop will offer a brief explanation of the term – what it means and why it is important to consider the impact of our behavior and language. We will try to highlight and unpack ways that ableism is woven into our daily lives and develop practical approaches that could help us begin to make a shift. The presentation takes inspiration from the disability justice movement, and includes a panel of people being different perspectives, who will share their personal and/or work experiences meeting ableism.

B6 Recovery Community Centers throughout Maine

As SUD recovery support is growing in Maine and peer support is more widely recognized as an evidence-based practice, it is important to shine a light on these valuable resources available throughout our state. Each community in Maine has unique challenges and each center serves their communities individual needs. Participants will learn what to expect when visiting a Recovery Community Center, Services available, how communities statewide are building recovery community, and the benefits to the community at large.

C1 Honoring and Caring for your Recovery in the Workplace Recognizing and learning about second-hand trauma is our best defense against getting energy that does not belong to us. In this workshop, you will learn about what secondary trauma is, how to heal and prevent being negatively affected by it, and a self-guided technique to remain grounded and present during high stress and triggering situations at your workplace.

C2 Making Connections: Building Community through Support Groups

This presentation is an exploration of the value of taking part in mental health support groups. Presenters will describe and explain the structure and benefits of different types of groups including therapy groups (both psychoeducational and process oriented), 12-step groups such as AA and NA, and peer support groups. Presenters will explain the value of group attendance in improving mental health outcomes. The workshop will provide participants with a chance to experience what attending a NAMI peer support group is like. Workshop leaders Roland and Nicole will share their mental health stories and describe how attending and easing NAMI support groups has helped them to gain a community of support. Workshop participants will experience how NAMI peer support groups can help make connections and build community to support their recovery and healing.

C3 Improving Wellbeing Through Training and Education – HOPE is Here!

Investing in oneself, through training and education, often improves quality of life. Having meaningful and purposeful activities that lead steadily toward an achievable goal can be an important element in one's recovery. Training and education endeavors are the top priorities or goals for people with SUD and mental illness. However, finding supports to aid with costs related to training and education is difficult. Higher Opportunity for Pathways to Employment (HOPE) is a new, and often unknown, program offered by Maine Department of Health and Human Services, Office for Family Independence that supplies key supports to parents who are accepted to or enrolled in higher education training and education activities. Two HOPE students share their experiences, their decisions to seek higher education, and how HOPE has helped with necessary supports.

C4 Technology and Recovery: How to Blend Modern Capabilities into a Recovery Journey

After an introduction of technology and a demonstration of its capabilities, the presenter will apply technology to the recovery lifestyle. There will be an extended question and answer session* to further engage the audience in integrating technology with recovery

C5 The Family Restored – The Family Impact of Addiction

Substance use disorder can have a dramatic effect on the entire family and coping with a loved one's SUD can be challenging, frustrating, and painful. Often, family members suffer tremendously with limited resources available for guidance and support. We will outline the symptoms of SUD and describe how SUD relates to the family response. We will offer proper and effective coping skills to help manage your relationship with your loved one who misuses substances.

C6 Creative Mindfulness – An artistic approach to Self-Care and Burn-Out Prevention

You cannot care for others effectively if you do not first (and continuously) care for yourself. Combining his 15 years of experience teaching creative writing and his work as a certified mindfulness trainer, Joseph guides his audience through a facilitated workshop that will seem more like a gift than work. Participants will explore different art-based mindfulness exercises they can at once incorporate into their current practice. In addition to learning new exercises, participants will learn how to adapt current practices to fit more effectively inside our ever-busy lives.

Primary funding for the Hope Conference is provided by the Peer Training Network in partnership with the Office of Behavioral Health