



# Putting the Pieces Together

Peer Recovery & Wellness  
Conference

September 10, 2013

Crossings Community Center  
2208 W. Hefner Road  
Oklahoma City, OK 73120

Oklahoma Department of Mental Health  
and Substance Abuse Services



#peersupport | #recoverymonth



## CONFERENCE OVERVIEW

This conference is intended for consumers and their families, providers of mental health and addiction services who want to know more about the variety of recovery supports in Oklahoma. Participants will increase their knowledge and be exposed to recovery tools and action oriented communities to build stronger recovery connections across the state.

## WHO SHOULD ATTEND

This conference will be of interest to consumers and their families, recovery advocates, mental health and substance abuse professionals and administrators.

## CONFERENCE SPONSORS

Oklahoma Department of Mental Health  
and Substance Abuse Services



## DATE and LOCATION

The conference will be held September 10, 2013, at the Crossings Community Center 2208 W. Hefner Road Oklahoma City, OK 73120.

## REGISTRATION and FEES

Please submit your registration by September 3rd. The early-bird rate for the conference is \$5 if registration is postmarked on or before September 3rd. Fees for registrations after September 3rd or on-site registrations are \$10. Checks and money orders should be made payable to: **Evolution Foundation.**

\*Scholarships will be available on a first-come, first-served basis and are limited in number. Individuals requesting a scholarship must do so in writing.

**By Mail:** Mail the registration form to:  
Oklahoma Department of Mental Health and Substance Abuse Services  
C/O Training Institute  
2401 NW 23<sup>rd</sup> St., Suite 1F  
Oklahoma City, OK 73107

## LIMITED REGISTRATION

In order to allow for activities that will help participants identify recovery tools and because space is limited at the facility, registration will reach capacity at the first three hundred (300) registrants.

## CONTINUING EDUCATION

The Oklahoma Department of Mental Health and Substance Abuse Services, Institute for Mental Health and Substance Abuse Education and Training has approved a maximum of 5.00 credit hours for Certified Behavioral Health Case Managers and Certified Peer Recovery Support Specialists. Please check in at the registration desk upon your arrival to verify your attendance. Continuing education credit is not provided without verification. At the completion of the conference, participants will receive a certificate of attendance from the ODMHSAS Institute for Mental Health and Substance Abuse Education and Training.

# 2013 Peer Recovery & Wellness Conference

## Agenda

September 10, 2013

9:00 – 10:00 am **Check-in & Final Registration** (registration desk will be open from 9:00am to 10:00am)  
\*Jazzercise will be offered at this time.

10:00 – 10:15 am **Welcome Address**  
Terri L. White, Commissioner  
Oklahoma Department of Mental Health and Substance Abuse Services

10:15 – 11:00am **Keynote Address**  
  
***“Transforming Organizational Policies and Practices to Sustain Trauma Informed Peer Support”***  
Ms. Cathy Cave, Director of Unlimited Mindfulness, LLC  
Ms. LaVerne Miller, Senior Project Associate, Policy Research Associates, Inc.

This joint keynote address will identify and discuss policies and practices that are essential to an organization’s ability to sustain Trauma Informed Peer Support.

11:00 – 11:45 am **(1) Concurrent Sessions**

**A- Recovery and Building Your Self-Esteem**  
Beth Gentry, Oklahoma Recovery Alliance

Beth Gentry has been in recovery since December 2, 2008 from meth and "life in general" as she prefers to say. She has been married 9 months and has three daughters 21, 16 and 4. Self-esteem was a huge issue growing up which only progressed as she got older, leading her to seek out a substance that masked the feelings of insecurity. Being in recovery, Beth has sought how to improve her self-esteem by classes, seminars and books. She will share tips on how to learn to love the beautiful person you are today. Self-esteem was a huge issue growing up which only progressed as she got older, leading her to seek out a substance that masked the feelings of insecurity. Being in recovery, Beth has sought how to improve her self-esteem by classes, seminars and books. She will share tips on how to learn to love the beautiful person you are today.

**B- Behavioral Health Medications – What Are They and How Do They Work?**  
Dwight A. Davis, Pharmacist

Dwight Davis, a graduate from the College of Pharmacy at Southwestern Oklahoma University, has been practicing pharmacy for over 37 years for Scheffe Prescription Shops in Enid, Oklahoma. Throughout his career, he has witnessed the evolution of medications that are available for persons in recovery from mental health disorders. He is a strong advocate for consumers of these medications obtaining education about how their medications work

and affect their minds and bodies. He also encourages consumers to communicate closely with their physicians so that the correct medications and doses are prescribed. This session will discuss some of the chemical aspects of our brains and how various medications can assist with achieving a better balance as well as how to better communicate with prescribing physicians.

**C- *Breath, Presence and Mindfulness***

Marnie Kennedy, Certified Mindful Meditation and Yoga Instructor

This session will introduce Mindfulness and its benefits as a tool for self-care. I'll teach a few techniques on the breath for being present in the moment and experiencing calm that restores you. We all have the natural capacity to calm the nervous system, but for most of us it's unlearned or underdeveloped. You'll learn why peers and developing healthy relationships are so important in recovery; and the importance of mindfulness that includes self-compassion. This is the foundation for true change. A few minutes of mindfulness in our day can give the mind and body a rest. With a consistent practice we become more relaxed and at ease with our everyday experiences and relationships. It gives clarity for better decision-making that develops confidence in our life.

11:45 – 12:00 pm

**Morning Break**

12:00 – 1:00 pm

**Lunch (Provided)**

1:00 – 1:45 pm

**(2) Concurrent Sessions**

**A – Mindful Self-Care**

Cathy Cave, Director of Unlimited Mindfulness, LLC

Cathy Cave will discuss the importance of Self-Care for consumers of recovery services. She currently offers support groups for people in recovery as well as helps to build networks for Certified Recovery Support Specialists in the State of Oklahoma.

**B – *Oklahoma Citizen Advocates for Recovery & Treatment Association (OCARTA)***

Donna Woods, Executive Director

Participants will gain a better understanding of OCARTA in terms of their mission, vision, and the programs they offer. This session will include information on skills that develop physical, emotional and spiritual growth, as well as effective communication, public education and the promotion of healthy public policy. OCARTA envisions a world where all voices of the recovery community are included in shaping the social agenda concerning addiction and recovery.

**C – *Addressing Ethical Dilemmas and Boundaries Part I***

Paul Williams, MA NCC LPC

This session will discuss Ethical Dilemmas and Boundaries associated with the Peer Recovery Support role. Participants will:

- Define the concept of ethics and professional boundaries, differentiate types of ethics and boundaries in recovery support, and identify common ethical and boundary violations.
- Identify at least 3 ways ethics boundaries both enhance quality support to consumers and assist recovery support staff in the delivery of services.
- Learn the contributing roles of ethics, legal mandates, state and regional rules and regulations, organizational policy, program mission, expertise and scope of training, roles and job descriptions in setting and maintaining effective boundaries.
- Learn a decision-making model to effectively analyze ethical and boundary challenges and make effective and cooperative responses to consumers, colleagues, and other agencies.
- Apply the decision-making model to common ethical and boundary challenges and develop the most effective and cooperative response as recovery support specialists.

\*Session Approved for Continuing Education Credit

1:45 – 2:00 pm

**Afternoon Break**

2:00 – 2:45 pm

**(3) Concurrent Sessions**

***A – Mental Health Association in Tulsa (MHAT)***

Max Parker, LMSW, and Darla Dobrowolski, CPRSS

This session will discuss the benefits of peer-run mental health services and the importance of including individuals experiencing mental illness in facilitating their own recovery. The discussion will focus on three important programs that are under the Recovery Services Department of the Mental Health Association in Tulsa. These programs are Peer Outreach Services, Creating Connections, and the Denver House peer-run drop-in center. Participants will:

- Improve understanding of the effectiveness of peer-run services in mental health provision.
- Improve understanding on the positive effect on the community these services create.
- Improve understanding of the importance regarding staff and program collaboration in the provision of mental health services.
- Learn about the powerful positive effect on people with mental illness when they are encouraged and given ways to take control of their own recovery.

***B – National Alliance on Mental Illness- Oklahoma City (NAMI-OK) & Depression Bipolar Support Alliance***

Traci Cook, Executive Director, NAMI-OK

George Crooks, Executive Director - DBSA

Executive directors George Crooks of the Depression and Bipolar Support Alliance of Oklahoma (DBSA ) and Traci Cook of the National Alliance on Mental Illness of Oklahoma (NAMI) along with a panel of peers and family members will present information about local support groups and programs followed by a Q & A. Find out how support groups facilitate recovery, and why you want your family members to participate in their own recovery and education groups.

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, support and research. NAMI is steadfast in its commitment to raising awareness and building a community for hope for all those in need.

The Depression and Bipolar Support Alliance (DBSA) is the leading peer-directed national organization focusing on the two most prevalent mental health conditions, depression and bipolar disorder, which affect more than 21 million Americans, account for 90% of the nation's suicides every year, and cost \$23 billion in lost workdays and other workplace losses.

### **C – Addressing Ethical Dilemmas and Boundaries Part II**

Paul Williams, MA NCC LPC

This session will discuss Ethical Dilemmas and Boundaries associated with the Peer Recovery Support role. Participants will:

- Define the concept of ethics and professional boundaries, differentiate types of ethics and boundaries in recovery support, and identify common ethical and boundary violations.
- Identify at least 3 ways ethics boundaries both enhance quality support to consumers and assist recovery support staff in the delivery of services.
- Learn the contributing roles of ethics, legal mandates, state and regional rules and regulations, organizational policy, program mission, expertise and scope of training, roles and job descriptions in setting and maintaining effective boundaries.
- Learn a decision-making model to effectively analyze ethical and boundary challenges and make effective and cooperative responses to consumers, colleagues, and other agencies.
- Apply the decision-making model to common ethical and boundary challenges and develop the most effective and cooperative response as recovery support specialists.

\*Session Approved for Continuing Education Credit

2:45 – 3:00 pm

**Afternoon Break**

3:00 – 3:45 pm

**(4) Concurrent Sessions**

### **A – Orientation to Whole Health Optimizing Lifestyle & Environment (WHOLE)**

Janette McKeever, CM, C-PRSS

This session will provide participants with an overview of the five parts of the WHOLE program, which include:

- Stress Management
- Physical Activity, Nutrition and Sleep
- Positive Thinking
- Social Connectedness
- Spirituality

### **B – Breaking Down the Doors: Opening the World of Recovery to Justice Involved Consumers**

Ms. LaVerne Miller, Senior Project Associate, Policy Research Associates, Inc.

This workshop will explore the unique recovery needs of consumers with history of involvement in the criminal justice system and how Recovery Support Specialists can support their recovery and full integration into all aspect of community life.

### **C – Addressing Ethical Dilemmas and Boundaries Part III**

Paul Williams, MA NCC LPC

This session will discuss Ethical Dilemmas and Boundaries associated with the Peer Recovery Support role. Participants will:

- Define the concept of ethics and professional boundaries, differentiate types of ethics and boundaries in recovery support, and identify common ethical and boundary violations.
- Identify at least 3 ways ethics boundaries both enhance quality support to consumers and assist recovery support staff in the delivery of services.
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3:45 – 4:00 pm

### **Closing Plenary and Balloon Release**

Chellie Mills

Anchor, News Channel 4

Armed with a positive attitude, she keeps her mind focused and life moving forward. She will discuss her experience of living with an ongoing illness while being in the public eye and the challenges of educating others on the daily obstacles of living with an illness while maintaining hope and putting the pieces together.



# REGISTRATION



## PLEASE MAIL TO:

Oklahoma Department of Mental Health and Substance Abuse Services  
C/O Training Institute  
2401 NW 23<sup>rd</sup> St., Suite 1F  
Oklahoma City, OK 73107

Name: \_\_\_\_\_  
Contact Phone Number: \_\_\_\_\_  
Occupation or Job Title: \_\_\_\_\_  
Employment/Volunteerism: \_\_\_\_\_  
Mailing Address: \_\_\_\_\_  
City, State, ZIP: \_\_\_\_\_  
County: \_\_\_\_\_  
E-Mail Address: \_\_\_\_\_

\*\*Note: If an e-mail address is included, a confirmation that your registration has been received will be e-mailed to you.

I require special accommodations as follows: \_\_\_\_\_

## PAYMENT

Please enclose registration payment. Please make checks and money orders payable to **Evolution Foundation**.  
**No Cash Please.**

\*Scholarships are available to individuals who submit a written request with their registration form. They are limited in quantity and will be awarded on a first come, first served basis. Written requests must include 1) name of applicant, 2) reason for requesting scholarship, 3) and reason for wishing to attend Conference.

<b>FORM OF PAYMENT</b>	<b>EARLY BIRD RATE</b> (by September 6th)	<b>REGULAR RATE</b> (after September 6th)
<input type="checkbox"/> Check or Money Order	<input type="checkbox"/> \$5	<input type="checkbox"/> \$10

\*Please contact for info on available scholarship opportunities.

## CONCURRENT SEMINAR PREFERENCES

Please check the box next to the workshop you would like to attend during each of the concurrent sessions listed below. Only one workshop should be entered per session.

<input type="checkbox"/> Session 1A	<input type="checkbox"/> Session 2A	<input type="checkbox"/> Session 3A	<input type="checkbox"/> Session 4A
<input type="checkbox"/> Session 1B	<input type="checkbox"/> Session 2B	<input type="checkbox"/> Session 3B	<input type="checkbox"/> Session 4B
<input type="checkbox"/> Session 1C	<input type="checkbox"/> Session 2C	<input type="checkbox"/> Session 3C	<input type="checkbox"/> Session 4C

## CONTINUING EDUCATION CREDIT REQUESTED

Case Management  
 P-RSS

For questions or information, please contact: the Oklahoma Department of Mental Health and Substance Abuse Services Training Institute: 405-522-8300