

Pennsylvania Association of Psychiatric Rehabilitation Services

PAPRS

www.paprs.org

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PAPRS CONFERENCE 2020

**Diversity in Recovery - Oriented Systems:
Building Inclusive Communities**



PAPRS Annual Conference

May 27 - 29, 2020

The Penn Stater, State College, PA

**PAPRS Conference – Diversity in Recovery Oriented
Systems: Building Inclusive Communities –
May 27,28, and 29, 2020**

at the beautiful Penn Stater Hotel in State College, PA. We are putting together another impressive line-up of speakers and topics from across Pennsylvania and the country. Please come and learn about evidence based recovery practices, outcomes, embracing cultural diversity, building inclusivity in programs, trauma informed care, to name a few.

PAPRS

Phone: 717-655-7662

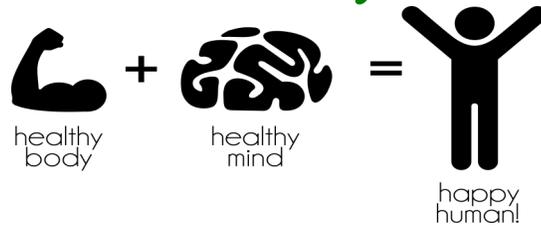
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Pennsylvania Association
of
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Mental Health is Physical Health



This Call to Action – “Equality! Equity! Justice!” – by the American Mental Wellness Association encourages everyone to seek a healthier happier more humane America. Mental health conditions are physical health conditions. We know negative and positive behaviors are symptoms stemming from functions of the brain and the central nervous system. Just like other physical conditions, mental health conditions have stages of illness. From child to senior Americans everyday are getting very sick with many being arrested, incarcerated, and dying because of inhumane actions occurring against those who live with a physical mental health condition which includes addictions. Mental health problems are preventable and treatable just like many other physical medical conditions. Yet, for decades, there has not been a profound push to get this message out to the public. Any person experiencing a mental health challenge or crisis should not be subject to the discriminating and prejudicial failings of our society any longer. Inhumane treatment ends now with this Equality! Equity! Justice! call. There are 24 action bullets on the next page that needs your immediate attention. Everyone individually and collectively must work to end these unacceptable conditions. Only then can real positive change happen! Familiarize yourself with each statement below. Be sure to check out the resources and information for how YOU can make sure “NOT ONE MORE” happens in your community.

**Pennsylvania Association
of
Psychiatric Rehabilitation Services**

**Mental Health is Physical Health
(continued)**

□ A CALL TO ACTION □

□ NOT ONE MORE preventable suicide or self-injury because a child or adult could not get the mental health care they needed when they were in crisis.

□ NOT ONE MORE person treating mental health as separate from physical health

□ NOT ONE MORE person self medicating their emotional pain with drugs or alcohol because they did not receive proper mental health treatment.

□ NOT ONE MORE person imprisoned/punished for being sick, when they should be treated in a hospital.

□ NOT ONE MORE family member afraid to call 911 for help, for fear that their loved one experiencing a mental health crisis would be shot or arrested rather than taken to a hospital.

□ NOT ONE MORE man, woman, or child turned away from an inpatient or outpatient medical facility for mental health care treatment when they needed help.

□ NOT ONE MORE person avoiding mental health care for themselves or a loved one for fear of the stigma a diagnosis of mental illness would bring.

□ NOT ONE MORE year when it is easier for someone struggling with a mental illness to get a gun than to get an appointment with a mental health professional.

□ NOT ONE MORE child or adult not knowing the early signs and symptoms of a developing mental health problem.

□ NOT ONE MORE tax dollar wasted on providing high cost ineffective services to people with mental health problems when these funds should be diverted to validated programs and approaches such as prevention, early intervention and effective treatment and services.

□ NOT ONE MORE local, state, or federal law that keeps children, youth, adults, and older adults from receiving prompt optimal medical care for their mental health conditions (which includes substance use misuse).

□ NOT ONE MORE employee discriminated against because of a mental health problem or mental health crisis.

Pennsylvania Association of Psychiatric Rehabilitation Services

□ A CALL TO ACTION CONTINUED □

- NOT ONE MORE word stigmatizing people with mental health conditions.*
- NOT ONE MORE insurance company providing inappropriate and/or inequitable reimbursements for mental health care treatment and services without being held accountable for doing so.*
- NOT ONE MORE governmental agency, company, or nonprofit agency using out-dated terms like “behavioral health” rather than properly identifying them as “behavioral symptoms” of a medical problem.*
- NOT ONE MORE year of inhumane treatment of children, youth, adults, and older adults who live with a mental health condition.*
- NOT ONE MORE child, youth, adult, older adult not receiving early detection and intervention for a mental health problem.*
- NOT ONE MORE person not knowing they can go to their family physician or a primary care provider at first sign and symptoms of a mental health problem.*
- NOT ONE MORE year without routine screening for early symptoms of mental health problems.*
- NOT ONE MORE person having to wait weeks for a psychiatric evaluation.*
- NOT ONE MORE year without a Mobile Response and Stabilization Service available 24/7 in every community.*
- NOT ONE MORE year without Crisis Now Model Practices implemented in all communities across the United States.*
- NOT ONE MORE law enforcement officer, judge or prosecutor lacking basic education and training in how to help someone experiencing a mental health problem or in a mental health crisis.*
- NOT ONE MORE student failing in the classroom because a developing mental health problem went unnoticed or ignored.*

**Pennsylvania Association
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Updating your Staff listing in your Organizational Membership

To manage organization information: www.paprs.org
Go to the Membership tab on the home page. Click on the "+" by membership to show all options.
Select My information
Enter your email/password
Go to **Linked Organizations Information** section
Click on the name of your organization listed.
On the same line as the **Profile Information** click on **[[Manage Org Individuals]]**
When the next page comes up, scroll down to the bottom of the page. It will give you a list of all staff associated with your organization. Follow the directions on the page to add an individual or to delete an individual.

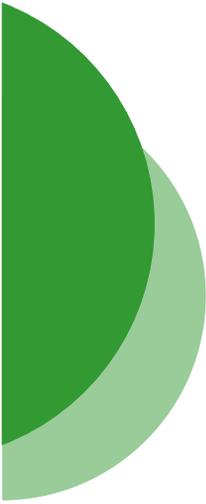
If you need assistance with the PAPRS website, please contact Tricia Fisher at tricia.fisher@paprs.org

Here Ye Here Ye Members Only!!!

Here is a sneak peak of our articles available to our Membership Only:

- Regulatory Requirement Review for Supervision
- Sample Supervision Form
- Information on Healthy Sleeping Skills to share with participants in your services.

Don't forget to check out the Members' Only Link on our website www.PAPRS.org.
Log in and then click the Members link.



**Pennsylvania Association of
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PAPRS OUTCOMES WORKGROUP

Outcomes: More Than a Data Form

Greetings from the newly initiated PAPRS Board's Outcomes Work Group. We are aware of the importance and value of measuring outcomes resulting from our PR services with program participants. We are looking for ways to heighten awareness and knowledge and encourage our statewide PR program administrators, PR practitioners, and PR program participants about "PR Outcomes." Let's look at how one of our member PR programs has made good use of one PR outcomes data tool.

Kelly Shuler, a PAPRS Board member, works with Skills of Central PA. They have several PR programs—a clubhouse, mobile, and site-based PR programs located throughout Central Pennsylvania. Community Care, a behavioral health managed care organization, initiated data collection through a tool developed in 2007. The Progress Measure was developed by providers, individuals participating in service, county mental health officials, and Community Care Behavioral Health staff. The survey is based on principles of rehabilitation, recovery, and domains of wellness.

Areas on the Progress Measure serve different functions. There is an area to record a current goal and strengths and attributes that will help the individual reach that goal. Another area allows the individual to specify domains in which they have goals or have completed goals. Another area allows individuals to update their living, learning, working, social, and physical wellness activities. A final area allows individuals to record their progress in these domains over the past month. The Progress Measure also includes a measure of hopefulness."

In 2013 Community Care rolled the Progress Measure survey out to all of their PR programs including Skills of Central PA. Community Care rolled out the implementation process at their PR quarterly meetings. Over time, Community Care shared data collected through the progress measures and collected provider feedback on their use and effectiveness of the data collection tool. Based on provider feedback the tool was revised in 2016 and has been in use since. (continued on next page...)



PAPRS OUTCOMES WORKGROUP

Outcomes: More Than a Data Form (continued)

Community Care requires quarterly data submissions on each PR program participant through a secure web portal. “At Skills, we linked the outcomes data collection with the IRP review process to minimize effort. Initially we tried to collect data monthly, but found it overwhelming for both staff and participants.” Getting staff buy in was the next step. Roll out included conducting training with our Skills PR practitioners and supervisors in groups and through individual supervision. Initially staff felt—“oh no, more needless paperwork. Over time staff have begun to see the benefit of spending time on a regular basis looking at their participants’ progress through the progress measure reports. It really works well when the practitioner and the person together can tell the person’s recovery story through outcomes. For example, at the clubhouse, one practitioner was really struggling to engage a member in conversations around their goal planning and progress. When staff and the clubhouse member looked at the progress measure reports and graphs showing positive change over time, both were reenergized to keep working on the goal plan. In addition to fulfilling Community Care requirements, Skills makes use of this data when submitting grant proposals and RFPs. It is also useful for program strategic planning, quality reviews, analyzing service trends and in planning training needs.

PAPRS’ Outcomes Work Group seeks to facilitate the commitment of all our state’s PR programs to outcomes measures. In order to compete for funding, we need to show the authorities and funders that PR works – not just tell them it works. At our 2020 Annual Conference there will be a workshop on outcomes. We will also conduct an outcomes focus group to learn more about the ways PAPRS can be helpful to both PR programs and their practitioners in moving outcome measures into our regular routines.

Barbara Granger, PAPRS Advisory Board Member

Kelly Shuler, PAPRS Board Member

Your Board at Work - COME JOIN US!

Getting ready for Conference 2020

Diversity in Recovery-Oriented Systems: Building Inclusive Communities Greeting our Keynote Speakers



Jen Croneberger presenting “The 5 C's of a Compassionate Leader - Showing You as Your Best Self”



Todd Snovel presenting “Building Inclusivity with the LGBT Community”



There will also be a Panel Discussion on Peer Support Wellness Respite Centers will include speakers Steve Miccio, Peggy Swarbrick & Mike Nicholas.

Did you ever want to see what happens behind the scenes?? Want to help make a great conference even better??? Please reach out to Jen McLaughlin (mclaughlinj@csgonline.org) or Maureen Walsh (mwals1@allied-services.org) to learn more about how you can help be a part of next year's conference... We look forward to it!

Staying Connected?

Besides hearing about things going on in PAPRS on our website and in our newsletter, you can also find us on Facebook at **Pennsylvania Association of Psychiatric Rehabilitation Services** and COMING SOON, on Twitter at **PAPRS2020**

Check us out!!



Psychiatric Rehabilitation in Rural Pennsylvania Counties

PAPRS's first phone conference on "Psychiatric Rehabilitation in Rural Pennsylvania Counties" occurred February 18th, 2020. With 10 participants on the call, they were able to begin exploring the process of identifying the needs unique to rural Pennsylvania. The discussion was lively and informative, with lots of participation. The topics discussed represented a broad range of ideas. Issues such as retention, training, wages, poverty, CPRP testing, electronic medical records, and billing were brought up. Clientele issues included lack of choices in education and work; lack of psychiatrist or other medical specialist such as orthopedic surgeons, gynecologists, etc.

Other missing resources included lack of social outlets, and of course lack of transportation. Each of these "lack of states" adversely impact outcomes, interfering with recovery. Transportation issues are particularly impactful. An example of how lack of transportation magnifies other deficits was demonstrated in the description of an individual with a medical condition could only be scheduled on a Wednesday to see the specialist. The specialist was a significant number of miles away. However, the local transportation authority only travels to that area on Tuesday. Needless to say the conversation was packed with questions, thoughts, concerns and a little problem solving. The group asked to convene next month at the same time, March 18, 2020 at 1:00pm. Check out our Facebook page for more details about how to connect on this call, for problem solving ideas.



Pennsylvania Association of Psychiatric Rehabilitation Services

Upcoming Continuing Education Opportunities

Practitioners Orientation Services \$250 member/ \$300 non-member

This two day, 12 hour orientation provides an overview of the larger field of psychiatric rehabilitation. The foundation topics include PR history, principles, values, documentation, types of programs, ethics, collaboration, practice competencies, and more. This course is approved by OMHSAS and fulfills the licensure requirement that ALL staff in a psychiatric rehabilitation program complete a 12 hour PR Orientation. You must attend the full 12 hours in order to obtain your certificate. (55 PA Code Chapter 5230.56) Fee includes 2 days of training, handout materials, and light refreshments.

July 14-15, 2020	Scranton, PA	9:00am-4:30pm
August 6-7, 2020	State College, PA	9:00am-4:30pm

Ethics & Boundaries in Recovery-Oriented Services \$125/ member \$175/ non-member

This 6-hour course is designed to address every day ethical challenges in recovery oriented services. Ethical dilemmas put practitioners at risk to make unprofessional decisions that may negatively impact individuals served as well as jeopardize the integrity of the service system. Faced with increasingly demanding and complex situations, this institute will walk participants through an ethical decision-making process and the practical application of recovery oriented Codes of Ethics.

March 5, 2020	Danville PA	9:00am—4:30pm
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PR Services Documentation: Skills that Work for Regulators, Payers & People in Services \$250/member \$300/ non-member

This 12-hour skills-based course is designed to enhance practitioners' skills in documenting Psychiatric Rehabilitation services. Developed in collaboration with the Pennsylvania Office of Mental Health and Substance Abuse Services (OMHSAS), the course concentrates on documenting functional assessments, rehabilitation plans and daily entries that meet the requirements of PR Regulation 5230. The instructor will also demonstrate how a comprehensive strength based assessment provides a strong foundation for goal planning. Attendees will have the opportunity to apply the skills learned through several guided activities.

March 19-20, 2020	Butler, PA	9:00am-4:30pm
April 16-17, 2020	Mayfield, PA	9:00am-4:30pm
April 23-24, 2020	Doylestown, PA	9:00am-4:30pm
July 21-22, 2020	Scranton, PA	9:00am-4:30pm

2020 Engagement Skills \$125/member \$175/ non-member

This 6 hour training provides an opportunity to develop professional helping skills. The foundation topics include developing basic helping skills, stages of the helping process, integration of Motivational Interviewing techniques, and transitioning through the phases of the psychiatric rehabilitation process while utilizing engagement skills. This is an interactive training designed for anyone interested in basic engagement skills or a refresher course.

July 16, 2020	Scranton, PA	09:00am - 04:30pm
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All Courses are approved for CPRP Credits!

If you work for an Organizational member of PRA/PAPRS and are NOT able to choose the member rate, please consult your agency's primary contact person who can add you to the membership BEFORE you complete registration.

Please visit www.paprs.org to register today!



Upcoming Continuing Education Opportunities

2020 Supporting Youth & Young Adults in PR Services with three different course offerings this year!

Supporting Youth & Young Adults in Psychiatric Rehabilitation Services—Online Course This course is underwritten by OMHSAS.

This course is an online course, that you can complete on your schedule within a 6 week timeframe.

This course is designed to address the principles of care and support for youth and emerging adults, the philosophy of Positive Youth Development (PYD), individualized developmentally appropriate services, social determinants of mental health and trauma informed care.

This course provides 6 credit hours for CPRPs and CFRPs.

Course Learning Objectives:

1. Apply principles of care and support for youth and emerging adults into daily service provision
2. Demonstrate knowledge of Positive Youth Development and the 5 C's
3. Explain individualized developmentally appropriate services
4. Identify social determinants of mental health
5. List trauma informed practice guidelines

Training Session Dates - register at www.paprs.org

- April 6 - May 3, 2020
- July 6 - August 2, 2020
- October 5 - November 1, 2020

This course is approved for CPRP & CFRP Credits!

If you work for an Organizational member of PRA/PAPRS and are NOT able to choose the member rate, please consult your agency's primary contact person who can add you to the membership BEFORE you complete registration.

Please visit www.paprs.org to register today!

