



PAPRS Newsletter

Pennsylvania Association of Psychiatric Rehabilitation Services

*"You don't have to be great to start,
But you have to start to be great."*

- Zig Ziglar

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www.papr.org

PAPRS is Hiring!

TAKE CHARGE AS EXECUTIVE DIRECTOR of PAPRS!

Announcing a rare opportunity to use your leadership skills to make a difference in Psychiatric Rehabilitation.

Pennsylvania Association of Psychiatric Rehabilitation Services (PAPRS), a state chapter of the Psychiatric Rehabilitation Association, is seeking an individual who is an energetic, knowledgeable, and creative professional for the position of Executive Director. Working in concert with the Board of Directors, the professional selected will have overall responsibility for performance in membership growth, operational efficiency, financial stability, market presence, affiliated partnerships, fundraising, and staff development/performance. The ideal candidate will understand psychiatric rehabilitation and mental health services in Pennsylvania, have experience in nonprofit or human services management practices, and have skills in the education and training of mental health professionals. A priority is the ability and comfort in developing and nurturing partnerships with diverse stakeholders. Opportunities are available to expand the role to full time integrating psychiatric rehabilitation education and training management responsibilities.

Requirements include a master's degree in a relevant field, supervision and management experience, and knowledge of nonprofit human services. Preference will be given to individuals who have the Certified Psychiatric Rehabilitation Practitioner credential or are eligible and prepared to obtain it. This position will involve working remotely with some travel required. Full or part-time (minimum 20 hours per week) position is contingent upon credentials, expertise, and scope of work. Along with a competitive base salary, there is potential for performance-based rewards. PAPRS also provides generous holiday and paid time off. Please submit a letter of interest and resume to Board@PAPRS.org.

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2023 Board Meetings:

- March 23 & 24, 2023
- June 8 & 9, 2023
- September 21 & 22, 2023
- November 9 & 10, 2023

Board Networking:

Thursdays from 4-6 PM

Full Board Meetings:

Fridays from 9 AM - 1 PM

**Meetings are currently held
through Zoom*

Annual Open Membership Meeting:

Friday, April 14, 2023

During Virtual Conference

Membership Networking:

Thursday, March 30, 2023
11 AM to 12:30 PM

[Registration Link](#)

Preparing for the PAPRS Conference

By: Allison Downs

As most PAPRS members across the state are gearing up to attend the annual virtual conference, many others are gearing up to present their ideas, experiences, and research to their colleagues and peers. This group of presenters includes psychiatric rehabilitation specialist John Echenoz, B.S., and psychiatric rehabilitation worker Denise Hart, B.S., of the Challenge Center in Franklin, PA.

John and Denise are currently hard at work preparing their PAPRS Conference presentation. The process for them began with an extensive list of suggested topics that was provided to them. Together, John and Denise narrowed down the list of topics based on their strengths and weaknesses as well as their individual experiences. Based on these factors, John and Denise ultimately decided on trauma-informed care.

After coming to this decision, John and Denise immediately got to work. Together, they created a storyboard — using only a pen and sticky notes. They brainstormed questions that might be asked by attendees about trauma and trauma-informed care and outlined the key points of their presentation, focusing on the specific skills clinicians could utilize with participants who experience PTSD.

With the completion of their storyboard came the beginning of their research and the generation of the presentation's subtopics. John and Denise will begin their presentation by describing what trauma-informed care is. This subtopic will include a description of the four principles of trauma-informed care, the prevalence of traumatic events and the widespread impact of trauma, and the signs and symptoms of trauma.

John and Denise will describe ways to integrate knowledge about trauma into program policies, procedures, and practices. They also plan to provide examples of how this knowledge has been incorporated at the Challenge Center through movement and motion classes and theatrical presentations. They will also describe strategies to actively resist the possibility of re-traumatizing participants.

In addition to defining what trauma-informed care is, John and Denise will also define trauma. Their definition of trauma will include examples of traumatic events. They will also discuss the trauma participants might have experienced while seeking mental health treatment, as well as the trauma of experiencing prejudice and stigma.

Upcoming Training Opportunities!

Engagement Skills in Psychiatric Rehabilitation Process

March 28-29, 2023
9:00 AM to 12:00 PM

September 18-19, 2023
9:00 AM to 12:00 PM

Orientation to Psychiatric Rehabilitation (4 Sessions)

May 11-12, 18-19, 2023
9:00 AM to 12:00 PM

August 7-8, 14-15, 2023
9:00 AM to 12:00 PM

PR Services

Documentation (4 Sessions)

June 5-6, 12-13, 2023
9:00 AM to 12:00 PM

August 21-22, 28-29, 2023
9:00 AM to 12:00 PM

Creating Welcoming Services for LGBTQIA+ Individuals and Families

June 7-8, 2023
9:00 AM to 10:30 AM

Ethics and Boundaries in Recovery Oriented Services (2 Sessions)

September 11-12, 2023
9:00 AM to 12:00 PM

[2023 Course Calendar](#)

Their research also includes the effects of trauma and PTSD on the brain. This subtopic is broken down into three parts, including the emotional parts of the brain — the reptilian and limbic systems — and the neocortex, or the top part of the brain.

Attendees will learn about vicarious trauma and how we cope with the trauma of others. John and Denise will also discuss strategies for helping participants cope with PTSD, not by providing therapy or counseling, but by helping them sustain themselves until they can connect with their therapist.

With their collective research, they will soon sit down together and brainstorm how to design and lay out their PowerPoint presentation and how to incorporate interactive factors into their presentation. Their hard work and dedication will be on display at the 2023 PAPRS Virtual Conference, Psychiatric Rehabilitation: The Next Chapter, in April.

Conference Registration is Open! [Link](#)

REGISTRATION IS OPEN



Last day to Register
April 7, 2023 at 4:29 PM

Scholarship Applicants – Please wait until you receive your decision letter before registering.



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R.E.S.P.E.C.T Poster Contest - Last Call!!

The RESPECT Poster Contest is still accepting submissions. Each contestant may submit one poster. **The last day to submit a poster is March 31, 2023.** Late entries will not be accepted.

Please visit the Poster Contest information page under the conference tab, and submit your poster using the [2023 Poster Contest entry form](#).

Voting opens on the first day of the conference, April 13, 2023, and closes at 4:00 pm April 20, 2023. Please visit our website at www.paprs.org for the link to the voting poll.

Anyone visiting the website may enter three votes in each category:

- Youth/Young Adult (through age 26)
- Adult (age 27 and older)

Winners will be announced during the closing ceremony on April 21, 2023.

Prizes will be mailed during the following week.

2023 Conference Rates

For ultimate flexibility purposes, you can register for the full conference or you can register for workshops on an individual basis by purchasing according to your interests and needs.

→ Full Conference (*Member*): \$275.00

→ Full Conference (*Non Member*): \$375.00

→ Workshop (*Member*): \$40.00

→ Workshop (*Non Member*): \$65.00

Pay by Credit Card or Mail a Check

Checks should be made payable to PAPRS. Please specify conference registration and the name or registration number for the registrant so that we can appropriately credit your check payment.

Mail checks to:

PAPRS
c/o Constance Walker
Community Counseling Center
2201 E. State Street
Hermitage, PA 16148

Special Shoutout!

The Mobile Psychiatric Rehabilitation Services Program at Stairways Behavioral Health in Erie, PA would like to recognize three of their dedicated Psychiatric Rehabilitation practitioners who recently passed their CPRP exam: Elise Vasold, Amanda Kolson, and Kerry Dieter-Roward. We are proud to celebrate having them on our team as they exemplify the principles and values of Psychiatric Rehabilitation Services in all that they do!

PA is Leading the Way in Psych Rehab!

CPRP Certification: 501 Members | CFRP Certification: 7 Members

2023 Conference Keynote Speakers!



Lisa A. Razzano
Ph.D., CPRP

Lisa A. Razzano, PhD, CPRP is a tenured Associate Professor of Psychiatry and Deputy Director of the Center on Mental Health Services Research and Policy at the University of Illinois at Chicago (UIC), and Director for the James Scholar Program at the UIC College of Medicine. Dr. Razzano is recognized internationally for her funded research and workforce development programs focusing on mental health recovery, physical health co-morbidities, mental health aspects of HIV/AIDS, and community intervention and services research.

Her contributions have been recognized with awards including career contributions from the Psychiatric Rehabilitation Association, Researcher of the Year from the Health and Medicine Policy Research Group, the UIC Chancellor's Award for Mentor of the Year, and a UIC Excellence in Teaching Award, among others. Dr. Razzano is a Subtheme Leader for Human Growth and Development for the College's curriculum redesign and a Scholar for Teaching Excellence Faculty Fellow. Dr. Razzano has served on scientific and government review panels, national executive boards, including service as national chair for the Psychiatric Rehabilitation Association, and as an elected member of the American Psychological Association's Task Force on Serious Mental Illness and Serious Emotional Disturbance.



Ross Szabo
CEO
Human Power Project

Ross uses tasteful humor and insights to help participants understand common mental health conditions and individual differences. He also covers warning signs that students can look for in their friends and peers, as well as resources that can provide guidance in these sensitive situations.

Ross is NOW the CEO of the Human Power Project. He is an award-winning mental health speaker, writer, trainer, and Returned Peace Corps Volunteer. Ross has spoken to more than 1 million students about the importance of mental health and provided a positive example to empower them to seek help. He received the 2010 Didi Hirsch Removing the Stigma Leadership Award, 2012 Changing Minds Award and had his advocacy work entered into the Congressional Record. He is the co-author of *Behind Happy Faces: Taking Charge of Your Mental Health* and a blogger for The Huffington Post.



Rita Lane
Advocate
Southwest Behavioral
Health

Rita Lane has worked in the Human Services field for over 30 years in and around Butler County. Rita has worked in various capacities in human services, focusing on mental health and homelessness. She has been involved with advocacy, case management, guardianship, representative payee and Assertive Community Treatment. She currently works for Southwest Behavioral Health Management, which is an agency that provides Health Choices oversight to nine counties in Western Pennsylvania. She is very active in her community and in the mental health community. She is a firm believer in volunteerism and has volunteered for numerous causes, including The National Alliance on Mental Illness (NAMI), the Compeer Program, Western Region Community Support Program, Pennsylvania Mental Health Consumer Association, local housing and homelessness initiatives, the local humane society, the Salvation Army, and the Greater Pittsburgh Food Bank.

She believes in inclusion, empowerment and recovery for all. Through her work with the Western Region Community Support Program, Rita advocates for multiple psychiatric rehabilitation programs across the region, assisting with seed grant funding to support and develop psychiatric rehabilitation programming. Rita embodies the core principles of psychiatric rehabilitation across all areas of her professional, personal, and community relationships. Rita Lane is a well deserved nominee for the Distinguished Advocate Award. Advocating for people is evident across all areas of her professional, personal and community relationships and activities.



This Is My Brave

The mission of This Is My Brave is to empower individuals to put their names and faces on their true stories of recovery from mental illness and addiction. The vision of This Is My Brave is to one day live in a world where we don't have to call it "brave" to talk openly about mental illness. We'll simply call it talking.

Since 2014, This Is My Brave has produced over 75 unique shows in cities across the United States featuring nearly 875 storytellers sharing true, personal stories on overcoming depression, anxiety, bipolar disorder, PTSD, psychosis, OCD, postpartum depression, borderline personality disorder, dissociative identity disorder, trichotillomania, anorexia, bulimia, sexual assault, alcoholism, substance use disorder and more.

Regional Spotlight: Southeast Region

PEOPLE ACTING TO HELP (PATH), Inc.'s RENAISSANCE SERVICES

Renaissance: A PATH to Hopes and Dreams was one of the first three Adult Partial Hospital programs in Philadelphia to transform to a Recovery Level of Care (LOC) called a Community Integrated Recovery Center (CIRC) in 2007. PATH, along with the participants of the program, pursued being part of the pilot in Philadelphia as it was believed that this LOC would be an effective intervention in pursuit of PATH's mission of "Helping Individuals Achieve a More Independent and Fulfilling Life."

A CIRC operates under both a Pennsylvania OMHSAS Psychiatric Rehabilitation license as well as a PA OMHSAS Outpatient license. The program offers onsite skill building and educational opportunities as well as community skill building and resource exploration. Renaissance's staff complement of Psychosocial Rehabilitation Specialists (PRS), Certified Peer Specialists (CPS), Therapist, Community Integration Specialist and Wellness Coach along with the Program Management Staff, was designed to optimize skill, support, and growth. The CPS staff serve in a powerful role as the beacon of hope and illustration of what is possible for participants in the program. Many participants have pursued their CPS certification due to their inspiration.

Renaissance Services has adopted the Boston University (BU) Approach to Psychiatric Rehabilitation as the theoretical foundation it operates under. This approach (its founder, William Anthony, did not see this as a model but rather a technology, supporting goal development and achievement) allows individuals to explore values and readiness; develop readiness; set an Overall Rehabilitation Goal; develop skills and resources to "Choose-Get-Keep"; achieve and

sustain goals in the Living, Learning, Working, Social and Wellness Domains. PATH, with the agreement of the participants, chose this approach for many reasons, including that it is well-established and highly respected. PATH contracted with Boston University for three rounds of extensive training with members of their faculty for our staff to receive. Two rounds were held onsite, and the last training was virtual during the pandemic, which was facilitated by Marianne Farkas, a key developer of the approach, as one of the trainers! PATH invested in this training for staff development and to ensure that fidelity to the approach remains strong.

The Renaissance program staff do *Whatever it takes* to support participants in goal fulfillment. Staff have accompanied individuals to a variety of religious institutions on the weekends to assist with finding the right fit for them. Staff have accompanied an individual



to an evening “Philosophy Meet Up” group to encourage an individual to find a social group that they felt comfortable with. Staff have accompanied individuals to colleges, potential workplaces, laundromats, and a myriad of places to support individuals in resource and skill development. Renaissance also has paid for GED classes, computer classes, dance classes, table rental at a craft fair for an individual to move forward with her budding business (as well as staff present to support her during the craft fair). Renaissance staff has supported one individual in the successful pursuit of her own non-profit organization.

The COVID pandemic redefined *Whatever it takes* as barriers abounded. However, Renaissance staff maintained that mantra and took inventory of what was needed to continue its mission. Purchases of laptops, notepads, internet packages, phone minutes were made to ensure that connections between staff and participants (and psychiatrists) would continue. Food was delivered by staff when participants were too frightened to leave their homes. Phone minutes were purchased to ensure that support was accessible. Art and crafts supplies, puzzle books, games, and other items were delivered to homes. ZOOM groups were initiated as well as individual sessions. Creativity was necessary to ensure motivation levels and mental health needs were met. ZOOM groups used YouTube visits to museums and YouTube demonstration of skills. One staff person facilitated a ZOOM Cooking group. The group decided on a dish to prepare, the staff person purchased and delivered the food items to the homes and then each prepared the dish via ZOOM together in their prospective kitchens! *Whatever it takes!*



The Renaissance program provides a safe, supportive, inclusive environment that promotes opportunities for risk taking and behavioral rehearsing that is validating, skill and confidence building. This is a key Renaissance practice that has been instrumental in encouraging individuals in taking next steps in Recovery. One example to illustrate this point was the establishment and maintenance of the Renaissance Canteen. The participants voted on this early addition to Renaissance Services. The participants are responsible for creating the shopping list, considering inventory, their peers item preferences and profitability. The shoppers and staff divide up at the local BJ's, a wholesale club, to make the purchases. The participants set the Canteen prices with consideration of affordability for their peers. The canteen shifts are open to be filled by any participant of the program who has a desire to do so. They receive training via a peer canteen mentor.

The Renaissance Canteen is open to anyone who has business at PATH including the many staff who desire a beverage or a snack. The canteen experience teaches/reinforces skills in the Social, Work, Living, and Learning Domains.

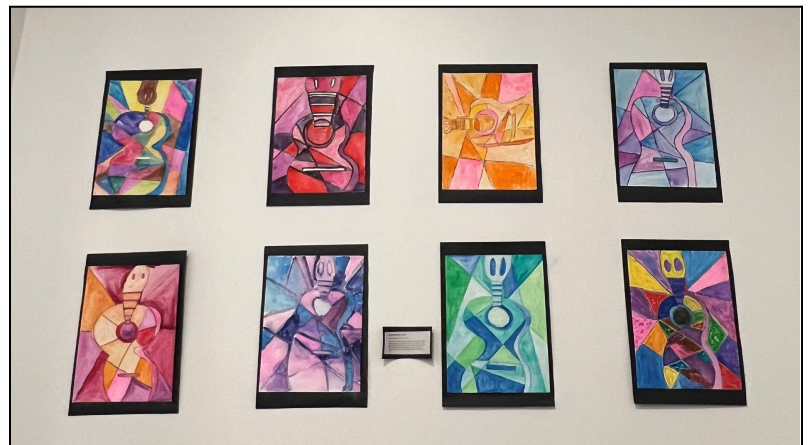
Another example of risk taking can be found in the community group volunteer experiences. An example of this includes volunteering at a Senior Center. Members supported the seniors in serving lunch, a vital function. This was an excellent opportunity to learn a variety of skills

including teamwork with their peers as well as community members. This experience resulted in paid employment as one of the Renaissance volunteers was hired. Risk taking opportunities within Renaissance can also be smaller in comparison but just as confidence building including asking a participant to assist with writing the schedule on the whiteboard, providing tours to welcome new participants, joining a committee to support Family Fun Night or ensuring that there are enough pens on the table when asked to perform in that role.

“Nothing about us without us” is an important driving principle in Renaissance as it demonstrates respect and the belief of Recovery success. As seen above, the participants of the Adult Partial Hospital (and PATH’s Social Rehabilitation Program) were key stakeholders in the program and were a part of the discussions and decision making and proposal writing processes regarding the transformation. After PATH’s proposal was accepted and it was time to transform, the participants advocated to maintain the newly assumed role of decision makers, and thus, the actualization of “Nothing about us without us” continued. The

Renaissance Stakeholder Committee, the decision-making body, is composed of an equal number of participants and staff and one family member. This composition is particularly empowering and differs from the traditional model of a body of program participants who then report to the Director. The committee members are elected by their peers. This committee makes decisions such as approving the canteen’s desire to sell water for no profit to ensure that all were hydrated during the hot summer months, the chairs purchased for the program, new group topics added to the schedule, etc. The committee also chose the name of the program. Two meetings a month are closed, and the third meeting of the month is open to the entire Renaissance community so individuals can have their voice heard.

Celebrations are as vital as they are validating, motivating and confidence building. Stakeholder Committee Meetings, Community Meetings and Staff meetings begin with sharing of Recovery celebrations. Celebrating individuals’ talents was recently demonstrated during the Renaissance Art Show, “In Recovery We Grow”. Many beautiful art pieces filled the walls in the Renaissance Program.



Staff in the agency were invited and showed in large numbers to view the artwork and the participants' presentation about their artwork. It was a beautiful event which highlighted talent that some did not know they had (and now pursue as an independent leisure activity). The December Holidays were celebrated with invited agency staff to enjoy caroling with Renaissance participants.

Much more can be shared but space is limited! Additional information can be found at http://www.pathcenter.org/bh/bh_adult_renaissance.htm.

What's All the Buzz Around Scranton?



A new Clubhouse that will be opening soon in the Scranton area!

Katie's Place is being built around the membership and they are working alongside the Executive Director, John Rosengrant, to develop the program. Katie's Place will be following the Clubhouse International Standards and Psychiatric Rehabilitation in working with members to follow a work ordered day. Katie's Place members are learning the Clubhouse model as they take part in limited sessions throughout the week during which they are participating in creating policies while building meaningful relationships with each other.



The members of Katie's Place have visited other Clubhouses including Wellspring in Sellersville to get ideas and determine how they would like to set up their clubhouse.

The members have also been busy taking part in the community, doing fundraisers, and accepting donations all while working on themselves. They acquired a new van allowing them more access to community events.

They also collected socks, slippers and chapstick to be donated to Clarks Summit State Hospital for the Holiday Season.

Can't wait to see what the future holds for Katie's Place!

Stay up-to-date with Katie's Place!

[Facebook](#) | [LinkedIn](#) | [Website](#)



Principle 9 Collaboration: PSYR + OT = Holistic Focus!

By: Michelle Rampulla, MS, OTR/L, CPRP, Shayna Dozier, OTS, and Meredith Gray, OTS

The REACH Program, an Intensive Psychiatric Rehabilitation program provided at St. Luke's Penn Foundation, embodies the 12 Principles of Psychiatric Rehabilitation in a myriad of ways. Practitioners ensure that group and individual services are participant-centered, hope-filled, and strengths-based, consistently supporting participants in building a satisfying life.

This team has extended a hand to take their support even further, embracing the holistic focus of Principle 9 by incorporating Occupational Therapy students into the team. Through a collaboration with two local universities, the REACH team supports OT students' learning by modeling psychiatric rehabilitation principles, and the OT students, in turn, bring the distinct value of OT to the REACH classes they co-facilitate. Principle 9 addresses the need to ensure that services address the whole person, including building skills and support in the social, occupational, educational, residential, intellectual, spiritual and financial domains. This aligns with the primary goal of occupational therapy to enhance individuals' participation in meaningful and necessary everyday activities.

Intensive Psychiatric Rehabilitation practitioners and Occupational Therapists can create a collaborative partnership that is beneficial for participants. Together, they allow a holistic focus on strengths-based recovery and a return to daily activities. Occupational Therapy practitioners are trained to assess underlying client factors (ex. cognitive ability and physical mobility), habits & routines, and contexts (ex. environment and supports) that impact skill acquisition in all domains. Additionally, OT practitioners are skilled in utilizing purposeful activities to build skills (ex. playing "Headbands" to build communication skills).

The students bring the OT theoretical framework and their creative energy to their co-facilitated classes, engaging participants in purposeful fun and energizing the practitioners, as well. Thus, this collaboration benefits everyone:

- The students get much needed experience in the world of recovery from mental illness and substance use disorders
- The participants get engaging activities that help them learn new skills and information in a fun way
- The practitioners get to engage in fun classes they didn't need to plan (and can borrow ideas for future classes!)

As psychiatric rehabilitation services continue to evolve, partnering with OT students has proven to be one way to enhance the learning experience for our participants. Reach out to a university near you for opportunities in your program. You'll be glad you did!

Look for our next PAPRS Newsletter in June 2023!