1-2:30 p.m. Workshops

17. Implementing Recovery and a Trauma Informed Approach through Emotional CPR
Recovery and trauma informed care depend on new relationships of mutuality and respect. Emotional CPR is a training which improves mutuality and respect.
Daniel Fisher, M.D., Ph.D., Director of Emotional CPR, National Empowerment Center, Lawrence, Mass.

18. Asset-Based Community Development 101
What if we started looking at people’s gifts and talents instead of just their deficits and challenges? Asset-Based Community Development (ABCD) helps us focus on the skills of all individuals, including those with labels, in order to build stronger, more sustainable communities. Join us for this introduction to ABCD, a different way of looking at people, communities they live in and the institutions that support them.
Deb Wisniewski, Connector/Consultant, Sharing Common Ground and Faculty, ABCD Institute, Madison, Wis.

19. Individual Placement and Support (IPS)—Background and Peer Involvement
The evidence-based IPS model for employment and education support is now active in almost half of Wisconsin’s counties. Many programs also utilize certified peer specialists in direct or indirect support of individual’s recovery goals around employment and training. This session will describe IPS in Wisconsin and present examples of peer involvement in IPS around the state.
Robert Meyer, Rehab Specialist, UW-Madison RPSE Department, Wisconsin DHS-BPTR, Madison, Wis.

20. Writing a Successful Grant Proposal
This workshop will provide an overview of typical grant proposals and provide tips for writing successful proposals. Discussion will focus on both grant proposal structure and concepts and on grant writing to meet the needs of Peer Run Organizations.
Michael Derr, Contract Specialist, DHS-DMHSSAS, Madison, Wis., and Bonnie Perrenoud, Office Manager/Certified Peer Specialist at Wellness Shack, Eau Claire, Wis.

2:45-4:15 p.m. Workshops

21. Whole Health Approaches to Recovery – Strengthening Spiritual, Emotional, and Physical Health via Movement to Music
This workshop explores ways to enhance personal spiritual, emotional, and physical health through movement to traditional and contemporary music. Forms of movement that will be explored include Tai Chi, authentic dance, liturgical, expressive, dance, meditative dance, and group dance.
Taku Ronsman, Multicultural Music and Dance Enrichment Specialist, Rhythms & Tunes with Ms Taku, LLC, Green Bay, Wis.

22. Alternatives to Suicide: Finding Strength and Healing Together
The Western Mass Recovery Learning Community developed the ”Alternatives to Suicide” approach because the opportunity to talk openly about suicide and feelings of deep emotional distress with others who have or are experiencing similar struggles can be a powerful way to support people to move through those darkest places. During groups, people share their successes and their challenges, provide support for one another and strategize and share ideas for coping with difficult life circumstances. Join us to learn more about this approach and how our peer run respite groups are bringing these groups to Wisconsin.
Karen Iverson Riggers, Iris Place Peer Run Respite Director, NAMI Fox Valley, Appleton, Wis.

23. Homelessness and Mental Illness: Autumn West Safe Haven—The Alternative Shelter
I invite you into my world, their world, our world. Learn about mental illness and homelessness through the eyes of a Peer Specialist. Lean about the shelter system in Milwaukee County and also an introduction to the Autumn West Safe Haven. This will be done through interactive opportunities.
Mary Neubauer, MSW, CPS, Community Advocates, Inc., Cudahy, Wis.
03. Everyday Mindfulness for Awakening Your Inner Warrior (repeated in session 16)
The Human Service field is stressful. You work with people in difficult situations, and often times leaves you feeling emotionally drained. This presentation will talk about how the Mindful Practices of the Samurai traditions can assist you in caring for yourself in a constructive healthy manner, and subsequently the people you serve as well.

David Nelson, Program Manager, Ho-Chunk Nations, Baraboo, Wis.

04. Surviving the Trauma: Understanding and Working with Trauma Response in People Who Have Experienced Sexual Assault and Exploitation by Providers
As people with lived experience of mental illness, we experience sexual assault and exploitation at least four times greater than people without lived experience. Why is this? Come learn about the prevalence of sexual abuse amongst people with lived experience and how we might support each other in recovery from trauma that results from exploitation.

Karen Lane, Advocacy Specialist, CPS, Disability Rights Wisconsin, rice Lake, Wis. and Ellie Jarvis, Consumer Empowerment Coordinator, Wisconsin Department of Health Services, Madison, Wis.

05. Open, Honest, and Proud—Supporting Strategies for Veterans
This program is used internationally to grow decision-making skills around personal disclosure and provide opportunity to practice these skills on the story one has been telling themselves and others. The workshop will provide an overview of the program, free workbook, and how it can be used in peer roles.

Terri Strodthoff, Co-Founder, Alma Institute, Milwaukee, Wis.

06. Wisconsin Voices for Recovery
Learn about the history of the addiction recovery advocacy movement and how far along people are in their “recovery” or using “negative coping skills.” Come explore options on how to utilize framework of Emotional CPR and Intentional Peer Support to learn from one another about how we can build relationships of mutual support, respect and understanding.

Karen Iverson Riggers, Iris Place Peer Run Respite Director, NAMI Fox Valley, Appleton, Wis.

10. Recovery—You’re Doing it Wrong
Join Daniel Geller, author of the book, the way we talk about our and other’s recovery through peer support. When our voices of lived experience come together, we sometimes move into conversations that far along people are in “recovery” or using “negative coping skills.” Explore options on how to utilize framework of Emotional CPR and Intentional Peer Support to learn from one another about how we can build relationships of mutual support, respect and understanding.

Karen Iverson-Riggers, Iris Place Peer Run Respite Director, NAMI Fox Valley, Appleton, Wis.

16. Everyday Mindfulness for Awakening Your Inner Warrior (a repeat of session 3)
The Human Service field is stressful. You work with people in difficult situations, and often times leaves you feeling emotionally drained. This presentation will show you how the mindful practices of the Samurai traditions can assist you in caring for yourself in a constructive healthy manner, and subsequently the people you serve as well.

David Nelson, Program Manager, Ho-Chunk Nations, Baraboo, Wis.

08. Crisis as Opportunity: Peer Run Respirations and the Practice of Hope
In this presentation we will have an understanding of the development of peer run respite in Wisconsin. We’ll talk about what values of peer run respite, how to access services, who is eligible and what to expect if you’re a guest. We’ll also address barriers and challenges with us and what we’ve done to address those.

Karen Iverson-Riggers, Iris Place Peer Run Respite Director, NAMI Fox Valley, Appleton, Wis.

245-4:15 p.m. Workshops
09. Wisconsin Reentry Peer Specialists
Supporting reentry and community integration of criminal justice-involved consumers through the development of a forensic peer specialist model in Wisconsin. Using Participatory Decision Making GEP (Grassroots Empowerment Project) will facilitate monthly meetings with individuals from multiple stakeholder groups to develop a model for forensic peer support. GEP will then train criminal justice-involved consumers and support them as they provide peer support.

Margaret Schur, Project Manager, Grassroots Wellness, Madison, Wis.; Leah Kornish, House Manager, Solstice House, Madison, Wis., and Karen Iverson-Riggers, Director, Iris Place Peer Run Respite, Appleton, Wis.

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Karen Iverson Riggers, Iris Place Peer Run Respite Director, NAMI Fox Valley, Appleton, Wis.

15. Alignment of Cultural Humility, Trauma Informed Care, and Motivational Interviewing
Participants will experimentally explore three practices that constitute the Alma Institute’s Foundational Services Approach to on-boarding staff to a strength based, person-centered peer support system in their service environment. The three practices to be explored are Cultural Humility, Trauma Informed Care, and Motivational Interviewing. A brief snapshot of the Foundations of Alma will be covered up to and including the facilitation of GEP’s work with criminal justice-involved consumers through the development of peer run respite in Wisconsin. We’ll talk about what values of peer run respite, how to access services, who is eligible and what to expect if you’re a guest. We’ll also address barriers and challenges with us and what we’ve done to address those.

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