PEER RECOVERY CONFERENCE SCHEDULE

Tuesday, December 8th
8:00 - 10:00 am (REGISTRATION)

9:00 - 10:00 am
Keynote Address-Challenges and Opportunities for Peer Support in Healthcare
*Chacku Mathai, Center Director, NAMI STAR Center, Webster, New York*

10:15 - 11:45 am Workshops

01. Are We Collaborating Yet? Addiction and Mental Health Recovery Communities in System Transformation
Healthcare reform, integrated care, peer support, wellness, and recovery-oriented systems transformation are explored in this session. We explore the role(s) of our addiction and mental health recovery communities and whether our communities are collaborating where needed. How might we improve collaboration to make true system transformation possible? Meaningful ways for inclusion and diversity to be strengthened in our local and the statewide recovery communities will be discussed.
*Chacku Mathai, Center Director, NAMI STAR Center, Webster, New York*

02. Belonging in Our Community- Inclusion with Peer Support for Those Experiencing Homelessness
Exploring deeper aspects of peer support relationships, connecting through values, and bringing awareness to the challenges one faces when excluded from community. Examples will be offered regarding peer based efforts that work to approach complex problems of homelessness. Discuss the notion that belonging is the common thread of support, intentionally participating with a person while seeking community. Transitioning this awareness toward finding support from our local communities, along with incorporating the strengths of the individual.
*Randolph Kjos, MS, CPS, Community Integration Advocate and Aaron Rasch, MA, CPS, State Coordinator Peer Run Organizations, Independent Living Resources, La Crosse, 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 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.*
04. Surviving the Trauma: Understanding and Working with Trauma Responses in People Who Have Experienced Sexual Assault and Exploitation by Providers

As person 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 Jarvie, Consumer Engagement Coordinator, Wisconsin Department of Health Services, Madison, Wis.

12:00 - 12:45 pm Lunch

1:00 - 2:30 pm Workshops

05. Honest, Open, and Proud – Supporting Strategic Disclosure Decisions

This program is used internationally to grow decision-making skills around personal disclosure and provide opportunity to reflect 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.

Furman Avery, Milwaukee, Wis.

06. Wisconsin Voices for Recovery

Learn about the history of the addiction recovery advocacy movement, along with Wisconsin's current efforts to grow a statewide recovery community organization. Other topics include aspects of everyday advocacy: stigma, the science of addiction and recovery, and recovery messaging.

Flo Hilliard, Faculty Associate, UW-Madison and Director of Voices for Recovery and Caroline Miller, Community Liaison, Wisconsin Voices for Recovery, Madison, Wis.

07. Certified Peer Specialists in Wisconsin – An Evolving Profession

Peer Specialists have been certified in Wisconsin since January 2010. 2015/16 is a time of change that will develop an integrated mental health and substance use disorder approach as well as see the development of a new certification for Parent Peer Specialists.

Bob Fredericks, Parent Peer Specialist Coordinator and Alice Pauser, Wisconsin Peer Specialist Program Coordinator, Access to Independence, Inc., Madison, Wis. and Lalena Lampe, Community Programs QI Specialist, Wisconsin Department of Health Services, Madison, Wis.
08. Crisis as Opportunity: Peer Run Respites and the Practice of Hope
Workshop attendees will have an understanding of the development of peer run respite in Wisconsin. We'll talk about peer support within the 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 we’ve encountered along the way and what we’re doing to address those.

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

2:45 - 4:15 pm 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.

Mishelle O'Shasky, Statewide Network Coordinator and William Parke-Sutherland, Executive Director, Grassroots Empowerment Project, Madison, Wis.

10. Recovery - You’re Doing it Wrong
Join us for a panel dialogue on shifting the way we talk about our and other’s recovery through peer support. When our voices of lived experience come together, we sometimes make judgments on “how far along people are on their recovery” or using “negative coping skills.” Come explore opportunities to utilize frameworks like Emotional CPR and Intentional Peer Support to learn from one another about how we can build relationships of mutual support, respect and understanding to grow together.

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

11. Taming Your Mind – Be Happy
Feeling stressed, over-tired, overworked, unhappy, depressed, anxious? Is it hard to find time to relax and enjoy life? Attend this workshop and learn to calm your mind by experiencing different ways to practice mindfulness in your everyday life. The practice of mindfulness takes only a few minutes each day and has been shown to be useful for many people.

Larry Hopwood, Ph.D., MSW, Volunteer, NAMI Washington County, Hartland, Wis.
12. Go For It! Apply Interactive Methods to Your Group and Individual Work
Drawing from Playback Theatre, we will experience how effective these methods are for helping group members get to know each other, build guidelines, develop and prioritize goals, and deepen trust and communication skills.
Claire DeCoste, MFA, MEd (ECFE), Theater Artist and Peer Specialist, Independent Living Resources and Ridgeland Playback Theatre, La Crosse, Wis.

(BREAK)

5:30 - 6:45 Dinner (and announcements)
(Free evening)

Wednesday, December 9th
7:30 - 9:00 am Breakfast

9:00 - 10:00 am
Keynote Address: Building Community through Dialogical Recovery
Daniel Fisher, M.D., Ph.D., Director of Emotional CPR, National Empowerment Center, Lawrence, Mass.

10:15 am - 11:45 am Workshops

13. Culture Change Through Recovery Dialogues
There have been numerous calls to shift the mental health culture from maintenance. Recovery dialogues offer a means to implement such culture change.
Daniel Fisher, M.D., Ph.D., Director of Emotional CPR, National Empowerment Center, Lawrence, Mass.

14. Healing Focused Care
The Alma Center works with men involved in the criminal justice system primarily for domestic violence related charges. Over the past decade the agency has been on a journey to fully transform services and organizational culture from a more traditional criminal justice approach, to one of healing focused care. Participants in this workshop will explore lessons learned on the Alma Center’s journey, and how the principles and culture change process can be applied in your own work setting.
Terri Strodthoff, Co-Founder, Alma Institute, Milwaukee, Wis.

15. Alignment of Cultural Humility, Trauma Informed Care, and Motivational Interviewing
Participants will experientially explore three practices that constitute the Alma Institute’s Foundational Services Approach to on-boarding staff to a strength based, person-centered perspective in their service environment. The three practices to be explored are Cultural Humility, Trauma Informed Care, and Motivational Interviewing. A brief snapshot of the Foundational Services alignment will be shared. The session concludes with a walk through concurrent implementation strategy for all three practices including the Alma Institute’s primary implementation strategy of internal champion development and instituting peer learning groups.

Shawn Smith, Co-Founder & Trainer, Alma Institute, Milwaukee, 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.

12:00 - 12:45 pm Lunch (and announcements)

1:00 – 2:30 pm 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. IPS Individual Placement and Support – 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.

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**2:45 - 4:15 pm 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.

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**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 respites are bringing these groups to Wisconsin.

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**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.

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