

**Capital Area Certified Peer Specialist
PROFESSIONAL DEVELOPMENT GROUP
Continuing Education Training
February 26, 2010**

Capital Area CPS Professional Development Group is proud to announce the second CPS Continuing Education Training. All the workshops were put together for Certified Peer Support Specialists. In this trying time of budget restraints, free trainings are becoming harder to find. We were tired of going to trainings that were geared for providers and not CPS's. We went to OMHSAS and asked if we could train ourselves - and here we are. We plan to offer four 5-hour training days every year which will cover the eighteen hours of required yearly continuing education. If we can do this here, to show that it can be done, then it can be duplicated everywhere in the state. This is the true essence of peer support, peers training peers. We are and will be looking for new workshops for our next training in May 2010. If you have an idea or you would like to do your own one to two hour work shop, please contact Tom Newman via email at tnewman@philhaven.org or by mail at 2617 Herr Street, Harrisburg, PA 17103.

Agenda

8:30	Registration
9:00 to 10:15	Goal Setting
10:15 to 10:30	Break
10:30 to 11:45	The Spiritual Part of Recovery in Peer Supports
11:45 to 12:45	Lunch on your own
12:45 to 1:00	Check in
1:00 to 2:30	The Art of Documentation
2:30 to 2:45	Break
2:45 to 4:15	Inspiring Courage
4:15	Wrap up

To register for this TRAINING contact Tom Newman via email at tnewman@philhaven.org or by mail at 2617 Herr Street, Harrisburg, PA 17103

**You must register by February 19, 2010 as there are only 100 seats.
This training will be FIRST COME FIRST SERVED.**

Workshop # 1 Goal Setting Basics Facilitated by Theresa Myers

Description: To reach a dream we need to set goals and determine the steps to move us to the objective. Attend this workshop to learn how to clarify goals, write a goal statement, use the “SMART” goal setting method, and discuss decision making tools.

Theresa Myers is a certified peer specialist, registered nurse, and the current board president for the (NAMI) PA Cumberland/Perry Counties (<http://www.namipacp.org>). She has a Bachelor of Science in Nursing from the University of South Alabama -1995. Ms. Myers has held a variety of professional positions and currently is attending Drexel University pursuing a certificate in psychiatric mental health nursing. Upon graduation from Drexel her goal is to start her own business – “Myers Holistic Care.” Theresa lives in Newburg, PA with her husband and cat, Ivory.

Workshop # 2 The Spiritual Part of Recovery in Peer Supports Facilitated by Bob Manrodt

Spirituality is very important to many people. Spirituality can be a religion such as Christianity, Buddhism, Islam or Judaism but can also be any of a variety of other mind-related or heart-inspired activities such as searching for meaning, connecting with inner peace, walking in the woods, writing or painting. Spirituality is many things to many people. Recovery has many aspects that can be thought of as spiritual; aspects such as true empowerment, finding one's voice, self-development and much more. Spirituality and recovery work together in rich and vital ways.

As peer support specialists, it is important to understand some basic principles of spirituality. How best can we relate to others and their often unique ways of relating to recovery and spirituality. Many issues on spirituality and recovery can come up in the course of relating to others and the work of peer supports. Our session will involve presentation of basic points and talking sessions on effective ways of dealing with spirituality in the mental health community. Please come with questions or issues that come up with your job and your relations.

Bob Manrodt works as a Spiritual Supports Facilitator contracted with the Pennsylvania Department of Public Welfare. His job involves many aspects including facilitating dialogue about spirituality involving consumers, providers and community supports. Bob has for many years worked actively with spirituality and wellness as part of his ongoing recovery journey. Not only is Bob a survivor of schizophrenia diagnosis and treatment but worked as a psychiatric aide for more than ten years in 3 Pennsylvania State Mental hospitals. Since 1995 Bob has been active in the mental health consumer movement.

Workshop # 3 The Art of Documentation... By Kim Maldonado

What is enough? What is too much? What is expected? What is extra? What documents are expected to be in the chart? In this workshop, we will look at the OMHSAS expectations on chart documentation, as well as guidelines received from managed care companies. We will focus on learning to write a measurable and attainable goal as well as what is good documentation for an individual contact, whether it is face to face or on the phone. Come prepared with lots of examples to discuss in the workshop.

Kim Maldonado is the current director of Philhaven's The Dauphin Clubhouse and supervises the Peer Support Unit. She is involved in a variety of community groups, ranging from the PA Clubhouse Coalition, PAPSRS, and Peer Support Initiative for the Capital Region and Dauphin County CSP. Prior to working with Philhaven, she was vice principal and elementary teacher at Academia los Pinares in Tegucigalpa, Honduras.

Workshop # 4 Inspiring Courage... By Matthew Groff & Dan Craig

There are many roadblocks that people encounter when faced with the need to stand up for their rights while receiving mental health services. Many of these roadblocks come from experiencing years of unsuccessful attempts at self advocacy, and conditioning from some services that invalidated them as human beings and treated them only as an illness to be fixed.

When working with someone who has goals that can necessitate steps towards self advocacy, understanding these roadblocks, their origin, and the purpose they serve is important to providing support that is validating and inspires growth. This workshop will address some of these concerns, offering tools and resources that are available to assist in this process.

Learning Objectives:

1. Understand that unless a healing environment is created for consumer, staff, and family alike sabotage will be a likely outcome.
2. Understand potential roadblocks to effective self advocacy
3. Have a basic knowledge of ways to apply CPS skills to address these roadblocks.
4. Have an understanding of other resources within the community that are available to further help the individuals we serve assert their rights, and desires.

Daniel Craig and Matthew Groff are Certified Peer Support Specialists and Community Advocates working with the Pennsylvania Mental Health Consumers Association. Their role focuses on promoting Recovery and Community Integration for individuals across Pennsylvania. Both Matthew and Daniel came to PMHCA having experienced the mental health system from many perspectives, having not only received services in the private and public system, but they both also have experienced wearing the hats of providers, and that of the family member/supporter. This balance of experience informs their advocacy efforts on a daily basis.

Matthew and Daniel worked together for two and a half years within the Community Rescore Team from the Office of Mental Health and Substance Abuse Services following the closure of Harrisburg State Hospital. They continue to build upon the strong partnerships they built with local Mental Health Office Officials, Mental Health Service Providers, and Community Leaders to bring us all to a place that promotes mental health and wellbeing for all of our citizens. After finding their way out of using the public service system to cope with their own mental health challenges, they now use a balance of their skills to improve the Mental Health System throughout Pennsylvania. Matthew with his knowledge and understanding of Medications and skillful research, paired with Daniel's passion for building natural community relationships, have worked to build opportunities for individuals to create meaningful lives within the community of their choice.

Directions to Philhaven's Mt. Gretna Campus

From Harrisburg: Take route 83 North to Route 322 East. Continue on Route 322 past the Hershey Medical Center and through the towns of Campbell town and Fontana. Continue on Route 322 past the traffic light for Route 934. The next intersection is Butler Road, Turn right (at traffic light) onto Butler Road. Philhaven is one mile south on the right.

From Lancaster: Follow Route 72 North to Route 322 West, Hershey (keep left). At the first intersection, turn left onto Butler Road. Philhaven is one mile south on the right.

From Route 81: Exit at Route 934. Travel south through Annville to Route 322. Turn left onto Route 322 at the traffic light. At the next traffic light is Butler Road. Turn right onto Butler Road. Philhaven is one mile south on the right.

From York: Take Route 83 North to the Pennsylvania Turnpike (Interstate 76) and take the turnpike east to Exit #266 (Lebanon). Make a left turn onto Route 72 North. Route 72 will junction with Route 322. Continue on Route 322 and follow the signs towards Hershey (keep left). The Butler Road intersection is four miles from the turnpike exit. Turn left onto Butler Road and proceed one mile south to Philhaven.

From Philadelphia: Take the Pennsylvania Turnpike (Interstate 76) west to Exit 266 (Lebanon). Make a left turn onto Route 72 North. Route 72 will junction with Route 322. Continue on Route 322 and follow the signs towards Hershey (keep left). The Butler Road intersection is four miles from the turnpike exit. Turn left onto Butler Road and proceed one mile south to Philhaven.