



2011 Recovery In Iowa Conference

“Building A Wellness Community”

Des Moines, Iowa

May 16th and 17th

Monday May 16th, 10 am – 5pm

Tuesday May 17th, 9 am – 3:30pm

**Holiday Inn & Suites
4800 Merle Hay Road
Des Moines, IA 50322**

Sponsored by:

DHS Office of Consumer Affairs

Iowa Advocates for Mental Health Recovery

United States Psychiatric Rehabilitation Association, Iowa Chapter

Day 1 Conference Presentations:

Dan Fisher MD PHD, Director National Empowerment Center “Accountable Community Wellness Organization” - To create a green wellness village, not a medical home, that promotes whole health in the whole community throughout its community members' whole lives. The motto of our organization: "It takes a village to live a full life".

PANEL Discussion “Complementary and Alternative Treatments in the Peer Support Setting” - Complementary and Alternative Treatments are seen as essential and effective components of any wellness and recovery program. The H.O.P.E. Center, a Peer-run Recovery Center located in Clarinda, Iowa, is currently offering complementary and alternative treatments, utilizing a variety of creative funding sources and local community partners. The H.O.P.E. Center has been able to offer people in recovery the opportunity to experience new and diverse “healing opportunities” such as Reiki, acupuncture and massage.

Angeles Morcuende MD, University of Iowa “Trauma and resilience: Will the System ever want to know?” - Every one of us is exposed to potentially traumatic events throughout our lives; it's part of being human. However, research shows that trauma has affected the lives of consumers of mental health services disproportionately. Much has been learned in the last two decades about the impact of repeated traumatic events on the mental health of those who experience them. We now have a better understanding of the effects of trauma on emotional regulation, memory, attention, sense of self, close relationships, as well as physical illnesses. The study of the consequences of trauma has helped us gain insight on how to prevent long-lasting negative effects and how to promote resilience. Then why is trauma so often overlooked as a major factor contributing to the need of mental health services? And why prevention and the promotion of resilience are not placed at the center of the services provided? Knowledge is accumulating and spreading. With knowledge comes hope, and both will soon make the avoidance historically used by the System no longer acceptable.

Susan Smith, Advocate & Carolyn Pettit-Lange “Considering the Risks of Long Term Use of Psychotropic Medications, A Proactive and Informed Approach to Determining Reduction or Withdrawal and Alternatives to Support Long Term Wellness” - This is an informative discussion and presentation of current issues around the potential risks involved in the long term use of psychotropic medications. The presenters share a responsible and informed approach for evaluating your medication use, and planning your reduction or withdrawal from psychiatric medications. Rather than going “against medical advice,” creating a support team of professional, peer and other social/family supports prior to engaging in this kind of change is crucial and possible.

John Hart, Advocate “How to Make Better Choices in Your Life” - Learn to use your ten human “Powers”: senses, feelings, desires, memory, imagination, conscience, language, and reason to make better choices. Regardless how short or long your road, this combination will lead to a place where your conscience is clear, your reason sharp, and your choices “the best they can be.”

Connie Fanselow, DHS, Division of MHDS “Iowa’s Olmstead Plan and Potential Impact in Iowa’s MH Redesign” - An introduction to the U.S. Supreme Court *Olmstead* decision and what it means for people with mental health or disability conditions, and an overview of the Iowa Department of Human Services Olmstead Plan for Mental Health and Disability Services, including the foundational principles, goals, and major initiatives. The session will include information on how individuals can access information on the Iowa DHS Olmstead Plan, activities, and ongoing efforts in Iowa to improve community living options, supports, and resources and reduce reliance on long term institutional care. Participants will also learn how they can follow progress toward the Olmstead vision of “A Life in the Community for Everyone” and how they can keep informed, provide input into future planning, and become involved in systems change activities.

Ann Wood, Peer Support Consultant 520 Club, “Volunteering & Acts Of Kindness-Making a Difference One Person at a Time!” - This workshop covers the value and benefits of volunteering. We cover human beliefs about helping others, and the positive effect it has on others, our self esteem, and our own recovery. We will discuss how recovery improves when we develop a positive attitude of doing random acts of kindness for others. Participants can also share their experiences

Day 2 Conference Presentations:

Charles Palmer, Director of the Iowa Department of Human Services “Opening Remarks”

Tom Lane, National Director, Consumer and Recovery Service, Magellan Health Services “Measuring Outcomes of Peer Support: What and Why to Measure” - Peer support services are an evidence-based practice. Research studies have shown these services result in favorable outcomes at all levels; individual, provider, and systems. While there may be challenges in putting outcomes measurement practices in place for peer-run programs in the community and provider settings, the importance of knowing how these services impact our peers is critical to sustaining and expanding peer support. Learn about what standard measures are important, including indicators for Peer Support Whole Health programs. Learn about research findings and different tools to measure aspects of recovery that may be affected by peer support services. Discuss what to measure and why to measure it.

Molly Cisco, Executive Director Grassroots Empowerment Project “Peer Empowerment in Wisconsin” – Peer-run Respite is gaining momentum in our neighboring state to the east. Molly joins us to share the lessons that persons in recovery are learning as they begin to explore providing this exciting alternative to traditional hospital care.

PANEL Discussion “How to become a System Change Agent in Iowa” - Representatives of the Office of Consumer Affairs, MHDS Commission, MH Planning Council, and Olmstead Taskforce representatives will discuss the importance of your Voice in building and changing our services and systems to one oriented toward recovery and resiliency. Tips will be shared for how to get more involved. Iowa needs YOU!

Carolyn Pettit-Lange and Jessica Perry, Hillcrest Family Services “Crisis Stabilization Services and Peer Support in NE Iowa” – An 8 county area in NE Iowa is implementing an exciting new crisis stabilization services system with an emphasis on peer support. Find out more about the models of crisis stabilization and the new roles peers are playing in system change. The final part of the discussion will focus on how to create demand for these models throughout Iowa, increasing opportunities for peer employment and recovery-based services.

Connie Bourassa, Peer Support Specialist Northeast Iowa Behavioral Health “Savvy Professionalism: Part 1: The Wow Factors for Getting Hired; Part 2: How to Bloom Where You are Planted” - There are many people who feel less confident about seeking a job yet could become valuable assets to organizations because of their abilities, skills, and talents. Feeling confident about your strengths instead of focusing on your weaknesses can make the difference in securing a position you will enjoy. This workshop presentation has two parts. Part 1 emphasizes tips for seeking a job and Part 2 emphasizes skills for keeping a job. With audience participation we will be doing role plays and there will also be a 15-minute question/answer time at the conclusion of the workshop.

PANEL “Peer Support Ethics” - Lila Starr of the Iowa Peer Support Training Academy, Jimmy Yeck and Michelle Zuerlein of Peer Connection in Council Bluffs, Jessica Perry and Carolyn Pettit-Lange of the Hillcrest Wellness Center in Dubuque share the challenges and best practice strategies for addressing ethical issues that arise in the workplace and within our recovery communities. Program Coordinators and experienced Peer Support Specialists lead the discussion.

ICORN (Iowa CoOccurring Recovery Network) – People with lived experience are much more aware than most of how complex and multiple recovery challenges often lead to the need for support and treatment. Yet our system consists of “silos” that separate addictions and substance abuse from mental health conditions. Similarly issues of societal oppression, violence, trauma, brain injury, other disabilities and physical health challenges are viewed as somehow separate issues for persons who are in fact whole and who may be experiencing MANY of these challenges. ICORN needs your Voice to help support systems change. Come, learn more and consider getting involved.

PANEL Discussion “Parent Support Specialists in Iowa” - Gloria Kleinfelter of Community Circle of Care and Parent Support Specialists working in Iowa discuss the benefit of family to family support and lived experience. Questions on this new paraprofession, training, billing for service and how Parent Support Specialists relate to Peer Support will be highlighted.

Patrick O’Brien, Peer Support Specialist & Maria Walker, Employment Program Planner for Polk County Health Services “Consumer as Provider, A Nationally Recognized Peer Support Training Program” - The Consumer as Provider program is a nationally recognized program developed at the University of Kansas in 1999. The program prepares people with a psychiatric disability who can offer lived experience to become employed as human service direct support paraprofessionals. It encompasses the skills needed to effectively work in the capacity of a paraprofessional in organizations in the state of Iowa.

Jimmy Yeck, Peer Support Specialist Peer Connection, “How I went from on Disability benefits for Five Years to a Home Owner” - I will share my recovery story focusing on how I transitioned from disability benefits to a home owner, detailing the process of becoming a homeowner. Employment will also play a prominent role in this workshop. Discussion among group participants will allow for sharing ideas and strategies for transitioning from disability to a full life in the community.

Also featuring

Wellness Activities – Reiki, Acupuncture, Yoga, Massage, Nutritional Therapy and more!

2011 Recovery in Iowa Conference - "Building a Wellness Community"
REGISTRATION FORM

Name: _____ Phone: _____

Address: _____

City, State, Zip: _____

E-mail Address: _____

Complete the following if applicable:

Agency Name: _____

Agency Address: _____

Agency Phone: _____

The registration fee for the two day conference is only \$60. Consumers requiring financial assistance please fill out the attached stipend form.

Registration includes light breakfasts, lunches and a Monday dinner. **For those not applying for a stipend** and who wish to stay at the Holiday Inn, call 1-515-278-4755 to reserve a room at your expense. To receive the conference discounted rate of \$91.84 per night, please make your reservation by **May 7th**.

Social Work and Substance Abuse CEU's will be available and are expected to be 10 units for the conference will be provided at no additional cost. If you would like obtain CEUs, please indicate what type of CEUs you would like:
___ Social Work ___ Substance Abuse

If you are interested in a booth at the conference contact craig@partnercom.net

Please return this Registration Form together with your registration fee of \$60 by May 2nd. Please make payment payable to the "Iowa Advocates for Mental Health Recovery" and send to:

D. Williams
2011 Recovery In Iowa
1 West Grant Street, Apt. 109
Marshalltown, IA 50158

Please direct questions to: 641-753-7414 or debwilliams48@yahoo.com

CONSUMER STIPEND APPLICATION (continued)

Please complete the following information to determine your lodging.

Note: Rooms will be double occupancy and non-smoking.

List the person you would like to room with and make sure that person lists you on their stipend application. Couples note: follow this procedure. If you don't indicate a specific person, please provide age, gender and smoking information.

Roommate Preference: _____

Please provide the following information for use in roommate pairings:

Gender: M ___ F ___ Age group: 18-30 ___ 31-50 ___ over 50 ___
Smoker (Future Non-Smoker) ___ Non-smoker ___

Provide any other special accommodations including dietary needs. *If you need special meals during the conference you need to note those on this application:*

SPECIAL NOTE: *The conference organizers will make your room reservations at the Holiday Inn once your Consumer Stipend Application has been approved and confirmation sent to you. **Please do not** contact the hotel to reserve a room.*

**Those requesting a conference stipend
must be received (without money) by April 22nd:
1) Conference Registration Form and
2) Consumer Stipend Application to:**

**D. Williams
2011 Recovery In Iowa Conference
1 West Grant Street, Apt 109
Marshalltown, IA 50158**

**Stipend award notifications will be made on or about April 26th.
*Please direct registration or stipend questions to: 641-753-7414 or
debwilliams48@yahoo.com***

