

## CONFERENCE REGISTRATION INFORMATION



### EMBRACING RECOVERY Process, Responsibility and Support

Howard Johnson Hotel, 1696 Regent Street, Sudbury

Conference Fee - \$150    Registration Deadline - May 10, 2003

Seating is limited. Registrations will be accepted on a first-come first-serve basis.

Conference Rates are available at:

Howard Johnson Plaza Hotel, 1696 Regent St., 705.522.3000 or 1.800.446.4656

Super 8, 1956 Regent St. 705.522.7600 or 1.800.800.8000

The Comfort Inn, 2171 Regent St. S., 705.522.1101 or 1.800.824.6423

Name: \_\_\_\_\_ Agency/Organization: \_\_\_\_\_

Address: \_\_\_\_\_ E-mail: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

**Method of Payment:**     Enclosed Cheque or Money Order     Cheque or Money Order to follow  
(if faxing registration)

Please make cheque payable to:  
CMHA Sudbury Branch - Conference

and mail to:  
CMHA Sudbury Branch  
Suite 100, 111 Elm Street  
Sudbury, Ontario P3C 1T3

**Cancellation Policy:** Conference fee will be refunded minus a \$50 administration cost if cancellation is received on or before May 10th. Payment is non-refundable after this date. If you are unable to attend, you may send someone in your place as an alternative to cancelling.

**Wednesday, May 21** Will you be attending the Social & Networking?     Yes     No

Concurrent Sessions: (Please indicate your choices)

#### Thursday, May 22

10:30 a.m.	<input type="checkbox"/> Workshop #1	2:30 p.m.	<input type="checkbox"/> Workshop #6
	<input type="checkbox"/> Workshop #2		<input type="checkbox"/> Workshop #7
	<input type="checkbox"/> Workshop #3		<input type="checkbox"/> Workshop #8
	<input type="checkbox"/> Workshop #4		<input type="checkbox"/> Workshop #9
	<input type="checkbox"/> Workshop #5		

Will you be attending the Dinner & Evening Entertainment?     Yes     No

#### Friday, May 23

10:00 a.m.	<input type="checkbox"/> Workshop #10	2:30 p.m.	<input type="checkbox"/> Workshop #15
	<input type="checkbox"/> Workshop #11		<input type="checkbox"/> Workshop #16
	<input type="checkbox"/> Workshop #12		<input type="checkbox"/> Workshop #17
	<input type="checkbox"/> Workshop #13		<input type="checkbox"/> Workshop #18
	<input type="checkbox"/> Workshop #14		

**Conference includes:** 2 Breakfasts, Nutrition Breaks, 2 Lunches, Wednesday's Social & Networking Thursday's Dinner & Evening Entertainment, Exhibits and Conference Package.

For more information contact:

CANADIAN MENTAL HEALTH ASSOCIATION - Sudbury Branch  
1-866-285-2642 or (705) 675-7252 Ext. 205

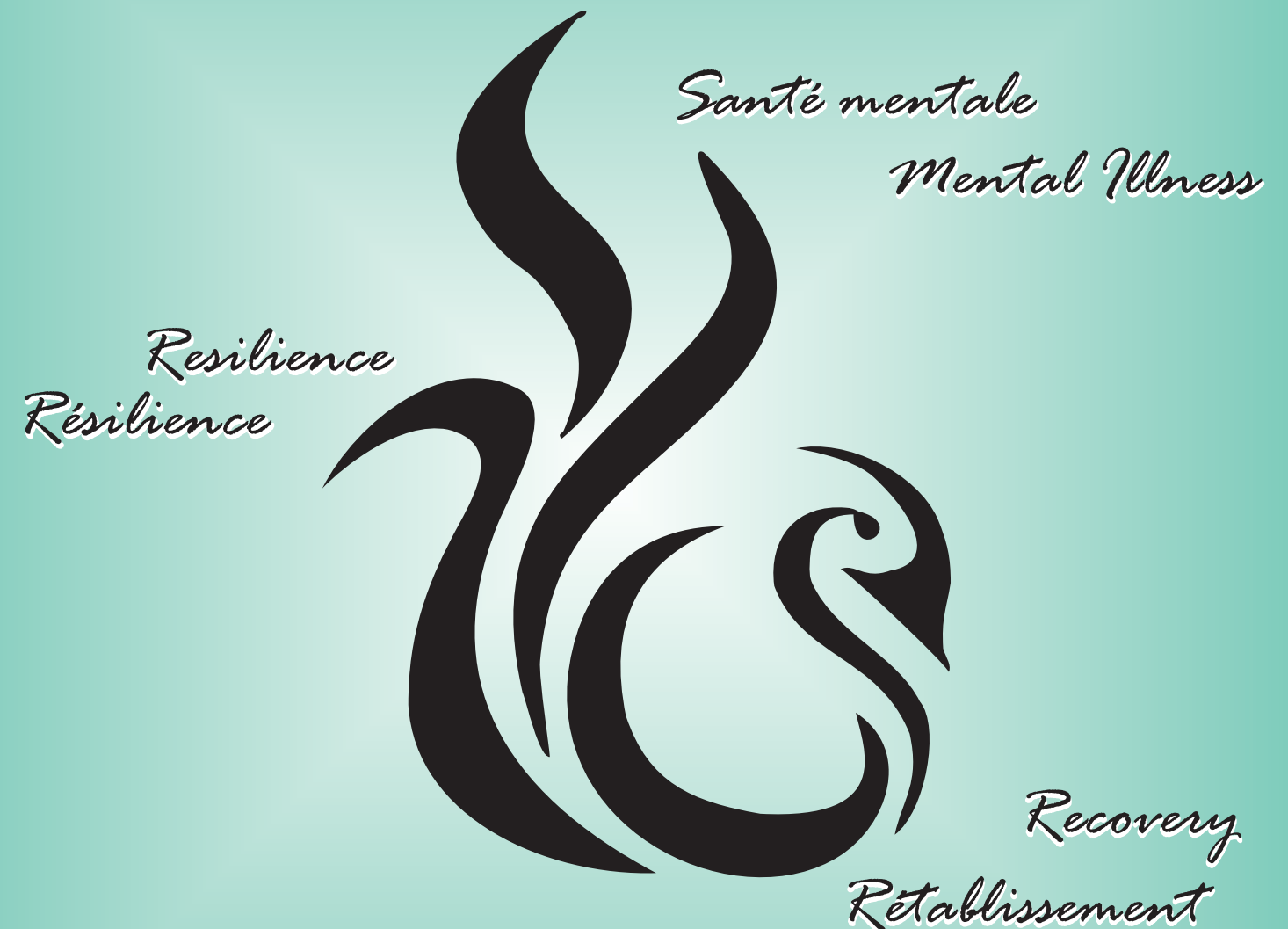
# EMBRACING RECOVERY

## Process, Responsibility and Support

### CONFERENCE

May 21 - 23, 2003

Howard Johnson Hotel - Sudbury, Ontario



Sponsored by:

Canadian Mental Health Association:  
Sudbury Branch, Nipissing Branch, Sault Ste. Marie Branch and Cochrane Timiskaming Branch  
Muskoka/Parry Sound Community Mental Health Services ♦ People for Equal Partnership in Mental Health (PEP)  
North East Ontario Consumer Survivors Network (NEON) ♦ Northeast Mental Health Centre  
North Bay Psychiatric Hospital ♦ Centre for Addiction and Mental Health



# CONFERENCE AGENDA



## WEDNESDAY, MAY 21

- 4:00 - 6:00 p.m. **Registration**
- 7:00 - 9:00 p.m. **Social & Networking**  
Hosted by the "We All Belong" Campaign

## THURSDAY, MAY 22

- 7:30 - 8:30 a.m. **Breakfast & Registration**
- 8:30 - 9:00 a.m. **Welcome and Opening Remarks**

### 9:00 - 10:15 a.m. KEYNOTE

#### DEFINING RECOVERY: HISTORICAL OVERVIEW, VALUES, PRINCIPLES AND CONCEPTS

Jean Campbell, Ph.D., Research Assistant Professor in Psychiatry, University of Missouri-Columbia School of Medicine  
Research has shown that people can fully recover from mental illness and meaningfully participate in the community. For recovery to take place, however, there needs to be shift in the culture of mental health care to one based on self-determination, empowering relationships, and full participation of mental health consumers in the work and social life of society. This presentation will ground the concept of recovery in the self-determining individual - in his or her hopes, needs, preferences and choices - and will look to nurturing trusting partnerships of consumers/survivors and professionals to build a continuum of community care.

### 10:15 - 10:30 a.m. Break

### 10:30 - 12:00 noon Concurrent Sessions 1 - 5

#### Workshop 1 CONCEPTS OF SELF-DETERMINATION

Jean Campbell, Ph.D., Research Assistant Professor in Psychiatry, University of Missouri-Columbia School of Medicine  
The lives of consumer/survivors are set apart by angry or indifferent communities that reject, shun, and sometimes attack them. False but pervasive stereotypes of persons with mental illness as dangerous, unpredictable, incompetent individuals who do not know what is in their own best interests persist in popular culture, while social isolation due to such discrimination and stigma erodes hope and diminishes individual dignity. In order to understand the profound link between the recovery of mental health consumer/survivors and their validation as social beings, the concepts of self-determination will be explored, and the legal, professional and personal barriers to consumer/survivor empowerment will be identified.

#### Workshop 2 RESILIENCE AND RECOVERY

Priscilla Ridgway, Mental Health Recovery Researcher & Social Worker, Kansas University School of Social Welfare  
Resilience is the capacity to survive, rebound from, and even thrive in the face of prolonged adversity. By learning more about how we can support processes of resilience within ourselves, in our relationships, and through the environments we create, we can encourage our own recovery and the recovery of others. This workshop will give participants an understanding of resilience and share some of the ways people who are initially most resilient make the most out of life. We all have the potential to awaken and use our natural capacities for growth, self-healing and transformation to live better lives!

#### Workshop 3 PROMOTING RECOVERY: CHANGES IN THE STRUCTURE AND CULTURE OF COMMUNITY MENTAL HEALTH

Ken Schlosser, Consumer Practitioner/Advocate, Director of Residential Clinical Services at Advocates Inc. Massachusetts  
If consumer empowerment is to move beyond a 'buzz word', substantive change must occur in the structure (allocation of decision-making power) and culture (prevailing values, attitudes, and beliefs) of mental health agencies. Recovery initiatives which have consumer/staff support are often undercut because the larger environment has not taken critical steps to sustain them. Existing culture and structure are often defended as 'common sense' and are resistant to challenges. The workshop leader will share material from his participation in a challenging seven year effort to put consumer empowerment more at the centre of the practice of a large mental health agency in Massachusetts.

#### Workshop 4 LEARNING TO WALK THE CIRCLE: ABORIGINAL PERSPECTIVES AND RECOVERY

Yvon Lamarche, Enahtig Healing Lodge,  
Nancy Stevens, B'saanibamaadsiwin-Native Mental Health  
Grace Contin, Henvey Inlet First Nation, Shelley Skye, Shawanaga First Nation  
The Sacred Circle or Medicine Wheel contains a multitude of teachings, all focused on attaining balance. Using the Medicine Wheel as the framework, we will outline Aboriginal views on recovery, healing and wellness.

#### Workshop 5 VIEW FROM THE INSIDE: FAMILIES AND RECOVERY

Erica Buffington, M.A., CAPA, Mental Health Consultant and Educator, Minnesota  
Perspective of a parent; effects on siblings. The recovery journey for families can be just as rocky and full of twists and turns as recovery is for the consumer. Phases of family recovery and recommendations for meeting the needs of younger family members will be discussed.

### 12:00 - 1:00 p.m. Lunch

### 1:00 - 2:15 p.m. KEYNOTE

#### NINE PASSAGES ON THE JOURNEY OF RECOVERY Priscilla Ridgway, Mental Health Recovery Researcher & Social Worker, Kansas University School of Social Welfare

If recovery is a journey, where does the journey begin and where does it lead? The process of recovery is said to be unique for each person. Nevertheless, if we listen closely to the stories of people who are making this journey, we find there are several broad passages that most people share. This talk will describe nine of these passages that help people reclaim a positive sense of identity, actively manage their life and mental health, and move beyond being a consumer in a mental health program.

### 2:15 - 2:30 p.m. Break

### 2:30 - 4:00 p.m. Concurrent Sessions 6 - 9

#### Workshop 6 THE PATIENTS ARE RUNNING THE ASYLUM: A CULTURE OF RESPECT WHERE ALL VOICES ARE HEARD

Peter Foulkes, M-Power, Inc.  
Gloria Dickerson, M-Power Inc.  
"People with severe and persistent mental illness can conduct programs and manage organizations to get more and better mental health care for themselves and others." Advocacy, leadership and activism are skills that consumers contribute that are required for a culture of respect within a recovery oriented mental health system. The workshop consists of a presentation, group exercise and dialogue.

#### Workshop 7 EMPLOYMENT AS A BRIDGE TO COMMUNITY INTEGRATION

Amy K. Long, Survivor/Provider, National Empowerment Center, Lawrence, MA  
In this workshop Amy will address issues such as the myth of "job readiness", immediate access to services, the need for expanded boundaries, the value of risk taking, the importance of flexibility, the normalization of setbacks and the inclusion of cultural and spiritual practices.

#### Workshop 8 GUIDED REFLECTION: WHAT DOES IT MEAN TO BE A RECOVERY-FOCUSED ORGANIZATION?

Nora Jacobson, Research Scientist, Centre for Addiction and Mental Health  
This workshop will give service providers, agency administrators, and clients an opportunity to reflect on recovery in their own organizations. After a 20-minute introduction to some basic recovery concepts, audience members will be invited to engage in small group discussions about the current state of recovery in their agencies and the ways in which they might begin to implement more recovery-oriented policies and practices.

#### Workshop 9 JOURNEY OF RECOVERY: A FAMILY PERSPECTIVE

Panel Discussion: Leonard Wall, Schizophrenia Society, Olive Girard, Family Member, Karen Tomassetti, Family Member, Moderator: Micheal Cassidy, Family Member  
The discussion will focus on the possibilities and opportunities for family members in recovery. Panelists will share their personal experiences and will explore strategies for maintaining wellness and resiliency.

### 6:00 p.m. Dinner and Evening Entertainment

## FRIDAY, MAY 23

### 7:30 - 8:30 a.m. Breakfast

### 8:30 - 9:45 a.m. KEYNOTE

**A PSYCHIATRIST AND A THERAPIST JUST AREN'T ENOUGH!**  
Amy K. Long, Survivor/Provider, National Empowerment Center, Lawrence, MA  
Amy will speak to the importance of "quality of life" in the recovery journey and that it cannot be attained by a day filled with mental health appointments, groups/programs, called "day structure". She will address the role differential between consumer/survivors, family members and professionals. Amy believes that healing happens "in community" and that we must address decreasing the importance of medications in our lives (not eliminating them) and how the peer support perspective supports the hope and courage to reclaim our voices, name our fears, take charge of our lives and be seen as valued and contributing members of the community!

### 9:45 - 10:00 a.m. Break

### 10:00 - 11:15 a.m. Concurrent Sessions 10 - 14

#### Workshop 10 THE PATIENTS ARE RUNNING THE ASYLUM: A CULTURE OF RESPECT WHERE ALL VOICES ARE HEARD

Peter Foulkes, M-Power, Inc.  
Gloria Dickerson, M-Power Inc.  
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#### Workshop 11 WELLNESS AND RECOVERY AND THE WRAP (WELLNESS RECOVERY ACTION PLAN)

Erica Buffington, M.A., CAPA, Mental Health Consultant and Educator, Minnesota  
Recovery and wellness create a context for WRAP. The WRAP is a structured plan for monitoring uncomfortable and distressing symptoms and through planned responses, reducing, modifying or eliminating those symptoms. It is safe and simple. WRAP is unique. YOU are unique. The mixture makes good mental health.

#### Workshop 12 FAMILY MATTERS

Joanne Moore, Family Ally Support Worker, CMHA  
Heather Sheehan, Family Member  
Join Joanne and Heather for an informative and interactive presentation regarding a successful Family Education & Support Series offered by the Waterloo Regional and Wellington Dufferin Branch of the Canadian Mental Health Association.

#### Workshop 13 FAMILY ISSUES AND RECOVERY

Micheal Cassidy, Family Member, Ottawa  
What contribution can family members make in helping a person with mental illness along the path to recovery? This workshop will explore the challenges and potential benefits of giving families a greater role in the work of case managers and ACT teams.

#### Workshop 14 SURVIVORS SURVIVING - THE GIFTS OF RECOVERY

Panel Discussion: The panel, made up of representatives from the consumer/survivor initiatives in the Northeast, will speak of their own experience in order to demonstrate how the initiatives that are based on self help, peer support and mutual aid have embraced the philosophy of recovery within their membership and their organizations.

### 11:30 - 12:00 noon FROM SURVIVAL TO RECOVERY The Hon. James K. Bartleman Lieutenant Governor of Ontario

Mr. Bartleman will speak about his personal journey of recovery.

### 12:00 - 1:00 p.m. Lunch

### 1:00 - 2:15 p.m. KEYNOTE

**VISIONS OF RECOVERY**  
Nora Jacobson, Research Scientist, Centre for Addiction and Mental Health  
In an important article that appeared in 1993, William Anthony called recovery "a simple yet powerful vision" and argued that this vision should become a new paradigm for the design and delivery of mental health services. In the decade since, it has become apparent that recovery is not one vision, but many. This presentation will explore the multiple meanings of recovery and the implications of those meanings for recovery-oriented service systems.

### 2:15 - 2:30 p.m. Break

### 2:30 - 4:00 p.m. Concurrent Sessions 15 - 18

#### Workshop 15 CLINICAL PERSPECTIVES AND SKILLS THAT SUPPORT CONSUMER EMPOWERMENT

Ken Schlosser, Consumer Practitioner/Advocate, Director of Residential Clinical Services at Advocates Inc. Massachusetts  
This workshop provides an overview on how to reshape the client/staff relationship so that it supports recovery. It will identify how an empowerment-oriented approach departs from prevailing clinical theory and practice; is supported by substantive data and been advocated for by consumers, themselves; and offers significant appeals for both clients and practitioners. We will focus on a shift in orientation and skills that allow for expanded client choice and increased authenticity in staff and client interactions. Case material will be drawn from the workshop leader's tenure at a large mental health agency in Massachusetts.

#### Workshop 16 LESSONS LEARNED FROM RESEARCH: A PRELIMINARY APPRAISAL OF ENABLERS AND BARRIERS TO RECOVERY IN SUDBURY.

Karen L Rebeiro, M.Sc. O.T., O.T. Reg (ON), Clinical Researcher, Northeast Mental Health Centre, Sudbury  
This presentation will review the findings from 3 research studies and will highlight what has been most helpful to fostering more active participation in the community for persons with a serious mental illness. It will also identify the individual, program, system and community barriers that appear to get in the way of consumers achieving active and satisfying lives, and will share with the audience, consumer-identified enablers and barriers to participation and how each either contributes to or impedes one's recovery journey.

#### Workshop 17 HOW DO THE RECOVERY PRINCIPLES FIT INTO MY PROFESSIONAL WORK?

Panel Discussion with: Dr. Susan Adams, Psychiatrist, NBPH, Dr. Koka, Psychiatrist, NEMHC, Patrick Keaney, Consumer & Peer Support Worker, ACTT 2 NEMHC, Roberta Heale, Nurse Practitioner, VON Sudbury Branch, Sue Bail, Psychiatric Nurse, NEMHC, Carrie Powell, Clinician, NEMHC, Graham Morris, Occupational Therapist, NBPH  
Moderators: Karyn Mathewson and Marion Quigley, CMHA Sudbury Branch  
The panelist will talk about how they have incorporated the principles of Recovery into their every day work and how they encourage consumers to utilize these principles and work with them in their treatment plans. There will also be opportunity for discussion with the audience.

#### Workshop 18 MODÈLE DE RÉTABLISSMENT

Membres du panel: Anne Neill, consommatrice/autrice, Micheal Cassidy, membre de famille, Brenda Loubert, B.Sc.M.S., Manon Hébert, ergothérapeute Animatrice: Carole-Anne Fournier, ACSM Filiale Cochrane Timiskaming  
Voici un atelier de discussion visant à partager différentes expériences dans le but d'approfondir et de mieux cerner l'application du modèle de rétablissement, ainsi que son impact et sa signification dans la vie des utilisateurs de services. Cette rencontre permettra également d'échanger sur les possibles façons d'intégrer ce modèle dans notre pratique professionnelle. Le groupe de présentateurs sera entre autres composé d'un usager, d'un aidant naturel, d'un professionnel de la santé, et d'un professionnel oeuvrant au sein du Ministère de la Santé, offrant ainsi une perspective diversifiée sur le sujet.

### 4:00 - 4:20 p.m. Next Steps: Where do we go from here?

### 4:20 - 4:30 p.m. Closing Remarks

