



MICHIGAN

PEER CONFERENCE

2019

SCHEDULE AT A GLANCE

WEDNESDAY

May 29, 2019

Registration Open

7:00 AM – 4:00 PM

Full Day Seminars

10:00 AM – 4:00 PM

Charting the Course to a Good Life

Dispelling Benefit-to-Work Myths

A Team-Teaching Approach to Sexuality Education

How to be a “Trauma” Informed Facilitator

Lunch

12:00 – 1:00 PM

Dinner

On your own

Karaoke Provided by Bob & Jeanne White at the Radisson Hotel

7:00 – 9:30 PM

THURSDAY

May 30, 2019

Registration Open

7:00 AM – 4:00 PM

Breakfast & Networking

7:30 – 8:45 AM

Keynote Speaker

Russell Lehman

Triumph: Overcoming the Odds

9:00 – 10:30 AM

Concurrent Workshops

Session 1

10:45 AM – 12:00 PM

Creative Art Expressions

10:30 AM – 3:00 PM

Lunch

12:00 – 1:15 PM

Concurrent Workshops

Session 2

1:30 – 2:45 PM

Break

2:45 – 3:00 PM

Keynote Speaker

Adam Martin

Felon-Recovery-Entrepreneur

3:00 – 4:30 PM

Mix & Mingle Reception

Hors-D'oeuvres and Live Entertainment

4:45 – 6:30 PM

Recovery on Canvas

6:30 – 8:00 PM

FRIDAY

May 31, 2019

Registration Open

7:30 – 9:00 AM

Breakfast & Networking

7:30 – 8:45 AM

Morning Presentation

Sharing - People, Purpose and Passion - Jean Dukarski, Pat

Stropes, David Taylor, Tracy

Vincent, and YOU the

Audience

9:00 – 10:15 AM

9:00 – 10:15 AM

Concurrent Workshops

Session 3

10:30 – 11:45 AM

Creative Art Expressions

11:00 AM – 2:00 PM

Lunch & Keynote Speaker

Marva Mason

Captain Marvel – “Is Me Too”

12:00 – 1:30 PM

Concurrent Workshops

Session 4

1:45 – 3:00 PM

Conference Adjourns

3:00 PM

FEATURED SPEAKERS

Russell Lehman

Thursday 9:00 – 10:30AM

Russell Lehmann is an award-winning and internationally recognized motivational speaker, poet, author and advocate who happens to have autism. His works have been featured in the USA Today, LA Times, NPR, Yahoo! News, Autism Speaks and archived in the Library of Congress, he has reached over 25 million people worldwide, from America to Norway, Lebanon to Australia.

A council member for the Autism Society of America, Russell has also sat on the Nevada Governor's Council on Developmental Disabilities, is a former committee member for the Nevada Commission on Autism Spectrum Disorders and is the Youth Ambassador for the mayor of Reno, Nevada, Hillary Schieve.

His new book, "On the Outside Looking In" recently hit bookstores nationwide.

In 2018, Russell was named as Reno-Tahoe's "Most Outstanding Young Professional Under 40."

Russell currently travels the country spreading hope, awareness and compassion in a raw and dynamic fashion, while also setting his sights on erasing the stigma and stereotypes that come with having a disability. Russell's passion is to be a voice for the unheard, for he knows how difficult and frustrating it is to go unnoticed.

Adam Martin

Thursday 3:00 – 4:30PM

Adam Martin is not your typical entrepreneur, business owner, and non-profit founder. He's dedicated his life to making sure felons get a fair shot.

If you were to look into Adam's background, you would find a lengthy trail of breadcrumbs that would not lead you to the community driven man he is today. Five felonies, multiple misdemeanors, and too many infractions to speak of. He was labeled a career criminal, a troublemaker, an addict and a nuisance. That is, until a few business leaders, mentors, and friends, saw potential instead of a criminal record. They saw someone who had hustle and humility, instead of a risky person to be associated with.

Adam founded the F5 Project in 2016, after he was asked to be the keynote speaker for the United Way fundraising campaign in Fargo, ND. Named after the F5 "reset" button on a computer, it reminds us all to "hit the reset button" when we think about people with a criminal background.

Through his personal story of homelessness, moving from job to job, criminal activities, and being a "product of the system," he has first-hand knowledge of the gaps in services offered by local communities to people wanting to make a positive change in their lives, especially when it came to people transitioning from incarceration. The 5-time felon, turned professional salesman, decided to be the catalyst that his local community needed.

The F5 Project sought out to help people that were coming directly out of jail, and prison. Having served time himself, Adam knew the serious roadblocks as soon as they took their first step out of being locked up. Through F5's 5 pillars (Communication, Housing, Employment, Healthy Socialization, Transportation), Adam has been able to help over 300 felons successfully have a second chance at a better life.

“With the smallest of help, these men and women have enough drive and energy to make an astounding, positive, impact on their community” Martin Says.

Adam Martin is doing everything he can to ensure that felons get a fair shake. The F5 Project is in 5 cities and 2 states and looks to continue the mission of helping felons across the U.S. Changing the world’s perception of felons, one day at a time. “The best part, is when I get to see the positive change in someone’s family, employer, or community!” “It’s the catalyst. It’s the hustle and hard work. It’s felons helping felons.”

Marva Mason

Friday 12:00 – 1:30PM

Marva served in The United States Air Force from 1986 – 1996. Her Military Operational Specialty was IMC Radio Operator and later became a satellite operator. Marva had the pleasure of traveling the world as part of her service; Belgium, Japan, Greece, and England. Marva became a Certified Peer Support Specialist on October 4, 2018. She is currently employed at the Toledo Community Based Outpatient Clinic (CBOC) which is a satellite of the Ann Arbor, MI VA Medical Center. She is dedicated in her work as a Certified Peer Support Specialist with the HUD/VASH Program, which helps to house homeless veterans.

Marva is known as courageous, an excellent listener, a creative thinker and a natural leader. She is an expert in community resources who always puts veterans first. She was recently certified as a HAM Radio Operator to support the community and the VA in emergency situations. Marva credits her volunteering, meditation, yoga and family for supporting her recovery. Her passion is in supporting others to make positive changes.

SHARING - PEOPLE, PURPOSE and PASSION

Friday 9:00 – 10:15AM

Every day “People, Purpose and Passion” contribute to a healthy and happy life. When we experience tough times, they help us heal. With each connection, we develop healthier, stronger communities. What are the people, purpose and passions that impact your life? This keynote provides the audience with an opportunity to share connections that have influenced their work and influenced their life.

FULL DAY CONFERENCE SEMINARS

WEDNESDAY, MAY 29, 2019

REGISTRATION OPEN

7:00 AM – 4:00 PM

FULL DAY CONFERENCE SEMINARS

10:00AM – 4:00PM

LUNCH (INCLUDED)

12:00 – 1:00 PM

KARAOKE PROVIDED BY BOB & JEANNE WHITE AT THE RADISSON HOTEL

7:00 – 9:30 PM

FULL DAY CONFERENCE SEMINARS – 10:00AM – 4:00PM

Charting the Course to a Good Life

Do you believe all people have the right to live, love, work, play and pursue their life aspirations in their community? If so, we invite you to join us as we provide an introduction to charting the life course, a framework designed by and for individuals and families at any age or stage of life. It highlights what they need to know, identifies how to find or develop supports, and discover what it takes to live the lives they want to live. We will demonstrate how three tools developed from the framework can be used to have meaningful conversations with individuals to plan for present and future life outcomes that take into account all facets of life and have life experiences that build on self-determination, social capital, economic sufficiency and community inclusion.

A Certified Peer Mentor will share her experience using the tools to have meaningful conversations with the individuals she mentors to help them reach their goals.

Presenters:

Tedra Jackson – Grants Manager

Tracy Vincent – Peer Mentor Coordinator

Bonnie Gonzalez – Certified Peer Mentor

Dispelling Benefit-to-Work Myths

Employment is a path to financial stability and increased quality of life. However, for many individuals, the fear of losing public benefits is a barrier to employment. In making the decision to work, work more hours, earn more money, or keep working, people with disabilities need accurate information about the effects of work on public benefits. This interactive workshop is designed to provide participants with basic information to address these concerns. This will be done by dispelling benefit-to-work myths, providing encouragement and referring a person to a benefit expert when needed. Participants will learn the basic eligibility and work rules associated with SSDI, SSI Medicare and Medicaid. Participants will also learn methods to respond to concerns, myths about benefits, and to use encouraging and accurate statements.

Presenter:

Tracy Howard - Benefits to Work Coach State Lead, Benefits Coordinator

A Team-Teaching Approach to Sexuality Education

This workshop will discuss statistical information which highlights the importance of education on sexuality for all people. New initiatives that promote peer led education on this topic will be shared. The importance of education and sexual self-advocacy in developing healthy relationships will be discussed. Audience members will be led through a series of exercises that point out how to build sexual self-advocacy, healthy versus unhealthy relationships, and general information about sexuality. The intersectionality of identifying oneself as from the disability and the LGBTQIA communities will be discussed.

Presenters:

Frank Vaca - Peer Mentor Intern and Sexuality Education Team Member

Maddie Doing – Mentor Intern and Sexuality Education Team Member

Mary Shehan-Boogaard – Michigan Developmental Disabilities Council-Community Inclusion Coordinator

How to be a “Trauma” Informed Facilitator

Being a trauma informed facilitator gives unique insight into how a group operates. It enables you to take a step back and really see what is happening within the group dynamic. This workshop will give you a skill set through active role play and discussion that will enable you to successfully meet the challenges of facilitation.

Brian Wellwood – CPSS, Executive Director JIMHO

Kathryn Bennett - CPSS, Associate Director JIMHO Project DOORS

Shelley Olson - CPSS, Associate Director JIMHO Project DOORS

CONFERENCE WORKSHOPS

THURSDAY, MAY 30, 2019

REGISTRATION OPEN

7:00 AM – 4:00 PM

BREAKFAST & NETWORKING

7:30 – 8:45 AM

KEYNOTE

RUSSELL LEHMAN

TRIUMPH: OVERCOMING THE ODDS

9:00 – 10:30 AM

CONCURRENT WORKSHOPS

SESSION 1

10:45 AM -12:00 PM

CREATIVE ART EXPRESSIONS

11:00 AM – 3:00PM

LUNCH

12:00 – 1:15 PM

CONCURRENT WORKSHOPS

SESSION 2

1:30 – 2:45 PM

KEYNOTE SPEAKER

ADAM MARTIN

FELON-RECOVERY-ENTREPRENEUR

3:30 – 4:40 PM

MIX & MINGLE RECEPTION WITH HORS-D'OEUVRES AND LIVE ENTERTAINMENT

4:45 – 6:30 PM

RECOVERY ON CANVAS

6:30 – 8:00PM

CONCURRENT WORKSHOPS SESSION 1 – 10:45AM – 12:00PM

Recovery Messaging: Our Words Have Power

Due to the national spotlight on substance use disorders created by the opioid epidemic, we have a unique opportunity to compound change and reduce stigma by the calculated use of our language. Providing recovery messaging training to recovery community members will create a united front when representing ourselves to the public. The importance of the language we use to identify ourselves amongst people not in recovery helps frame the way they think about us. Our message is to provide hope, that recovery is possible, and promote a positive recovery image. It's time for a culture shift. To change from a face of addiction to one of recovery, we must refrain from using stigmatizing language and reframe the way others see us.

Presenter:

Sara Szcaotka – CPRC, Recovery Coach Coordinator

State Opioid Response and State Targeted Response to the Opioid Crisis: Two Grants, One Mission

In this workshop, participants will learn about the many innovative, evidence-based practices employed in the State Opioid Response and State Targeted Response grants, including, prescriber outreach, engagement, and the use of peers in the screening, treatment, and the recovery process. In 2017, there were 2,686 drug overdose deaths in Michigan. An estimated 76% of these overdoses involved the use of an opioid. Through grant funding awarded by the Substance Abuse and Mental Health Services Administration, Michigan has had the unique opportunity to fight this growing epidemic through the expansion of prevention practices, treatment and recovery services for those affected by Opioid Use Disorder.

Presenter:

Kelsey Schell, Office of Recovery Oriented Systems of Care, Michigan Department of Health and Human Services

Alicia Goodman, Office of Recovery Oriented Systems of Care, Michigan Department of Health and Human Services

Benefits to Employment

Is it possible for people receiving Social Security Disability Insurance, Supplemental Security Income, or other public benefits to be gainfully employed? Will they lose their benefit check? Will they lose their health care? What happens if they can't continue to work once they start? This presentation will give direct answers to these questions, empower those who are supporting individuals in their return to employment, and provide knowledge and resources to those who fear the loss of benefits.

Presenter:

Cathy McRae – Certified Work Incentives Coordinator

LGBTQIA in Mental Health: Raising questions and proposing solutions

What relevance does an individual's sexual orientation or gender identity (SOGI) have in receiving mental health services? Are all mental health providers "safe" for LGBTQIA individuals? Research shows that most individuals who identify as LGBTQIA have experienced unique and powerful environmental impacts since childhood. Learn how Saginaw County Community Mental Health Authority (SCCMHA) administrators, staff, and community partners have worked together to build a better infrastructure.

Presenters:

Stephanie Stender- CPSS, Benefits Advocate

Heidi Wale Knizacky- MS, LLP, Consultant

Integrating Multiple Pathways in the Field: Walking the Walk

This workshop serves as an advanced class for a multiple pathways approach to recovery from substance use disorder. The Multiple Pathways/Mutual Aid Group approach has grown in popularity among treatment professionals, peer recovery coaches and consumers in the last five years. The presenter will provide personal narratives, as well as professional experiences with various groups in tandem that resulted in individualized personal recovery plans.

Presenters:

Chris O'Droski – CPRC, ENGAGE! Program Coordinator

Which Rules, Rule?

We have many rules we must follow in the work that we do, agency policies, ethics, recipient rights and the law. We will discuss the differences, similarities and which rules to follow when. We will explore where they overlap and how do we determine when and how we address violations.

Presenter:

Jean Dukarski – CPSS

Benefits of Recovery Approaches with Peer Supports in Psychiatric Hospitals

In this presentation we will describe the use of recovery-orientated approaches through peer support services for patients diagnosed with a chronic psychiatric condition while in a state hospital. We will also include emerging research that indicates positive outcomes for people receiving mental health services in their community which utilize peer support and a recovery-orientated approach. Findings include: increased social support and social functioning, decreased psychotic symptoms, increased engagement in self-care and wellness, and reduced hospital admission rates. Although state hospital patients are considered challenging to engage in treatment, our experience has shown that providing an encouraging, recovery-based approach, within the context of long-term psychiatric care, provides opportunities for healing.

Presenters:

Patricia Perez – Certified Peer Support Specialist & Certified Peer Recovery Coach

Qulana Howard Glide – Certified Peer Support Specialist

Melinda Murray – Assistant Activity Therapy Director

CONCURRENT WORKSHOPS SESSION 2 – 1:30 – 2:45PM

Whose Recovery Is It Anyway?

This workshop will give people a chance to learn how to have a fuller life. They will learn about the role of arts in recovery and how to understand the theory and practice of improvisation. A person who learns improvisation learns more than just fun acting games. He or she is more able to be assertive and confident, and improves the ability to communicate feelings, needs, and thoughts. The person learns how to live in the moment and learns the value of “failure” without falling apart.

Presenters:

Frank Bublitz – Certified Peer Support Specialist and Professional Actor

Ray of Hope and Sunshine

Two life journeys of hope will be shared. Ray, whose life changed from living in a state institution to becoming a state Certified Peer Mentor, and Emma, who went from a rising star athlete to undergoing a bilateral leg amputation to becoming a state Certified Peer Mentor. They are both living a life of advocacy for themselves and others. They live fun filled, self-determined lives in their own homes and are very active in their communities.

Presenters:

Ray Schuhholz – State Certified Peer Mentor

Emma Avery – State Certified Peer Mentor

Motivational Interviewing, Using Evidence Based Practice for Success

We will provide participants with the basic principles of motivational interviewing and help people take a deeper look for readiness to change. People will learn tools such as, Resist the righting reflex, Understanding, Listening to the client, Empowering the client (RULE). We will also discuss using, Open-ended questions, Affirmations, Reflective listening, Summary, (OARS) and other evidence-based tools.

Presenters:

Darren Beland- Certified Peer Support Specialist

Kim Van Den Berg- Certified Peer Support Specialist

Renee Blaze- Forensic Peer Support Specialist

Financial Capacity and Self Determination

This workshop provides an overview of money management, from a self-advocates' perspective. We will discuss topics including creating a monthly budget, paying bills, opening and maintaining a bank account, and the rights and responsibilities of living a self-determined life. Additionally, this session will explore how to identify, apply for and use community resources to extend your monthly budget, and how to know if your payee or guardian is violating your rights. Finally, we will explore how to turn a hobby you are good at into a small business.

Presenter:

Jamie Junior- Self-Advocate and MILEND Trainee

Domestic and Sexual Violence: Myths, Facts and Responding to a Disclosure

Research shows that people with disabilities experience domestic and sexual violence at higher rates and for longer periods of time than people without disabilities. As peers we are often a trusted community member that individuals disclose experiences of violence to. Together we will explore the statistics of violence, the risk factors to our communities and dispel some common myths about domestic and sexual violence. After we examine the current status of violence, we will discuss how to respond to a disclosure of violence in a way that demonstrates empathy, validates their experience, honors your limitations, and provides resources. We will end the workshop honoring the secondary trauma and triggering nature of hearing one's experience of violence when we may be or may not be survivors of violence ourselves.

Presenters:

Theresa Metzmaker - CPSS, Survivor, DOJ OVW Project Coordinator, Assistant Executive Director, Michigan Disability Rights Coalition

Nancy Miller, MSW - Program Manager, Michigan Disability Rights Coalition

Michigan Peer Specialists United (MPSU) Annual Meeting

MPSU holds an annual meeting for its members and the public to review and receive input on current and upcoming projects. This year we will discuss another University of Michigan and MPSU collaboration. We will also introduce our regional peer project. This will be an opportunity to meet the board of directors and become involved.

Presenters:

Monica Orquist – Certified Peer Support Specialist, MPSU President

Jean Dukarski - Certified Peer Support Specialist, MPSU Vice President

Tamika Goldboro - Certified Peer Support Specialist, MPSU Secretary

Johanna Nicolli-Adkins - Certified Peer Support Specialist, MPSU Treasurer

Jessica Draper - Certified Peer Support Specialist, MPSU Board Member

Greg Kuehlewind - Certified Peer Support Specialist, MPSU Board Member
Sandra Fleischman - Certified Peer Support Specialist, MPSU Board Member

Growing Leaders

We will explore the qualities of good leaders and identify our own leadership skills and areas for growth. This workshop will provide opportunities to learn about leadership skill building opportunities.

Presenter:

Aimee Sterk – Program Manager – Michigan Disability Rights Coalition

Introduction to Grant Writing

This workshop will provide an overview of where to search and locate funding opportunities from organizations and foundations. Discovering grants that meet the mission, vision and values of your organization will be discussed as the basis for making the decision of whether to apply. In addition, resources will be provided for successful grant writing tips in submitting a strong proposal.

Presenter:

Theresa Randleman – MDHHS, Office of Recipient Rights

Pam Werner – MDHHS, Behavioral Health and Developmental Disabilities Administration

CONFERENCE WORKSHOPS

FRIDAY, MAY 31, 2019

REGISTRATION OPEN

7:30 – 9:00 AM

BREAKFAST & NETWORKING

7:30 – 8:45 AM

MORNING PRESENTATION SHARINIG PEOPLE, PURPOSE AND PASSION - JEAN DUKARSKI, PAT STROPES, DAVID TAYLOR, TRACY VINCENT, AND YOU THE AUDIENCE

9:00 – 10:15 AM

CONCURRENT WORKSHOPS

SESSION 3

10:30 -11:45 AM

CREATIVE ART EXPRESSIONS

11:00 AM – 2:00PM

LUNCH & KEYNOTE SPEAKER

MARVA MASON

Captain Marvel – “Is Me Too”

12:00 – 1:30 PM

CONCURRENT WORKSHOPS

SESSION 4

1:45 – 3:00 PM

CONFERENCE ADJOURNS

3:00 PM

CONCURRENT WORKSHOPS SESSION 3 – 10:30 – 11:45AM

How a Felon Changed his Personal Brand and Broke the Stigma

Adam Martin’s transition from a life behind bars to a productive member of society was troubled with obstacles – being a felon meant job offers were few and far between. With no employment, there is no income, and without income, there is no housing. His understanding of the difficulties former offenders face made him realize a disruption in the system was needed. Noting that he is no different than any other person with an addiction, except that he has made a commitment to his life instead of drinking and doing drugs, has led to the creation of F5 Project in Cass County, North Dakota in 2016. F5 Project is a nonprofit that helps the incarcerated transition back to civilian life through housing, mentorship and other services.

Presenter:

Adam Martin – Peer Support Specialist, Founder, F5 Project

Horses & Heroes: Trauma Recovery for Veterans

We will provide basic information regarding the neuro-sequential model of the brain, its importance in healing trauma, and practical activities that any peer support specialist can do. Facilitators will also share the parallel process of recovery for traumatized horses and how the horse-human bond helps both. Presenters will provide this information through education, sharing of their personal story of recovery and experiential practice within the workshop session. Participants will learn creative interventions, simple self-management tools and skills for promoting wellness for themselves and others.

Presenters:

Shaun Smith – Certified Peer Support Specialist

Allen Greenman- Certified Peer Support specialist

Disability History, Culture and Pride

This workshop will be a dynamic and interactive presentation regarding disability identity, pride, power and advocacy. Participants will learn about ableism, internalized ableism, and brainstorm ways to interrupt and challenge ableism. In this session, presenters will invite participants to delve into disability history and culture by sharing examples of oppression and resistance. Learn about disability culture and how it impacts people on an individual and systemic level. Explore the building blocks and cycle of pride as presented by people with disabilities.

Presenters:

Nancy Miller- Project Specialist Michigan Disability Rights Coalition

Stacy Addis - LDO Fellow Michigan Disability Rights Coalition

Goal Setting and Motivation

Goal setting is a powerful motivational tool for recovery. Because goal setting activates an individual's resources in ways that provide purpose, challenge, and meaning. Goals are the guideposts along the road that make a compelling vision of recovery come alive. Goals energize people. In this workshop, you will learn ways to focus on strengths and support strong goal setting.

Presenter:

Jean Dukarski - CPSS

Healthy Relationships and Increasing Safety

In this presentation, we will discuss how promoting healthy sexuality can increase self-advocacy skills and help reduce the risk of sexual abuse of individuals with intellectual and developmental disabilities. We will talk about risk factors of abuse and barriers to getting help. We will learn about healthy sexuality skills and talk about WEAVE's Healthy Relationship class. WEAVE is a collaboration between the YMCA West Central Michigan and disability service providers in Kent County. The program addresses sexual assault of individuals with intellectual and/or developmental disabilities. We will discuss other ways that the WEAVE program is reducing barriers to getting help after sexual abuse happens. The presentation will be co-led by the WEAVE Program Coordinator and a longtime self-advocate and peer facilitator.

Presenters:

Sara Rumbarger- WEAVE Project Coordinator

Melissa Rozema- Healthy Relationships Peer Facilitator

Brooke Fuller – Peer Mentor, Trained Sexuality Educator

Telehealth as a Tool for Combating the Addiction Epidemic

Two recovery coaches and a clinician from Pine Rest Christian Mental Health Services will present information about how the organization is utilizing technology and peer support help to overcome common barriers to recovery. The presentation will offer background information on how and why the program was started and the impact it has had. Pine Rest can partner with other organizations and community organizations (churches, doctors, courts, etc.) to help expand services in underserved areas.

Presenters:

Jennifer McGee- Certified Peer Recovery Coach

Jonathan Bowman-BS, Certified Peer Recovery Coach

Scott Smith-Clinical Supervisor Pine Rest Christian Mental Health

Success in the Face of Challenges

People will learn the 10 most important questions they need to ask themselves before requesting peer mentor services. One of which will be, what is the level of my self-esteem? In answering this and many others, peer mentors will be able to help you to better understand ways to achieve success as well as understand self-esteem in the challenges you may face.

Presenter:

Eric Miller – Certified Peer Mentor

Andre Robinson–Certified Peer Mentor

CONCURRENT WORKSHOPS SESSION 4 – 1:45 – 3:00PM

Veteran Navigators and Peer Support, Creating Long Term Sustainment for Veterans and Military Families

Veteran Navigators will discuss how they are leading the way in connecting veteran and military families to mental health and substance use disorder treatment, lowering stigma and proactively addressing challenges around suicide prevention and intervention. In these roles, we are creating long term sustainment for veteran communities and the “why” behind the future of veteran care.

Presenter:

Brian Webb – Michigan Department of Health and Human Services

Overcoming Adversity

Presenters will tell their personal stories of being homeless, and how they were able to overcome homelessness, depression, and paranoid and suicidal thinking. Participants will learn how to develop the skills needed to find help and resources. They will also learn different techniques to overcome adversity and live a happy, full life. A variety of resources will be shared on services, supports and where to go if you need medical or mental health services.

Presenters:

Tonnio Graves- Certified Peer Mentor

Pam Rathburn- Certified Peer Mentor

Begin Ending Stigma Today – Be Your BEST Self!

Stigma creates an environment that lacks dignity and respect. Join this dynamic presentation to learn how you can, as well as help others create a stigma free environment in the public mental health system. This presentation will feature the “Just Like You” video that is sure to inspire and charge your batteries. It is an original documentary produced by Community Living Services - Oakland, CNS Healthcare and Oakland County Community Health Network. This presentation will give you an opportunity to hear the voice of those we serve, look at ways we all can do our part to create a stigma free environment, and provide you with helpful tools.

Presenters:

Malkia Newman- Team Supervisor- Anti Stigma Team

Stephanie Laird- Certified Peer Mentor

Vicki Suder- Director of Rights & Advocacy

Human Trafficking

This workshop is designed as an introduction to human trafficking and modern-day slavery. It will provide peers with functional and practical tools, enabling them to learn and better understand the crime of human trafficking, the different types of human trafficking that exist and an understanding of the scope of the problem. The information shared will help better identify human trafficking and provide greater assistance to individuals.

Presenter:

Deborah Monroe – CPSS, CPRC, Recovery Concepts

Ethical and Boundary Considerations for Recovery Coaching

This workshop is developed to heighten the awareness of the need to adhere to ethical concepts for protection of the people we serve, coaches, and the profession overall. Individuals in the workshop will be introduced to ethical terminology and helped to develop an ethical lens for decision making that can be applied on every varying circumstance of service delivery. It will help a recovery coach make choices in fluid situations.

Presenter:

Ricardo Bowden – MA, CPC, CADC, CPRM, CPRC

Being Still and Stop the Thoughts

Conscious thoughts are at the root of most problems and depression. Depression is at the root of many conditions including PTSD and substance abuse. Thinking and talking about these conditions, or the thoughts involved, feeds the problems, adds to the confusion and intensifies the thoughts. It is a person’s attention to those thoughts that feeds the thoughts and maintains the condition. By removing our attention from the thoughts causing the condition, those thoughts lose the power to be overwhelming and intrusive. By using a little mental discipline, we can learn to remove our attention from our thoughts. A simple mental exercise will be taught in class.

Presenter:

Doug Zaccanelli – Certified Peer Support Specialist

Self-Directed Services: Take More Control of Your Life

Self-directed services (also known as self-determination) enables people using community mental health service providers the ability to control some of their supports. We will talk about the benefits of directing services, which services can be controlled, and how to request self-directed services and supports. Audience participation is encouraged.

Presenters:

Marie Eagle – Project Coordinator, The Arc Michigan

Jill Gerrie – Partners Advancing Self Determination Coordinator, The Arc Michigan

Providing Hope: Certification of Peer Providers Incarcerated in Michigan Prisons

Over the past four years the Michigan Department of Health and Human Services (MDHHS) and the Michigan Department of Corrections (MDOC) have partnered to train over 80 persons incarcerated in several prisons across the state to be certified as peer support specialists, peer recovery coaches and community health workers. As part of Michigan's vision, incarcerated citizens who become certified are working within the prisons, in paid positions as peer providers during their incarceration. We will share the unique roles and responsibilities of the newly trained workforce, discuss strengths and challenges in this promising practice and provide outcome data from the perspective of persons receiving peer support.

Presenters:

David Dawdy, Michigan Department of Corrections

Steven Henry, CPSS, MDHHS, Behavioral Health and Developmental Disabilities Administration

Melvin Lester, CPSS, Treatment and Training Innovations

Deborah Monroe, CPSS, CPRC Recovery Concepts

Pam Werner, MDHHS, Behavioral Health and Developmental Disabilities Administration

ADDITIONAL INFORMATION

<u>Hotel Information</u>	
Hotel	Radisson Hotel Lansing at the Capitol
Address	111 N Grand Avenue Lansing, MI 48933
Phone Number	1-800-333-3333
Distance From Center	.2 miles and connected to the Lansing Center by a skywalk
Promo Code	PEER19
Discounted Group Rate	125.00 per night *this includes the \$12 valet parking for 1 car*
Reservation Cut-Off Date	May 17, 2019

Other hotel options can be found at: <https://www.lansing.org/hotels/>

Attire & Special Considerations

The conference is business casual attire. Comfortable shoes are strongly encouraged as the Lansing Center is quite large. We suggest carrying a sweater throughout the day as some of the conference room temperatures may fluctuate.

Conference Fragrance Free Event - for the safety and comfort of those with chemical and environmental sensitivities, please refrain from wearing perfumes, colognes, or using scented products. Thanks!

Important Dates

May 17, 2019

Registration Cancellation Deadline

May 17, 2019

Registration Deadline

May 29, 2019

On-Site Check-In & Registration Begins

May 1, 2019

Hotel Reservation Cut-Off Date

Parking at the Lansing Center

Parking under the Lansing Center is free of charge. When you leave please let the attendant know you are with the Michigan Peer Support Conference. There is also parking at the North Grand Parking Ramp located at 219 North Grand Ave, Lansing, MI 48933. If you park in this ramp come to the registration desk to get a validation ticket so you are not charged.