



The Healing Power of Music:

Tommie Branch, Songwriter, Singer and Guitarist and Accompanist David Rissmeyer, CPRP, Rehabilitation Counselor with the Virginia Department of Rehabilitative Services. *Tommie Branch is a mental health consumer who has forged a pathway to recovery using original music composition and performance. He will share some of his songs, focusing on the power of music to aid recovery. David Rissmeyer is assisting Mr. Branch in launching his professional music career and will highlight ways DRS can assist with Self Employment Enterprises.*

Relapse Awareness and Prevention Strategies:

Dr. Robert J. Gardella, MD, DABPN, DABFM, CSCTP. *The purpose of this educational session is to help consumers and family members understand relapse in schizophrenia. However, content will be applicable to other mental illnesses. The program offers useful tips to help prevent or minimize relapse and provides strategies to help individuals get through difficult periods and stay on course with their recovery. It is also helpful to mental health providers.*

Anatomy of a Recovery:

Virginia (Ginger) Wyatt. *The presenter will share her own recovery story and how WRAP (Wellness Recovery Action Plan) is pivotal in helping her to live a full life in her community. She will highlight an American Psychological Press Release and encourage audience participation.*

The Firewalker Face of Change:

Moderator: Ann Bohr Benner, LCSW, VOCAL Network Program Director and Panel: Debra Knighton, Joni Raskin, and Lauren Spiro. *A “Firewalker” is a person who is strengthened by and receives wisdom from the internal process of recovery. This workshop explores the transformative aspects of recovery through the eyes of firewalkers.*

**Thursday, 2-3:30 pm**

Growing Recovery in the World: The Alphabet of Recovery:

Anne Winston PinderBatchelder, BFA, BA and Marcia Carey, LCSW. *The Alphabet of Recovery uses the structure of the alphabet to encourage participants to explore the nuances of their recovery in a discussion format of words and personal stories. The arts provide a stimulus for the dreams and goals of recovery. Recognition of the self as a growing artist nurtures self esteem, confidence, and a connection with the world.*

Peers Creating Change:

Mary J. McQuown, Recovery Services Administrator. *Explore many of the tools of recovery as we follow an individual through the journey of healing and hope. Become familiar with the pathways to recovery and how to utilize them.*

Life Changes Through Advocacy:

Dottie Pangburn and Nancy Whitaker. *We will explore the role we play in our treatment, in receiving funds, and how the new commitment laws are changing the system.*

From Work Units to Pay Checks:

Marcia Gard, BA. *This interactive workshop examines how clubhouse activities prepare members for competitive work. We will explore the partnership between members and staff as they discover the balance between unit work, vocational goals and the value of both in personal recovery.*

Blank Slate Outsider Art:

Helen Hudson, LCSW and Sarah Frick, BSW with Mary Fisher and other members of Summit House. *Blank Slate Outsider Art is a Summit House program in which individuals are given freedom to explore many art media to access the creative part of their recovery. Join us as we look at the role of art in recovery and participate in activities that tap into the expressive energy that lives in everyone.*

**Thursday, 3:45-5:15**

A Toolbox for Recovery:

Belinda Norfleet BS, Nikki Crayton BA., Lacanas James, Certified Peer Specialist, and Rose White. *This workshop will provide helpful interactive activities and resources that can be used to encourage, teach skills and empower individuals in recovery.*

Empowering People to Make Change in an Inpatient Setting:

Larissa Powers, BA, CPRP and Jeannette Heath, Rehabilitation Specialist. *During this workshop you will hear from people in recovery and psychiatric rehabilitation practitioners telling the story of change in an inpatient setting.*

Sexual Misconduct and Recovery: The Social Milieu Ain't What It Used To Be:

William T. Desmond, PhD, Certified Sex Offender Treatment Provider. *Sexual misconduct can occur in a Recovery community, or can be an obstacle to personal recovery. This workshop focuses on the risks to consumers and the programs that serve them. Presenter will offer a schematic of the way sexual misconduct presents itself and how it can impact on a psychosocial program. Responsibilities of staff and of consumers will be clarified.*

Consumer Led Informal Recovery Discussion:

Steve Hornstein. *Steve will lead an informal discussion about recovery. People can share from their personal experiences and pass on recovery tips.*

The WRAP Curriculum and the REACH Program:

John Otenasek, REACH Program Director. *Come explore Mary Ellen Copeland's system to monitor and reduce symptoms as you learn new ways to manage your own mental health. Responding to the signs of crisis in the early stages will keep you well and focused on what you truly want from life. You become the expert on your own wellness and recovery as you develop a WRAP (Wellness Recovery Action Plan) that keeps you in a place of control over your illness.*

