

“Recovery....From Dreams, to Reality!”

VAPRA's 27th Annual Conference



November 30 -
December 2 , 2011

Crowne Plaza West
Richmond, VA



VIRGINIA PSYCHIATRIC REHABILITATION ASSOCIATION



On behalf of the VAPRA Board of Directors and the 2011 Conference Planning Committee, it is my pleasure to welcome you to Richmond and to our 27th annual conference! I am confident that this year's speakers and workshops will provide you with a rich learning experience and enhance your knowledge of psychiatric rehabilitation.



We are pleased to have James Stewart III, Commissioner of the DBHDS and James Martinez, Director of Mental Health Services join us for our Wednesday opening session to share their thoughts and perspectives on mental health services in Virginia. In addition, we are excited to welcome our keynote speaker, Tommie Branch, an inspirational and storytelling professional performer of original and country bluegrass music. We look forward to Tommie incorporating his story of recovery into a musical performance for VAPRA attendees.

The theme for this year's conference, "Recovery...From Dreams to Reality," is a reference to the monumental accomplishments that individuals have made in advocating for, and participating in their recovery. The power to effect change is something that rests with all of us, and it is our duty to continue to advocate for improvements in the system so that everyone can realize the reality of recovery!

It has been my great pleasure to work with the Board of Directors and Conference Planning Committee this year during the planning of our annual conference. It is their hard work and dedication to this organization that makes this event such a success, and I have witnessed firsthand the level of commitment that they each have to furthering the principles of psychiatric rehabilitation.

On a final note, I would like to thank you—our conference attendees! You continue to shape and influence the delivery of services in the state of Virginia by sharing your stories and vision for a future where dreams really do become reality. Take this time to enrich yourself with new learning opportunities, meet new people, and enjoy all that Richmond has to offer you during your stay. Again, welcome to our 27th annual conference!

Justin Sheets, QMHP

President, Virginia Psychiatric Rehabilitation Association

Joan Starr Selden Herman Memorial Award

"Starr" passed away on August 7th, 2010 at the Hospice Care Center in Wilmington, North Carolina. She was 64 years old. She was born and raised in Quinby, a very small town on the Eastern Shore of Virginia. She always cherished her roots. She would return to the shore often, and loved every moment being back there. Starr was a very accomplished and successful businesswoman. She coordinated and oversaw some of the largest yearly conventions in the state of Virginia through her business Commonwealth Conventions, serving both private companies as well as state organizations. She was a devoted advocate of the Virginia Psychiatric Rehabilitation Association, keeping the best interests of this association always at the forefront of her endeavors. Starr's contributions will be remembered and honored through the formation of this annual memorial award, as the raffle grand prize at the banquet. We are all fortunate to have known Starr and are proud to honor her in this manner. May her dedication and hard work be an inspiration to us all!

VIRGINIA PSYCHIATRIC REHABILITATION ASSOCIATION

27th Annual Conference

Board Members

Justin Sheets, President

Samantha Feazell, Acting President Elect

Jodie Jameson, Vice President

Brent Falvo, Treasurer

Sharon Carter, Secretary

Jose Campos, Legislative Liaison

John Butler, Chapter Representative to National

Robert Buncher, Veteran Services Liaison

Brenda Boone, Member at Large

Marshae Clarke, Member at Large

John Douglas, Member at Large

Belinda Norfleet, Member at Large

Wendy Wampler, Member at Large

Conference Committee Members

Justin Sheets, RBHA Broad Street Center

John Douglas, Eagles Nest Clubhouse

Jodie Jameson, Friendship House of Loudoun Co.

Brenda Boone, Wytheville Clubhouse

Marshae Clarke, RBHA Marshall Center

Belinda Norfleet, People's Place

Wendy Wampler, Independence House

Ric Knight, Friendship House of Loudoun Co.

John Schartzter, LCSW, Conference Planning Liaison

Samantha Feazell, Alleghany House

Brent Falvo, Coastal Clubhouse

Sharon Carter, Hudson House

John Butler, Rappahannock Area CSB

Robert Buncher, Hunter Holmes McGuire VAMC

Jose Campos, The Job Avenue

Audrey Buck, Piedmont Community Services

Chuck Barrick, Loudoun County CSB

Mary Powell, Conventions Plus

Thanks to the [Workshop Presenters](#) and [Guest Speakers](#) for their contribution of expertise and innovative ideas.

Thanks to the [Department of Behavioral Health and Developmental Services \(DBHDS\)](#) for providing scholarship funds that enabled consumers from across the Commonwealth to attend this conference.

Thanks to [VAPRA Board Members and Conference Planning Committee Members](#) for all their time and hard work.

Thanks to [Mary Powell, Conference Planner](#), for all of her help with the conference site and many intricate details.

Thanks to [Janssen Pharmaceutical](#) for their continued support.

Thanks to [The Rockers](#) for providing entertainment at the Dance.

Thanks to the [Staff at the Crowne Plaza West](#) for their assistance.

And Thank You, [Conference Attendees](#), who bring your enthusiasm and ideas to the conference!

VIRGINIA PSYCHIATRIC REHABILITATION ASSOCIATION

27th Annual Conference

Schedule of Events

Wednesday, November 30, 2011

10:00 am - 5:00 pm	Registration - Ballroom Foyer
1:00 pm - 2:30 pm	Opening Session - Salon II and III
	<i>Justin Sheets</i> , President of VAPRA
	<i>James Martinez</i> , Director, Office of MH Services
	<i>James Stewart</i> , Commissioner of DBHDS
	<i>Samantha Feazell</i> , Acting President-Elect, Conference Chair
	<i>Belinda Norfleet and Wendy Wampler</i> , Conference Co-Chairs
2:30 pm - 3:00 pm	Break/Refreshments - Room # 141
3:00 pm - 4:30 pm	Concurrent Workshops - Refer to Workshop Schedule
5:00 pm - 6:30 pm	VOCAL meeting - Monument Room
5:00 pm - 7:00 pm	Dinner (on your own)
7:00 pm - 9:30 pm	Performing Arts Variety Show (The 70's) - Ballroom

Thursday, December 1, 2011

8:00 am - 8:30 am	Grab-n-Go Breakfast (items available for purchase in foyer)
8:00 am - 12:00 pm	Registration - Ballroom Foyer
8:30 am - 10:00 am	Concurrent Workshops - Refer to Workshop Schedule
10:00 am - 10:30 am	Break/Refreshments - Room # 141

Hospitality Suite Hours

Room #141: Closed during sessions and workshops

Wednesday: 8 am - 5 pm

Thursday: 8 am - 5 pm

VIRGINIA PSYCHIATRIC REHABILITATION ASSOCIATION

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Schedule of Events

Thursday, December 1, 2011, cont'd.

10:30 am - 12:00 pm	General Session & Keynote Speaker - Salon II and III Justin Sheets , President of VAPRA Tommie Branch , Keynote Speaker
12:00 pm - 1:30 pm	Lunch (on your own) - Grab-n-Go Lunch (items available for purchase in the Ballroom foyer)
1:30 pm - 3:00 pm	Concurrent Workshops - Refer to Workshop Schedule
3:00 pm - 3:30 pm	Break/Refreshments - Room #141
3:30 pm - 5:00 pm	Concurrent Workshops - Refer to Workshop Schedule
5:00 pm - 7:00 pm	Time on your own (view attractions or relax)
7:00 pm - 8:30 pm	Banquet - Ballroom (Salon I, II, and III)
8:30 pm - 11:30 pm	Dance - Ballroom (Salon I, II, and III)

Friday, December 2, 2011

8:30 am - 9:00 am	Continental Breakfast - Salon I (for those staying for the Business Meeting)
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Hospitality Suite Hours

Room #141: Closed during sessions and workshops

Wednesday: 8 am - 5 pm

Thursday: 8 am - 5 pm

VIRGINIA PSYCHIATRIC REHABILITATION ASSOCIATION

27th Annual Conference Speaker Profiles



Tommie Branch

The first thing you notice about Tommie Branch is his dynamic smile, his charismatic personality and caring spirit. This dynamic smile and spirit is easily expressed as Tommie performs on stage. No one can deny that he exudes talent, whether singing a traditional country ballad or an explosive note of a bluegrass song. Tommie was born and raised in the small southern Virginia town of Franklin. He enjoyed performing from an early age. Tommie used to write and perform songs for his mother and six siblings. He recalls the day he pleaded with his mother for a radio. Although they had little money, he finally received his a radio and remembers listening to that radio every day until the batteries ran out. Tommie feels that this radio spurred his creative desire to perform, sing and write. But Tommie was not always this dynamic and charismatic. It was not until he was with DRS and the CSB that he was able to recover from post-traumatic stress and depression brought on by childhood abuse, car accidents and job losses. Tommie used to lay in the bed with his daughter's Barney blanket over his head in the dark. He didn't know what was wrong until he received help from the CSB through counseling and medication. Now Tommie can stand before an audience and tell his story through his music, to encourage others to rise above their adversity as well.

James Martinez



Jim Martinez has been with the Virginia Department of Behavioral Health and Developmental Services since 1977, where he has held several positions in the Richmond-based headquarters office, where he is currently Director of the Office of Mental Health. Jim's career focused on developing and expanding community services and supports for people with serious mental illness. Most recently, Jim has been a leader in Virginia's effort to reform involuntary treatment laws and further strengthen the safety net of mental health services. At the 2004 Governor's Conference, Jim received a *Living the Vision of Recovery* Award from Virginia's mental health consumers and advocates for his work on behalf of people with serious mental illness and their families. Jim has a B.A from Washington and Lee University and a M.Ed. From the University of Virginia.

James Stewart



Jim Stewart currently serves as the Commissioner of the Virginia Department of Behavioral Health and Developmental Services (DBHDS) following his appointment by Governor Bob McDonnell. He also served as the Commonwealth's Inspector General for Behavioral Health and Developmental Services. Throughout his 35 years in public behavioral health and developmental services, he has worked actively at local, state and federal levels to shape policies, regulations and funding initiatives with the goal of enhancing services for individuals with mental illness, developmental disabilities and those with substance use problems. He served as President of the National Association of County Behavioral Health Directors and currently serves on the Supreme Court Commission on Mental Health Law Reform. Jim received his bachelor's degree in Economics from Rhodes College in Memphis, Tennessee and a master's degree in Social Work from the University of Tennessee.

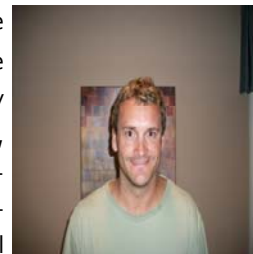
VIRGINIA PSYCHIATRIC REHABILITATION ASSOCIATION

27th Annual Conference 2011 VAPRA Leadership Awards



Jerry Higginson was instrumental in the creation of the Loudoun County Peer Council in March 2010 and is currently serving as Chair of the council. Jerry works tirelessly with the board to work to “help people that are hurting to be linked to the best available care in the least amount of time possible, and in the process, help ourselves in our own recovery”. The LCPC motto is “Think Big, Start Small”. The LCPC has presented to the Loudoun Co. CSB and worked to reach into an array of community resources and links, working to educate and enlighten Loudoun County for mental health awareness and to reduce stigma. Jerry utilizes his juggling skills as “Jester Jerry” while sharing his personal story of recovery. The growth of the LCPC and Jerry’s personal mental health recovery are an active demonstration of his dedication to reduce stigma and assist others in their own recovery.

Mark Jones exemplifies Recovery through his actions and deeds, always finding time to give back to the community even while pursuing a college degree. Mark is dedicated to the well-being of others and is a true advocate for his peers. In April of 2011, Mark started pottery classes at Kenmore Club and facilitates the classes twice a week. Mark is a very patient, gentle, compassionate person and encourages everyone to learn new things and grow in new directions. Mark also facilitates a Dual Recovery Anonymous (DRA) group at RACSB’s Crisis Stabilization program two days per week. He provides the program with the resource material needed to effectively run the groups, devotes time after groups to discuss recovery with individuals, and receives rave reviews from the participants of the program.



Linda Lemon credits her faith, her psychiatric team, and modern medicine in her recovery. In September 2009, Linda wrote the play “The Path” which depicts individuals with mental illnesses at different stages in their life. The play has been a huge success across the State and is successful in relaying the message of hope and recovery. In October 2010, the play was presented at the VACSB conference and received rave reviews. Linda has also written a book of poetry titled, “Daydreams and Nightmares” that was published in 2010. Linda is very active in the mental health community and was hired as a part-time Peer Support Specialist in July 2011. She continues to be a role model and a leader for those with mental illness. Because of her hard work and dedication, she has proven that recovery is possible!

Karla Souder began working at Harrisonburg-Rockingham Community Services Board in 1984 and recently became a leader in the Residential Services program. As a case manager, she was energetic, hard-working, and fast-moving. She quickly earned the respect of her colleagues and the individuals she supported. Over the years, her work is always infused with compassion and common sense ideas about how to help people lead rewarding lives. At Summit House, Karla filled the need for a strong leader. During her tenure, the program has experienced tremendous growth and it’s still one of the best of its kind in Virginia. Her presence permeates the clubhouse without dominating it. The clarity of Karla’s values and vision provides structure, comfort, and hope to members and staff alike.



27th Annual Conference

Concurrent Workshops

Wednesday, November 30, 2011

3:00 pm - 4:30 pm

Your Time To Shine:

Sapphire Grill

Maria Rondinaro, MSW, Daniel Burns, BS, and Friendship House Performing Arts

An engaging and interactive workshop that begins with a discussion of both the Friendship House Choir and the Friendship House Drumming Group in the PSR program, and follows with a performance by each group. This presentation will offer opportunities for participants to join in, interact, and step outside their comfort zones as they express themselves through conversation and performance including singing, hand drumming and more! This workshop is for persons in recovery and professionals interested in having a performing art component to their programs.

Creating Awesome Party Decorations:

Salon I

Brenda Boone, BS, CPRP, QMHP, CTRS, Wytheville Clubhouse Coordinator

Decorations can set the mood for any party or event. Come to this workshop and learn how to make party decorations using different size balloons and other various materials. In this workshop, participants will work together to make a balloon arch, balloon columns, and table decorations. All decorations will be used at the Variety Show on Wednesday night!

Communicate Your Reality:

Salon II

Leslie Thompson, MBA, and Lacanas James, Colonial Behavioral Health

This workshop will assist attendees with learning and practicing basic communication skills, to effectively communicate with others and better advocate for themselves. This workshop will provide specific tools through open discussion and activities, which will increase skills and knowledge. This workshop is for individuals in recovery, mental health professionals, and family members.

Advanced Directives: Implementation of a Major Public Health Reform:

Salon III

John Oliver, Virginia Department of Behavioral Health and Developmental Services

This workshop will discuss the use of Advance Directives by individuals with Serious Mental Illness under Virginia's Health Care Decisions Act. This workshop is for individuals in recovery, mental health professionals and family members.

27th Annual Conference

Thursday December 1, 2011

8:30 am - 10:00 am

Bringing Innovative, New Games and Options to Your Clubhouse Program (BINGO):

Sapphire Grill

Belinda Norfleet B.S., Program Mgr, Ladonna L., Melissa F., Shaun W, Leaders of Tomorrow, People's Place
This workshop will allow participants to increase opportunities for socialization, problem solving and interpersonal skill building through leisure activities. The facilitators will share and demonstrate (5) five different variations of BINGO that could be used in a clubhouse setting, group home or ALF. This workshop encourages active participation. This workshop will benefit people in recovery, professionals and other service providers.

Don't Back Down – The Seven Principles of Effective Self-Advocacy:

Salon I

Charles "Chuck" T. Collins, MSW, JD (Attorney at Law), Regional Advocate, Office of Human Rights
The facilitator will interact with the audience in a discussion of 7 basic ideas which will lead participants to understand how they can increase their effectiveness in advocating for themselves in the mental health delivery system and in life. This workshop is beneficial to people in recovery, professionals, administrators, family members and others who are interested in learning how to more effectively advocate for themselves.

Recovery Through Music:

Salon II

Kimberly S., Carol C., James R., Barbara Sue O., Robert B., Jeffery R., Donna M., Regina D., and Jannifer B. (consumers of O.U.R. House) and Sharon Blankenship, Program Manager at O.U.R. House - This is an interactive workshop where consumers discuss how music has helped in their recovery. "Recovery Through Music" requires some thinking outside the box. We believe that while the routine of the recovery centers is important, it is equally important to create some projects that will boost self-confidence and self-esteem and that will also educate the public about mental illness.

Recovery at the VA:

Monument Room

Robert M. Buncher, PH.D, VAMC Local Recovery Coordinator

This presentation overviews the recovery activities going on in Veterans Affairs hospitals across the country. Come learn about what is happening for our heroes who served!

Electronic Health Records in a PSR Setting:

Rappahanock Board Room

Phil Floyd, BS, CPRP, QMHP, Manager, Adult Clinical Support Services, Rockbridge Area Community Services, John Young, LCSW, Director of Adult Clinical Services, Rockbridge Area Community Services, Stacey Cotton, Director of Sales & Marketing, Askesis, Pittsburgh, PA. This interactive presentation will be presented to managers/staff of PSR programs with an emphasis on how electronic health record systems can enhance the documentation efforts/requirements that all PSR programs must adhere to specific to USPRA best practices/standards and DBHDS expectations/licensure requirements/DMAS requirements.

27th Annual Conference

Concurrent Workshops

Thursday December 1, 2011

1:30 pm - 3:00 pm

[Follow the Yellow Brick Road to Oz, Where Dreams Become Reality!:](#) **Sapphire Grill**

Amalia "Christy" Collins, ACSW, BCD, LCSW (Frontier Health). Sissy S., April W., Billy J., Carla J., Regina Lawson, and Wendy Wampler, Independence House

The play is an animated, interactive presentation with costumed characters. Individuals living with mental illness feel frightened and worry their life dreams will not ever come true. By traveling the journey together they discover friendship, support, and the belief that people are stronger than they realize. This workshop is appropriate for people in recovery, professionals, family members, and service providers. All are welcome.

[Assisting Individuals with Disabilities to Access Higher Education Through the Use of Education Coaches:](#) **Salon I**

Elizabeth Evans Getzel, MA, Katherine Wittig, M. Ed, VCU-RRTC

This workshop will provide information, resources, and case studies on the work conducted by the VCU-RRTC on a supported education model using Education Coaches to assist individuals with disabilities access to higher education opportunities. This workshop is for individuals with disabilities, service providers, administrators or other professionals.

[Jammin' with Tommie Branch and Loudoun County Garage Band:](#) **Salon III**

Mr. Tommie Branch and Ric Knight with the members of the Loudoun County Garage Band

Come hear more Recovery Stories, told in song and story by Tommie, and members of the Loudoun County Garage Band. Share your on story!

[Janssen– Choices in Recovery: Achieving Wellness and Recovery:](#) **Monument Room**

Dr. Robert J. Gardella, MD, DABPN, DABFE, DABFM, SOTOP

The purpose of this educational workshop is to help consumers, caregivers and family members understand schizophrenia, other mental illnesses and treatment. This workshop is for persons in recovery and family members, professionals and service providers.

27th Annual Conference

Concurrent Workshops

Thursday December 1, 2011

3:30 pm - 5:00 pm

Developing Leisure Activities and Skills:

Sapphire Grill

Brenda Boone, BS, CPRP, QMHP, CTRS, Wytheville Clubhouse Coordinator - Developing appropriate leisure activities and skills are necessary for our overall wellbeing. Discover yourself through fun, creative therapy; and plant the seed of new growth. Participants will have the opportunity to complete a craft project. Several projects will be available to choose from; however, there will be a limited number of each project.

Supported Education:

Salon I

Jose Campos, M.S.W., and Mark Reilly, The Job Avenue - Learn how to start a Supported Education program to help your clients return to school! This workshop will present the innovative steps that the Job Avenue Program in Arlington County took to create a Supported Education Program. Participants will learn the services that the Supported Education offers as well as how to form partnerships with local universities, community colleges and other educational agencies.

Bounce Back to Recovery:

Salon II

"Jester" Jerry Higginson, Friendship House - Never has recovery been so much FUN! Jester Jerry delivers an inspiring recovery story describing his initial involvement in a PSR program and development of a personal recovery plan that brought Jerry's dream of establishing his own juggling business to reality. Participants will be inspired with hope and will leave with a list of recovery tools while experiencing juggling FUN through this interactive presentation. This is a workshop for consumers as well as professionals.

Janssen- Relapse Awareness and Reduction Strategies:

Monument Room

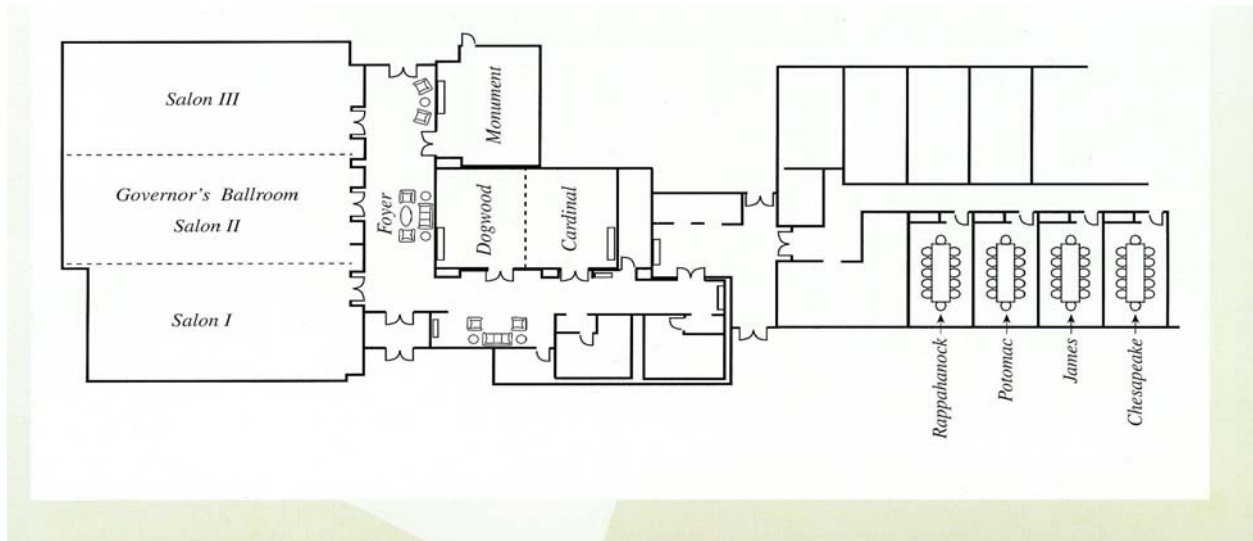
Dr. Robert J. Gardella, MD, DABPN, DABFE, DABFM, SOTOP - This workshop is designed to help people living with schizophrenia, their family members and caregivers to understand and reduce the chance of relapse. This workshop provides useful tips to help prevent or minimize relapse and provides strategies to help individuals get through difficult periods and stay on the course with their recovery. This session is for consumers, providers and caregivers.

Ethical Practices and Professional Conduct in a PSR Setting: **Rappahanock Board Room**

Phil Floyd, CPRP, QMHP, Manager, Adult Clinical Services, Rockbridge Area Community Services
John Schartzer, LCSW, Hanover Community Services - Attendees will be familiarized with established RACS Policies & Procedures specific to employee professional conduct. Attendees will be familiarized with the USpra Code of Standards. Attendees will be familiarized with DBHDS expectations of professional conduct. Attendees will be provided with examples of behaviors considered to be professional misconduct and possible outcomes. The target audience for this workshop is PSR staff and managers.

A special Thank You to Janssen Pharmaceutical for their continued financial support and workshop contributions

27th Annual Conference



Crowne Plaza West

6531 West Broad Street, Richmond, VA 23230

The VAPRA Board of Directors and Conference Planning Committee would like to extend a very sincere thank you to the Department of Behavioral Health and Developmental Services for their continued financial support. This support helps make this conference possible each and every year.

2012 VAPRA Conference

Date and location of next year's conference will be announced in our Spring 2012 newsletter!

Program Designed By

Samantha B. Fezell

