



ANNUAL CONFERENCE
MAY 21 - MAY 22, 2018

RECOVERY IN COMMUNITY



#VOCALCon2018



Virginia Organization of Consumers Asserting Leadership

Staff

Deidre Johnson, Executive Director
Ann Benner, REACH Program Director
Erin Crettier, Acting Policy Manager
Yolande Long, Network Coordinator
Heather Orrock, Co-OPP Program Director/Development Director
Malaina Poore, Network Program Director
Megan Sharkey, REACH Coordinator

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Alan Wendtt, Member at Large
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Ryan Tempesco, Auxiliary Committee

Advisory Council

Becky Clay Christensen, Bon Secours Richmond Health System
Dr. Allison Jackson, Integration Solutions

We wish to thank our friends at the Virginia Department of Behavioral Health and Developmental Services for providing financial support for this conference.



**If you need to speak to someone during the conference, we hope you will find you are surrounded by peer support. There are two warmlines available; Alive RVA Addiction Recovery Support Warm Line at 833-4PEERVA (833-473-3782), from 8am until midnight, 7 days a week, and the MHAV Warm Line 866-400-MHAV (6428), which is available from 9am until 5pm weekdays. In a crisis, please call the National Suicide Prevention Hotline at 800-273-8255.

The Bordeaux room, near the conference classrooms, is set aside as a quiet place for art and comfort activities. It will be open throughout the conference.

MONDAY

11:00 a.m. – 12:00 p.m.

Keynote Address with Matthew Federici

Ballroom

Matthew will share his drive and passion for promoting the rights, pathways, and participation of people in their community life, not only as an outcome of recovery, but also as a critical means to getting and staying healthy. He will share his personal experience, research, and next steps to improve health and wellness through community inclusion strategies involving the role of peer supporters.

12:00 p.m. – 12:45 p.m.

Lunch

Peer Recovery Specialist Lunch Meeting

Ballroom

Salon G

12:45 p.m. – 1:00 p.m.

Break

1:00 p.m. – 2:30 p.m.

Making a Plan for Your Future Mental Health Care: Advance Directives as Empowering Tools, with Heather Zelle

Salon E

Advance Directives (ADs) have changed over time to become more person-centered. They are tools that can contribute to wellness and recovery. Times of crisis can disrupt people's sense of self-direction and empowerment. ADs can help by providing us with a voice and legally-protected choices during crisis. ADs can also help us coordinate our mental health care, general medical care, and end-of-life care. Heather will guide participants on the process of creating their own AD. (1.5 CE hours)

You Can Work and Manage Your Benefits, with Jessica Marshall

Salon F

The workshop will cover the differences between SSI and SSDI, working while disabled, and the many work incentives that can help an individual manage their benefits and earn income. The workshop will also cover how to save for an occupational objective (PASS, IDA), Impairment Related Work Expenses, Subsidies and Special Conditions, as well as details about The Ticket to Work, Medicaid, Medicaid Buy-in, and Medicare. We will also discuss how to avoid possible over payments. Jessica will make afternoon appointments for individuals as needed. (1.5 CE hours)

DBHDS Permanent Supportive Housing, with Kristin Yavorksky

Theatre

We know that housing affects both mental and physical health. Providing affordable housing with suitable supports is an evidence-based practice. This workshop will describe the permanent supportive housing model and examine The Department of Behavioral Health and Developmental Service's Permanent Supportive Housing (PSH) Initiative to understand the impact of PSH on participants and public system utilization. We will also review efforts to include housing supplement materials with WRAP©. (1.5 CE hours)

Creating Recovery Cards, with Carla Heath and Robin Hubert

Salon G

Carla began her exploration with painting several years ago after a co-worker suggested she had an inner artist wanting to get out. Carla believes we all have inner artists. In this workshop, we will begin with a discussion on the benefits of art. We will talk about what messages we want out in the world and learn different card-making techniques with a few short demonstrations. Participants will then create their own recovery card to give to a friend. (1.5 CE hours)

2:30 p.m. - 2:45 p.m.

Break

2:45 p.m. - 4:15 p.m.

Expressing Your Trauma Through Discussion and Art, with Sharyn Jenkins

Salon G

Learn better ways to express pain, anger, and frustration; talking through our feelings; and how peers can help our friends and neighbors in these tough times. Sharyn will speak about how to define and recognize trauma, as well as the ways she has coped with trauma in her own life. She will then lead the group through an art project. **WARNING: This event could be triggering to some.** (1.5 CE hours)

Peer Respite Roundtable, with Steve Miccio**Ballroom**

What is a peer respite? How have peer respites become alternatives to traditional crisis services? Learn this and contribute valuable feedback to the statewide conversations taking place on this topic. Make your voice heard, while guiding VOCAL's advocacy on much-needed alternative crisis services.

Chronic Pain and Christianity, with Meredith Bond**Salon E**

In this workshop, participants will explore biblical understandings of types and purposes of suffering, with an eye for interpreting how deformative suffering can become transformative. Following a presentation on the suffering in scripture and what it might say for our lives, participants will break off into prayer/hope groups to explore practices helpful for dealing with chronic pain. (1.5 CE hours)

LGBTQ+ Safe Space Training and Focus Group, with Ryan Tempesco and Erin Tucker**Salon F**

Do you want to know more about how to be an ally to LGBTQ+ individuals, including ways to create more inclusive environments in your agency or support groups? VOCAL is creating a tool kit that addresses these issues and many more. While this training is one hour, we invite you to stay with us to help evaluate and improve this program because your feedback will inform our future work. (1.5 CE hours)

4:15 p.m. – 4:30 p.m.

Break

4:30 p.m. – 5:30 p.m.

Codependence and Recovery, with Marjorie Yates and Sean May**Salon F**

Through her personal recovery journey, Marjorie learned the hard way that toxic relationships can be daunting obstacles to recovery and wellness. As the result of living in her early recovery with someone in active addiction, she began educating herself, and attending trainings and support groups to learn more about codependence and the steps she needed to take to empower herself. This workshop, Codependence and Recovery, will focus on the warning signs of damaging, codependent relationships, and how we can take the focus away from them, put it on ourselves, practice self-care no matter what, and flourish. (1 CE hour)

Crafting Magnetic Meaningful Support, with Becky Sterling

Salon G

Join others as we discuss the value of giving and accepting support while crafting a refrigerator magnet (one to keep, one to give) to remind ourselves that recovery is a journey best taken with friends and supporters. This workshop will be a great reminder for those of us who sometimes forget that we don't have to do it all by ourselves. We intend to take a relaxing, lighthearted look at our own attitudes about accepting and giving help in a world that seems to honor independence as a sign of maturity. All craft supplies will be provided by the instructor. (1 CE hour)

Courage to Change, with Lois Withers

Salon E

Our military men and women are returning home with diagnoses of PTSD, depression, PTSI, traumatic brain injury, etc., that oftentimes is not being addressed. This workshop will begin a conversation about the needs of our returning military personnel and how Peer Recovery Specialists can help.

Participants will gain understanding of what AAPR (Action Plan for Prevention and Recovery) is and how it works, including learning to pick up signs of PTSD, how non-service members can help our veterans, how to get involved, and how to become a trained AAPR facilitator. Lois works with The Beacon Institute, whose services encompass the full range of prevention of mental health, substance use, and trauma issues, as well as crisis intervention and ongoing support. (1 CE hour)

Budgeting and Financial Management for Nonprofits, with Steven Clemons

Theatre

This presentation is designed for nonprofit Executive Directors and Board Members, as well as any staff or members interested in the financial workings of a nonprofit entity. The format will consist in first presenting the concepts of each topic, then demonstrating how to apply those concepts to actually prepare a budget, and then once it is adopted, perform the necessary financial management/control functions during the accounting year while the budget is in place. Questions will be encouraged throughout the presentation. Steven Clemons is a retired CPA. (1 CE hour)

5:30 p.m. – 5:45 p.m.

Break

5:45 p.m. – 6:30 p.m.

Dinner by Region

Ballroom

6:30 p.m. – 7:30 p.m.

**Breaking the Cycle Between Tobacco and Mental Health,
with Gina Roberts**

Salon G

If you smoke tobacco and you want to quit, this workshop is for you. If you smoke tobacco and you aren't sure you want to quit, this workshop is for you, too! Learn about the addictive nature of tobacco, understand the complicated relationship between tobacco and mental illness (myths and realities), identify strategies for a successful tobacco treatment plan, and, finally, learn how to access resources to help you quit. (1 CE hour)

Healing Voices Movie and Discussion, with Malaina Poore

Theatre

Screen the documentary, "Healing Voices," by PJ Moynihan. This film follows three people working to overcome extreme mental states and integrate these experiences into their lives in meaningful ways. Experience the stories of Jen, Oryx, and Dan, while seeking to understand their motivation and struggles. There will be a short discussion afterwards. Please note: this workshop is 2 hours. **WARNING: This film could be triggering to some.** (2 CE hours)

Board Roles and Responsibilities, with Heather Orrock

Salon E

Peer-Run Programs only thrive when the Board of Directors are engaged and actively contribute to the organization's wellness. This workshop will review the classic roles and responsibilities of board members. Anyone is welcome to attend. This workshop is strongly encouraged for anyone considering running for the VOCAL Board of Directors. (1 CE hour)

An Empower-mental Workshop, with Kirsten Helene Kaiser

Salon F

"Empower-mental" is a word that Kirsten made up on her own which means: the process of gaining power in your mind, especially control over your emotions, as well as the power to control the destiny of one's own life (autonomy). This workshop will focus on the meaning of empowerment and why it's essential. Kirsten draws upon her knowledge as Certified Peer Recovery/Support Specialist and Personal Life Coach with 21 years of experience in nonprofit, educational, and medical settings. (1 CE hour)

7:30 p.m. – 10:00 p.m.

Dance Party and Karaoke with DJ Jeff Roher

Ballroom

7:45 p.m. – 8:30 p.m.

12 Step Meeting

Director's Suite

Tuesday

7:00 a.m. – 8:00 a.m.

Yoga, with Isis Neumann

Salon 1 and 2

This traditional hatha yoga class is suitable for beginners. The class moves at a steady slow pace and offers opportunity for relaxation and guided instruction. Please bring your own mat, if possible. Space will be limited and a limited number of mats will be available.

7:30 a.m. – 8:30 a.m.

Breakfast

Ballroom

8:45 a.m. – 10:15 a.m.

Ethics, with Mary McQuown

Salon E

Name a profession and you will find they have a Code of Ethics that guides their work. Peer support is no exception. Certified Peer Recovery Specialists (CPRS) have a Code of Ethics by which they agree to abide. There are boundaries within peer support work. This workshop will introduce participants to the Code of Ethics for Peer Recovery Specialists. (1.5 CE hours)

Wellness-Based Leadership, with Matthew Federici

Ballroom

This workshop will discuss foundations and practices for achieving, maintaining, and leading teams toward greater wellbeing. Regardless if you're the leader of a Fortune 500 company, a million-dollar non-profit, or a small group concerned and committed about a cause, leadership approaches either help or hinder the wellness of those involved. (1.5 CE hours)

Peer Support Specialists in PACT Teams, with Rachel Spitzer

Salon F

Participants will learn about the history of PACT (Patient-Aligned Care Team) as an evidence-based practice, the role of the Certified Peer Specialist on the PACT team, the difference between ICT (Intensive Community Treatment) and PACT, challenges of working on a PACT team, and the importance of self-care. This is an open discussion, and participants are encouraged to participate and ask questions. (1.5 CE hours)

Navigating Wellness Through Creativity, with Scott Haugh and Rosana Lopez Haugh

Salon G

Scott and Rosana will draw from their extensive experience working in mental health and creating art to help you add creativity to your toolkit. This interactive workshop will include practicing mindfulness, exploring creativity through the senses, and grounding as a coping skill. (1.5 CE hours)

10:30 a.m. – 12:00 p.m.

VOCAL Annual Meeting

Ballroom

We will introduce staff, Board members, discuss Bylaw revisions, and hold elections for open positions. The Nominating Committee will present a ballot with the Board of Directors' nominated candidates. We ask all members to be present to exercise their rights as voting members.

12:00 p.m. – 1:00 p.m.

Lunch

Ballroom

Working Lunch for VOCAL Board of Directors

Director's Suite

1:15 p.m. – 2:45 p.m.

Music, Poetry, and Your Story, with Traci Jones and George Waldrop **Salon G**

In this workshop, the presenters are gathering three songs from the attendees: a song that has motivated you to write something, a song that has moved your emotions or a comfort song, and the last song you listened to before coming to this workshop. With this information, the presenters will make a "mix tape" to distribute on Mixcloud post conference. The mix will be sent by link to attendees via email. (1.5 CE hours)

Data Collection for the Peer Profession Roundtable, with Becky Sterling and Matthew Federici

Salon E

Peer services – how do we measure the difference we make? Currently, we have nothing in place that measures the value or impact of peer services, and the measurements must be different from that of clinicians. Join us for a discussion to inform VOCAL's conversations with statewide agencies on how to best show the impact of peer services.

Living Proof Part One, with Calendria and Faith Jones**Theatre**

Workshop participants will learn about family perspective and ways to cope with mental health challenges, including effective ways to communicate with your children and family members, benefits and challenges of mental health and family dynamics, open dialogue, and ways to share your experiences with family. Calendria and Faith are mother and daughter, and both are well-educated in peer support and recovery. (1.5 CE hours)

Got Recovery Capital?, with Becky Graser**Salon F**

Long-time advocate and peer leader, Becky Graser will outline some of the successful and innovative practices that have been adopted in Peer Recovery Services at MPNN CSB, including the development a curriculum specifically for jail and IOP (Intensive Outpatient Program) groups. For example, they work with topics like, "how to find a job, despite your justice history." Participants will define "Recovery Capital" both individually and in community and discuss the important role of community. (1.5 CE hours)

3:00 p.m. – 3:45 p.m.

Closing remarks**Ballroom**

Thank you for your participation in this year's conference.
We couldn't do it without you!

PRESENTERS and STAFF

Ann Bohr Benner, LCSW, has worked as a social worker in several settings and currently works as the REACH Program Director at VOCAL. She became inspired to help develop peer voices and to advocate for systems change following her own mid-life healing from depression and anorexia. She then directed ABIDE, Charlottesville's eating disorders prevention program and worked as an art therapist.

Meredith Bond began teaching in 2008, and later graduated Magna Cum Laude with a BFA from Virginia Commonwealth University in February, 2015, shortly before opening her business, Grace Wins Explorative Arts, LLC. She is currently halfway through her studies at Union Presbyterian Seminary where she is pursuing her MA in Christian Education. Meredith desires to continue combining her background in the arts with Christian Education to assist those who are suffering to find peace and healing.

Steven Clemons is a retired CPA who currently serves as the Treasurer of VOCAL. He holds both undergraduate and graduate degrees in Computer Science from VA Tech. His experience includes public accounting management consulting and EDP auditing, as well as specific industry experience in banking and railroads in a variety of roles. He has served, and currently serves, on a number of nonprofit boards, chiefly mental health related, over the years in various roles, and serves as a member of the 'Ask a CPA' program of the VSCPA in the nonprofit area.

Erin Crettier spent five years in retail management, and then began as a volunteer for VOCAL in November 2016. A passion for mental health advocacy and social justice led her to VOCAL's offices. She graduated from Virginia Commonwealth University in 2007 with a BFA in Theatre: Costume Design.

Matthew R. Federici, MS, Executive Director of the Copeland Center for Wellness & Recovery. Matthew is an internationally recognized speaker, trainer, and consultant on recovery, wellness, community inclusion, and peer support. He serves on the board of directors for the International Association of Peer Support and the National Coalition for Mental Health Recovery. In 2015, he was awarded by San Diego County, the National "This Person" award in recognition of his outstanding contributions to the hope and wellness of people in recovery. Matthew's personal and professional journey in wellness and recovery includes involvement as a family member and a mental health consumer advocate for over 20 years. He received his BA from Alvernia University in Psychology and Communications and MS in Rehabilitation Counseling from Rutgers University.

Rebecca Graser works as the Consumer Recovery Liaison at The Middle Peninsula Northern Neck Community Services Board (MPNN CSB) Consumer Operated Programs (CoOP). She also sits on the Board of Directors for both NAMI and VOCAL. Becky lives in Warsaw, VA.

Rosana Lopez Haugh is a peer and holds a Master of Social Work degree. She leads an art class with Floyd Integrity, which focuses on creativity and inclusion, so peers can manage difficulties via inspiration. Creative solutions for your recovery.

Scott Haugh is a Certified Peer Specialist (CPS) and Qualified Mental Health Professional (QMHP). He is the director of Floyd Integrity. www.floydintegrity.org

Carla Heath has worked at two psychosocial day programs and co-founded Friends 4 Recovery Whole Health Center, where she served as Executive Director for three years. Carla currently works as one of Region IV Peer Recovery Specialist Coordinators. Carla's story has been shared in the book *Firewalkers*, Richmond's Style magazine, and ABC News.

Robin Hubert is celebrating 17 years this summer as the Executive Director of On Our Own of Roanoke Valley. She loves being a part of this wonderful peer support organization. She is a mom and grandmother, loves playing guitar and writing songs about recovery and playing in the band at her church. She is a WRAP Facilitator, having been trained in the first class in Virginia in 2004. She enjoys being a Peer Recovery Specialist trainer and feels blessed to have facilitated 16 Peer Recovery Specialist Trainings in Roanoke and Richmond since 2012.

Sharyn Jenkins is a 51-year-old survivor of multiple traumas. Sharyn has learned to express her trauma in healthier ways than self-harm or abuse. Therapy and art work has helped her cope. She is an up and coming realtor in the Northern Stafford area of Virginia. Sharon is also a single mom to an amazing 25 year old and recently adopted a dog from a local shelter.

Deidre Johnson is VOCAL's Executive Director. She previously held the position of Interim Executive Director and prior to that, Operations Manager. She has the unique firsthand experience of organizing the business of a statewide non-profit, as well as a firm knowledge of recovery and peer empowerment. Deidre has been employed with VOCAL since 2012. Deidre has completed Peer Recovery Specialist training and is finishing work on a Certificate of Non-Profit Leadership.

Calendria Jones is a native of Staten Island, New York. She is married to Theotis Jones and a mother of five. She is a survivor of sexual abuse and was diagnosed with bipolar in 1996. With her faith in God and perseverance, she recovered from the daily horrors that individuals with severe mental illness endure. Calendria is a Certified Peer Recovery Specialist with Anthem Healthkeepers Plus in Richmond, in the newly created Behavioral Health Division. She is a pioneer and trailblazer in the peer movement and facilitates and coordinates five successful mental health awareness curricula. She is a motivational speaker and is the founder and owner of Living Proof Outreach, LLC, which focuses on education and awareness to the African American and Latino communities. 2 Timothy 1:7 "God hath not given us the spirit of fear, but of power, and of love, and of a sound mind."

Faith Essence Jones is a 20 year-old Radford University social work student, with a minor in psychology. She is the co-founder of an award-winning organization called "Princess Forever", also known as P4E. She is the daughter of a survivor of bipolar, and a strong believer in God, whom she relies on in all areas of her life. She is a joyful person who loves to laugh and make others laugh as well. Hard working and ambitious, Faith loves to inspire others and enrich the lives of her family and friends.

Traci Jones received her CPRS in August, 2016 and her MA in Human Services in October, 2017. She is currently pursuing a PhD in Organizational Leadership. Traci co-founded two peer run organizations: Trillium Drop-In Center in Prince William County and Rise Phoenix Rise in the Richmond area.

Kirsten Helene Kaiser is a Certified Peer Recovery Specialist and Personal life Coach with twenty-one years of experience in nonprofit, educational, and medical settings. She seeks to provide support to individuals living with serious mental illness (SMI) and assisting them to overcome their roadblocks, obstacles, and challenges.

Yolande Long holds a B.A from the University of Mary Washington and a Master of Social Work degree from Virginia Commonwealth University. She is the former Executive Director of ABIL (Agoraphobics Building Independent Lives) and currently works in the VOCAL Network office as the Network Coordinator. She is married to Mike, and is the mother of a grown daughter and two grown sons, and Nana of two beautiful granddaughters.

Jessica Marshall is the Community Work Incentives Coordinator, Work Incentive Planning & Assistance for VaACCSES, an organization funded through the Work Incentive Planning and Assistance (WIPA) grant from the Social Security Administration. Jessica earned her Bachelor of Science Degree in Sports Medicine from Salisbury University and went on to complete the Community Work Incentives Counseling (CWIC) certification program through Virginia Commonwealth University.

Sean May is a PRSS at the SAARA Center for Recovery and works on the Alive RVA Warmline, a regional project offering telephonic addiction recovery support. He uses his journey through addiction and recovery to help others. Sean has worked as a volunteer with SAARA since 2008 and was hired in January 2018 as full-time staff. After first being introduced to recovery in 2005, he soon found out that substances were just a part of the problem. He believes that the only thing you can change is yourself, not others.

Mary McQuown, MA, CPRS, has over twenty years' experience in the behavioral health field. She spent a decade as a Virginia advocate at the local and state level. She has seven years' experience training and supervising peer providers with Recovery Innovations. Ms. McQuown is the Peer Recovery Specialist Liaison in the Office of Recovery Services, DBHDS.

Steve Miccio is the CEO of Projects to Empower and Organize the Psychiatrically Labeled, Inc. (PEOPLE, Inc.), located in Poughkeepsie, NY. PEOPLE, Inc. is a peer-operated advocacy and service organization serving people throughout New York State. Steve is a person with lived experience which helped provide him with valuable insight in becoming one of the nation's foremost experts in establishing and managing peer-operated crisis diversion/respice services and has assisted in the creation of various peer services in NY and across the United States and Europe. Steve is a Subject Matter expert for Bringing Recovery Supports to Scale (BRSS TACS) Policy Academy.

Isis Neumann recently completed 200 hours of Yoga Teachers Training. Isis is a graduate of Murray High School in Charlottesville. She grew up with close ties to Satchidananda Ashram, where she studied both yoga and mental health advocacy.

Heather Orrock is the Co-OPP Program Director and Development Director at VOCAL. Heather holds a BA in Sociology from The College of William and Mary and is a 2010 graduate of the Emerging Nonprofit Leaders program. She is also certified in Nonprofit Board Education by BoardSource and has completed Peer Recovery Specialist training.

Malaina Poore is the Director of the VOCAL Network. She has led mental health workshops and readings in graduate psychology classrooms at James Madison University, Modern Times Bookstore in San Francisco, and many places in between. Her writing has been published in the Journal of Participatory Medicine, Amoskaeg, Mutha magazine, and other publications.

Gina Roberts joined the Virginia Department of Health in January 2004. She is currently the Regional Coordinator for the Tobacco Use Control Project in the Division of Prevention and Health Promotion. She is a graduate of Lynchburg College, with a Bachelor of Arts in Marketing and a minor in Sociology. She works with local communities to build and sustain health coalitions, and provides technical assistance, resources, and trainings to state and local partner organizations.

Megan Sharkey was raised in coastal New Jersey and attended undergraduate university in Pennsylvania. Knowing that she wanted to live in a city and having an uncle who is Richmond-based, Megan made the move to Virginia. Since settling in Richmond, she has worked to complete her Master of Social Work, with a concentration in Administration, Planning, and Policy Practice, from Virginia Commonwealth University.

Rachel Spitzer is a Peer Recovery Specialist for the ICT team at Northwestern CSB. Prior to taking that position, she worked in peer support at Commerce Village for Harrisonburg - Rockingham CSB. She was the founder and Executive Director of Pathways of Hope and Healing for five years, a peer-run organization out of Harrisonburg. She is a WRAP® facilitator, an awesome singer, and has an adorable eighty pound German Shepherd named Sadie.

Becky Sterling Childhood trauma and the loss of loved ones triggered emotional challenges that left Mrs. Sterling with a mental illness diagnosis. Her recovery began in 2005 when she attended her first WRAP® class. Since then she has utilized peer support, medication, talk therapy, and wellness tools to regain successful involvement in the world around her. She is now able to bring the skills learned previously as a Recreational Therapist, a Nursing Home Administrator, and a Qualified Mental Health Provider to her current position.

She states that it is with constant diligence that she continues her personal recovery while constantly seeking ways to advocate for others to find their voice and experience their own recovery journey.

Ryan Tempesco is an openly transgender transition age youth who has found peace and wellness through community support, connection, and understanding. He is the youngest Certified Peer Specialist in Virginia and is currently the Program Support Coordinator for Doors To Wellbeing National Consumer Technical Assistance Center, a Program of The Copeland Center for Wellness and Recovery and tries to bring optimism with him wherever he goes. He is also a constant advocate for wellness, as well as equal rights in his community.

Erin Tucker is the Executive Director at On Our Own Charlottesville. Erin is a Trauma-Informed Care Trainer and TIC Trainer for Peers through SAMHSA and the National Center for Trauma-Informed Care. She is a Certified Advanced Level WRAP® facilitator, Advance Directive facilitator, and Certified Peer Recovery Specialist. She serves on the Albemarle Mental Health and Wellness Coalition.

George Waldrop is a listener. In his adult life, he always wanted to be an ethnomusicologist, however, his illness kept him from formal education. He has educated himself, though, through listening to the music of all genres. For folks at the workshop, he offers the opportunity to share and discuss the personalization and meaning of music to the group.

Lois Withers is retired from the field of nursing after 25 years working in various positions. Her last position was working in medical records review after having to have a sit-down job from c-spine pain. She is a Peer Recovery Support Specialist with additional Veteran Peer Recovery Specialist training through the Beacon Institute. Lois is a certified WRAP® facilitator, an APPR (Action Plan for Prevention and Recovery) Facilitator, and has trained in eCPR.

Marjorie Yates began as a SAARA of Virginia intern in 2007 and now serves the organization's Manager in Recovery Supports and Training. She is a person in long term recovery who is dedicated to the Peer Recovery Movement. Her passion is empowering people with lived experience and creating a career path for them.

Kristin Yavorsky currently serves as the Homeless Projects Coordinator at the Virginia Department of Behavioral Health and Developmental Services, where she oversees the activities of a SAMHSA Collaborative Agreement to Benefit Homeless Individuals (CABHI) grant, as well as nearly \$10 million in new state funding for permanent supportive housing for adults with serious mental illness. She has more than twenty years' experience in the development and management of services in supportive housing and intensive community mental health services in both Virginia and New York City. Kristin holds a Master's degree in Social Work Administration, Planning, and Policy Practice from Virginia Commonwealth University and a Bachelor's degree in Psychology and Political Science from the University of North Carolina at Chapel Hill.

Heather Zelle is an Assistant Professor of Research with the UVa School of Medicine Department of Public Health Sciences and a clinical psychologist with the UVa Institute of Law, Psychiatry, and Public Policy. She holds a bachelor's in psychology from Lynchburg College, a juris doctorate from Villanova University School of Law, and a doctorate in clinical psychology with a forensic concentration from Drexel University. Her past policy and research experience include work for the Philadelphia Department of Behavioral Health and Intellectual disAbilities Services.

INTRODUCTION TO COMMUNITY INCLUSION:

PREPARING THE ENVIRONMENT FOR PEER
SUPPORT PRACTICES

with

Matthew Federici and Letty Elenes

May 23rd

9 a.m.- 12 p.m.

Rescue Mission of Roanoke
402 4th Street SE, Roanoke, VA

Best practice training for
mental health stakeholders

Registration Fee: \$40

To register: <https://tinyurl.com/y8s796ds>

Notes

Notes

Monday

11:00 a.m. – 12:00 p.m.	Keynote Address	Ballroom
12:00 p.m. – 12:45 p.m.	Lunch	Ballroom
1:00 p.m. – 2:30 p.m.	Peer Recovery Specialist Lunch Meeting You Can Work and Manage Your Benefits Making a Plan for Your Future Mental Health Care: Advance Directives	Salon G Salon F Salon E
2:45 p.m. – 4:15 p.m.	Expressing Your Pain Through Discussion and Art DBHDS Permanent Supportive Housing Chronic Pain and Christianity Peer Respite Roundtable LGBTQ+ Safe Space Training and Focus Group Creating Recovery Cards	Salon G Theatre Salon E Ballroom Salon F Salon G
4:30 p.m. – 5:30 p.m.	Crafting Meaningful Magnetic Support Budgeting and Financial Management for Nonprofits Courage to Change Codependence and Recovery	Salon G Theatre Salon E Salon F
5:45 p.m. – 6:30 p.m.	Dinner	
Ballroom		
6:30 p.m. – 7:30 p.m.	Breaking the Cycle: Tobacco and Mental Health Healing Voices Movie (two hour workshop) An Empower-Mental Workshop Board Roles and Responsibilities	Salon G Theatre Salon F Salon E
7:30 p.m. – 10:00 p.m.	Dance and Karaoke	Ballroom
7:45 p.m. – 8:45 p.m.	12 Step Meeting	Director's Suite

Tuesday

7:00 a.m. – 8:00 a.m.	Yoga	Salon 1 and 2
7:30 a.m. – 8:30 a.m.	Breakfast	Ballroom
8:45 a.m. – 10:15 a.m.	Wellness-Based Leadership Peer Support Specialists in PACT Teams Navigating to Wellness via Creativity Ethics	Ballroom Salon F Salon G Salon E
10:30 a.m. – 12:00 p.m.	Annual Meeting	Ballroom
12:00 p.m. – 1:00 p.m.	Lunch Working Lunch for VOCAL Board of Directors	Ballroom Director's Suite
1:15 p.m. – 2:45 p.m.	Music, Poetry, and Your Story Data Collection for the Peer Profession Roundtable Living Proof Part One Got Recovery Capital?	Salon G Salon E Theatre Salon F
3:00 p.m. – 4:00 p.m.	Final Reflections	Ballroom