


The Philadelphia Department
of Behavioral Health &
Mental Retardation Services
Event Sponsor:

**The Eighth Annual
Conference
for Direct
Service
Professionals**

One Winding Drive
Monroe Building, Suite 201
Philadelphia, PA 19131

The Philadelphia Alliance



Welcome To All Who Provide Direct Service to Individuals With Challenges From Intellectual Disabilities, Mental Illness and/or Addictions

The Philadelphia Alliance Presents

The 8th Annual Conference for Direct Service Professionals

*Advancing in the Human Services Field:
It's Not a Job, It's a Profession.*

I
Inspired

A
Appreciated

M
Motivated

Friday, April 23, 2010

**The Hilton at City Line Avenue
Philadelphia, PA**

Advancing in the Human Services Field

It's not a job, it's a profession!

This program is made possible through the support and generosity of the following companies and organizations:

Event Sponsor:
DBH/MRS

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PDC Pharmacy
PDDC / ARC
PHMC
Quality Care Options
SPIN
Step-By-Step
Supportive Behavioral Resources

Parking for Attendees:
Staffing Plus

AGENDA

7:30-8:30 am

Registration, Continental
Breakfast, Exhibits

8:45 am

Welcome: Dr. Arthur C. Evans, Jr.,
Director DBH/MRS

9:00-10:00 am

KEYNOTE ADDRESS—
Derrick Dufresne,
Community Resources Alliance
*"Making a Difference in a Changing World:
Invent Your Future!"*

10:15-11:30 am

Session A—Workshops

11:30-1:00 pm

Lunch, Awards Presentation

1:15-2:30 pm

Session B—Workshops

2:45-4:00 pm

Session C—Workshops

WORKSHOPS

See inside for detailed workshop descriptions.
Participants will receive a certificate for each workshop attended.

- A1: From Zero to Six Year Olds: Understanding the Relationship Between Caregiver and Child**
Janet Caputo, M.S. LPC, Amy Sorrento, M.A., R-DMT, Children's Crisis Treatment Center
- A2: Recovery Oriented Systems of Care Trauma Informed Transformation**
Carissa Ferguson-Thomas, Psy.D., LCSW, DBH/MRS Trauma Transformation Unit, Ervia Gutierrez, Rakeisha Stevenson, DBH/MRS, Kalma White, BHTE
- A3: How to Get Noticed...for All the Right Reasons!**
Toni Pergolin, Bancroft
- A4: Stress and Burnout--Self Care**
Dennis L. Fisher, The Behavioral Health Training & Education Network
- A5: Implementing Positive Approaches in Service Delivery**
Shawn McGill, MSW, Laura Zibrat, Sharp Visions, Inc.
- A6: Your Political Voice--Finding It, Refining It, Using It!**
Gabrielle Sedar, PAR, Pennsylvania's Service Network for Autism and Intellectual Disabilities, Bernice McHale, Special People In Northeast, Inc.
- A7: A Team Approach: Supporting Students in the Team Setting**
Cecelia Thompson, Katharina Mach, Arc of Philadelphia
- A8: GLBTQI Mental Health Community Integration: Noticing Barriers, Creating Solutions**
Dawn Alternus, MSP, Horizon House
- A9: Recovery-Oriented Approaches to Working with the Chronically Homeless in Substance Abuse Treatment**
Timothy M. Sheahan, Office of Addictions, Jacqui Blatt, Horizon House, Tony Moses, North Philadelphia Health Systems Miracles in Progress II
- A10: How to Develop a Culture of Integrity**
Honorable M. Joseph Rocks, Chairman & CEO, NHS Human Services, Inc.
- B1: Live Longer, Be Happier and Connect with Your Community**
Derrick Dufresne, Community Relations Alliance
- B2: Sound Track of Our Lives**
Angela Keal, Robert Holmes, Perry DiVirgilio, Sugarfoot Consulting, Inc.
- B3: Family Inclusion in Behavioral Health**
Kathleen Cantwell, Family Resource Network, Barbara Altenburger, Parent Involved Network
- B4: Principles and Practices of Psychiatric Rehabilitation**
Law Manges, David Young, MGCAT, CPRP, Elwyn Behavioral Health Services & Deaf Services
- B5: Substance Use Disorders: What Do They Look Like and How Can You Talk About Them?**
Christopher Owens, M.A., Taylor B. Anderson, MSW, LSW, CPRP, Drexel University College of Medicine, Dept. of Psychiatry
- B6: Transitioning Dependent and Delinquent Youth**
Laura DeRiggi, LSW, MSW, Community Behavioral Health
- B7: Understanding Behavior Functionally**
Joseph Kendorski, MS, Staci Fleisher, Psy.D., Nicholas Smith, Special People In Northeast, Inc.
- B8: Move to the Head of the Class: Your Resume, Your Interview**
Lisa Spector, Staffing Plus, Inc.
- B9: Secondary Trauma and Self-Care for Behavioral Health Staff**
Kalma Kartell White, MEd., CPRP, Seble-Mariam Menkir, MA, Behavioral Health Training and Education Network
- B10: Supporting Siblings of Children with Special Needs**
Eric R. Mitchell, Ph.D., Herman Axelrod, Ph.D., Green Tree School, Louise Phillips, Big Brothers Big Sisters Southeastern PA
- C1: Stress Busters**
Robin Stricoff, MSW, SPHR, Impacting Your People, LLC.
- C2: Partnership with Families and Staff for Adults with Autism**
Jean Ruttenger, The Center for Autism
- C3: Unleashing the Leader Within**
Bryan Cohen, Intercommunity Action, Inc.
- C4: Introduction to Cognitive Therapy and Case Conceptualization with Children and Adolescents**
Rosanna Sposato, Psy.D, Torrey Creed, Ph.D., University of Pennsylvania, Dept. of Psychiatry
- C5: Creating an Emotionally Safe Environment in a Women's Substance Abuse Program: Trauma Informed Practices for Consumers and Direct Service Professionals**
Kathy Duffy, LCSW, Kathy Welbank, MSS, LSW, Interim House, Inc.
- C6: Recovery Has No Limits**
Debbie Plotnick, MSS, MLSP, Corey Rogers, CPS, Mental Health Association of Southeastern PA
- C7: Having Fun Doing Everyday Things--Self Determination and Personal Satisfaction**
Carla Higgins, Yolanda Blocker, C.N.A., Special People In Northeast, Inc.
- C8: Professionalism in the Workplace**
Stephan K. Long, M.A., Behavioral Health Training & Education Network
- C9: Staff Wellness Through Meditation**
Michael Bova, MPS, ATR, CRE, Northeast Community Program for MH/MR
- C10: It's Not a Judgment: It's a Culture of Diversity**
Mark A. Davis, Independent Advocate, LGBTQI Work Group, Rita Cisneros, PMHCA, CSTAP, Carol Colasante, OMHSAS, Rebecca Subar, KPRI

HIGHLIGHTS

Keynote Presentation --Derrick Dufresne, Founder, Community Resource Alliance
"Making a Difference in a Changing World: Invent Your Future!"

Almost every prediction regarding the limitations of people with disabilities for the 100 years has been proven dead wrong. People with disabilities don't want us to be pilots, but rather navigators that assist in helping them get a life--not a program. Many professionals see the world through the prism of what has been, not what could be.

This presentation will challenge participants to create "dosearch" to create the research and the data that can guide services and supports—Practice Based Evidence. The role of staff in this transformation is critical. We need to be inventing, not preventing, desirable futures for people with disabilities.

Luncheon Presentation | Eighth Annual Award Ceremony

Four special awards will be presented to four special Direct Service Professionals for outstanding performance.

Leadership Award—Sponsored by Staffing Plus

For the Direct Support Professional who stepped up to the challenge and exercised initiative, good judgment and leadership in the delivery of direct services—above and beyond the call of duty.

Creativity Award—Sponsored by FMA Professional Resources

For the innovative individual who developed a unique idea, activity, or program in the delivery of services to the consumer. This individual may have improved an old process by replacing it with an original, more effective one.

Cultural Competence Award—Sponsored by Wedge Medical Center

For one who takes action that shows sensitivity and respect, and who values the characteristics of others such as ethnicity, race, gender, religion, age and sexual orientation.

Team Spirit Award—Sponsored by Resources for Human Development

For the dependable individual who displays a selfless and enthusiastic attitude when working as part of a team. This individual collaborates with others, exudes a positive spirit and has earned the respect of his/her team members.

Workshop Descriptions and Highlights

Some workshop capacities are limited so register early! Selections are not guaranteed.

Directions:

Hilton Philadelphia
City Avenue
Philadelphia, PA

By Car:

From Center City, I-76 West towards Valley Forge to Exit 339 on I-76 City Ave. Bear right off the exit, pass the 3rd light and look for Stout Rd. on left just beyond PCOM. Turn left with reservoir on right.

A parking lot is available just beyond the hotel on Stout Road, on the right.

(A parking lot fee will be covered by our sponsor Staffing Plus)

By SEPTA:

Use SEPTA Bus Routes 44 or 65

Hotel Phone Number
215-879-4000

CEU credits will be provided by the BHTEN. BHTEN is authorized by IACET to offer .5 CEUs (1 CEU=10 training hours) for the participants who are attending the full conference. BHTEN has been approved as an Authorized Provider by the International Association for Continuing Education & Training (IACET), 1760 Old Meadow Road, Suite 500, McLean, VA 22101 (703) 506-3275

This program is PCB Approved Education. The PCB credits earned at the DSP Conference are applicable to all PCB Certifications and for those working towards these Certifications. A List of these Certifications can be found at www.pacertboard.org.

Session A Options: (10:15-11:30)

A1: From Zero to Six Year Olds: Understanding the Relationship Between Caregiver and Child

Janet Caputo, M.S. LPC, Amy Sorrento, M.A., R-DMT, Children's Crisis Treatment Center

This session covers the milestones children achieve from conception to six years of age, focusing on the development of the child and the importance of attachment in these formative years.

A2: Recovery Oriented Systems of Care Trauma Informed Transformation

Carissa Ferguson-Thomas, Psy.D., LCSW, DBH/MRS Trauma Transformation Unit, Ervia Gutierrez, Rakeisha Stevenson, DBH/MRS, Kalma White, BHTEN

Discover what trauma is, how it impacts individuals and what it means to be trauma informed. This workshop will also include the trauma transformation taking place in Philadelphia.

A3: How to Get Noticed... for All the Right Reasons!

Toni Pergolin, Bancroft

Listen to strategies and tips at this workshop that encourages direct support professionals to continue their challenging work in human services field while advancing their career.

A4: Stress and Burnout--Self Care

Dennis L. Fisher, The Behavioral Health Training & Education Network

Begin this workshop with a brainstorming session on the effects of stress in our work lives, and explore productive techniques to avoid stress at the outset and/or handle burnout.

A5: Implementing Positive Approaches in Service Delivery

Shawn McGill, MSW, Laura Zibrat, Sharp Visions, Inc.

This workshop looks at behavior as a form of communication. Learn how direct service professionals can focus on core issues and teach the person being served safer, more effective ways to communicate unmet needs.

A6: Your Political Voice-- Finding It, Refining It, Using It!

Gabrielle Sedor, PAR, Pennsylvania's Service Network for Autism and Intellectual Disabilities, Bernice McHale, Special People In Northeast, Inc.

This fun and interactive session will help understand the advocacy process beginning with voter registration and how to effectively participate in the political process on all levels. Learn what free and easy tools are available to help you make a difference.

A7: A Team Approach: Supporting Students in the Team Setting

Cecelia Thompson, Katharina Mach, Arc of Philadelphia

An overview on Special Education in Pennsylvania to include PA Regulations on Special Education will be provided in this workshop. It will discuss the process for children with behavioral health, intellectual disabilities, and developmental disabilities who attend public and charter schools.

A8: GLBTQI Mental Health Community Integration: Noticing Barriers, Creating Solutions

Dawn Altemus, MSP, Horizon House

This workshop relates the challenges of community integration with individuals with mental illness who are gay, lesbian, bisexual, transgender, questioning or intersex. Learn how to assist an individual in developing a satisfying community life.

A9: Recovery-Oriented Approaches to Working with the Chronically Homeless in Substance Abuse Treatment

Timothy M. Sheahan, Office of Addictions Jacqui Blatt, Horizon House, Tony Moses, North Philadelphia Health Systems Miracles in Progress II

This workshop presents an overview of the new DBH Chronic Homeless D&A Treatment Project and describes the difference between this project and traditional substance abuse treatment programs.

A10: How to Develop a Culture of Integrity

Honorable M. Joseph Rocks, Chairman & CEO, NHS Human Services, Inc.

While policies and procedures are made at the executive level of any organization, the implementation and actualization of these goals is up to YOU. Front line staff are the face of the organization and represent all that is good about that program. Learn how you can help your organization achieve a standard of integrity that will set you apart. Hear how an organization turned their reputation around.

Session B Options: (1:15-2:30)

B1: Live Longer, Be Happier and Connect with Your Community

Derrick Dufresne, Community Relations Alliance

What makes us happy? How do we live longer? Surprise Surprise! The people that are most connected to friends and their community are the keys. This is not a matter of luck, genes or happenstance. The real key lies in the intentional actions that are simple to explain and urgently needed. Learn the three most important ways to live to an old age and die with a smile on your face.

B2: Sound Track of Our Lives

Angela Keal, Robert Holmes, Perry DiVirgilio, Sugarfoot Consulting, Inc.

When you leave this fast paced workshop you will learn how to communicate with verbal and non-verbal consumers through music.

B3: Family Inclusion in Behavioral Health

Kathleen Cantwell, Family Resource Network, Barbara Altenburger, Parent Involved Network

Learn about the Family Resource Network and its efforts at "family inclusion" in the behavioral health system. Understand how families of adults with mental illness and children with behavioral problems can be supported.

B4: Principles and Practices of Psychiatric Rehabilitation

Lew Manges, David Young, MCAT, CPRP, Elwyn Behavioral Health Services & Deaf Services

This workshop delivers the basic and most up-to-date concepts about the delivery of psychiatric rehabilitation services (PRS).

B5: Substance Use Disorders: What Do They Look Like and How Can You Talk About Them?

Christopher Owens, M.A., Taylor B. Anderson, MSW, LSW, CPRP, Drexel University College of Medicine, Dept. of Psychiatry

Learn the nature of substance use disorders, the signs and the symptoms of their use, as well as how to talk with people about their substance use without offending them or being "stonewalled."

B6: Transitioning Dependent and Delinquent Youth

Laura DeRiggi, LSW, MSW, Community Behavioral Health

Gain an understanding of the unique characteristics of aging out youth and how to support them as they transition to young adults.

B7: Understanding Behavior Functionally

Joseph Kendorski, MS, Staci Fleisher, Psy.D., Nicholas Smith, Special People In Northeast, Inc.

Join these presenters as they discuss the common reasons why individuals with intellectual disabilities behave in a challenging way. Learn proactive, positive strategies for supporting these individuals.

B8: Move to the Head of the Class: Your Resume, Your Interview

Lisa Spector, Staffing Plus, Inc.

Now more than ever, this workshop filled with humor and valuable facts, will give you important tips that will ensure you moving to "the head of the class" with the job offer.

B9: Secondary Trauma and Self-Care for Behavioral Health Staff

Kalma Kartell White, MEd., CPRP, Seble-Mariam Menkir, MA, Behavioral Health Training and Education Network

Explore the occupational hazard of empathizing with and helping others with trauma and child abuse. This workshop addresses secondary trauma and strategies for creating a self-care plan.

B10: Supporting Siblings of Children with Special Needs

Eric R. Mitchell, Ph.D., Herman Axelrod, Ph.D., Green Tree School, Louise Phillips, Big Brothers Big Sisters Southeastern PA

Children with special needs and their families often experience extraordinary stress over long periods of time, while the needs of the individual family members become lost in the chaos of everyday life. This session will address available resources and linkages to programs.

Session C Options:

(2:45-4:00)

C1: Stress Busters

Robin Stricoff, MSW, SPHR, Impacting Your People, LLC.

Want to build a strong defense against stress and burnout? Join the presenter as she explores personality types and offers practical tips to use at work and in your personal life.

C2: Partnership with Families and Staff for Adults with Autism

Jean Ruttenberg, The Center for Autism

Using case history as examples, examine the beliefs concerning adult growth, planning processes and partnerships with family, staff, medical teams and providers.

C3: Unleashing the Leader Within

Bryan Cohen, Intercommunity Action, Inc.

For an agency or team to function at its optimal level each team member must take on some leadership responsibility. Each one of us has unique leadership qualities within us. This workshop will help participants discover these qualities within themselves and to encourage and promote their use in the workplace.

C4: Introduction to Cognitive Therapy and Case Conceptualization with Children and Adolescents

Rosanna Sposato, Psy.D, Torrey Creed, Ph.D., University of Pennsylvania, Dept. of Psychiatry

This session will familiarize attendees with the theoretical underpinnings of cognitive therapy and explain the various levels of cognitions, as well as their roles in exacerbating or maintaining dysfunctional emotions and behaviors.

C5: Creating an Emotionally Safe Environment in a Women's Substance Abuse Program: Trauma Informed Practices for Consumers and Direct Service Professionals

Kathy Duffy, LCSW, Kathy Wellbank, MSS, LSW, Interim House, Inc.

Beginning with an overview of the Sanctuary SAGE model developed by Dr. Sandra Bloom, this session will describe how the SAGE concepts are incorporated into policies and practices, taught to clients, and applied to the front line staff.

C6: Recovery Has No Limits

Debbie Plotnick, MSS, MLSP, Corey Rogers, CPS, Mental Health Association of Southeastern PA

This panel discussion consists of a variety of people in recovery from all walks of life. Starting from their places of success, panel members will give brief examples of their recovery from an inside-out perspective. Panel members will then pose questions to challenge preconceived ideas of recovery

C7: Having Fun Doing Everyday Things—Self Determination and Personal Satisfaction

Carla Higgins, Yolanda Blocker, C.N.A., Special People In Northeast, Inc.

This session centers on completing everyday activities with individuals with extensive physical or sensory limitations who are unable to initiate activities or communicate desires using typical communication.

C8: Professionalism in the Workplace

Stephan K. Long, M.A., Behavioral Health Training & Education Network

This workshop uses role play to share information on the fundamentals, principles and behaviors of professionalism. This session will also explore the barriers to professionalism.

C9: Staff Wellness Through Meditation

Michael Bova, MPS, ATR, CRE, Northeast Community Program for MH/MR

This workshop presents two meditations for beginners that can bring relaxation, peace and personal balance. Recovery values and ethics are the foundation to this meditation approach.

C10: It's Not a Judgment:

It's a Culture of Diversity

Mark A. Davis, Independent Advocate, LGBTQI Work Group, Rita Cisneros, PMHCA, CSTAP, Carol Colasante, OMHSAS, Rebecca Subar, KPRI

Keystone Pride Recovery Initiative (KPRI) will share the recommendations from the Lesbian, Gay, Bisexual, Transgender, Questioning and Intersex Work Group to the PA Office of Mental Health Substance Abuse Services. Historical roots to current trends will be covered so participants can become change agents in their agency.

REGISTRATION FORM April 23, 2010

Please print or type in ALL sections COMPLETELY.

Name _____

Title _____

Agency _____

Agency Address _____

City, _____ State, _____ Zip _____

Phone _____ Fax _____

Email _____

How long have you worked at your current agency? _____

Supervisor Name _____

Supervisor Phone _____

Circle your choices for the following workshops: (ONE IN EACH ROW)

Session A 10:15-11:30 am

Choose from A1 A2 A3 A4 A5 A6 A7 A8 A9 A10

Session B 1:15-2:30 pm

Choose from B1 B2 B3 B4 B5 B6 B7 B8 B9 B10

Session C 2:45-4:00 pm

Choose from C1 C2 C3 C4 C5 C6 C7 C8 C9 C10

Which continuing education credit type would you want?

CEU__ PCB__ Neither__

Registration fees:

Participants from Philadelphia Alliance Member Agencies
\$75 per person (Continental Breakfast and Lunch Included)

Not Sure? – Philadelphia Alliance Member Agencies may be viewed at
www.philalliance.org

Participants from Non-Alliance Member Agencies:
\$100 per person (Continental Breakfast and Lunch Included)

Lunch, Luncheon Program and Award Presentation is made available to executives, managers, and others who may want to be a part of the ceremony, observe an employee being honored, or just sample the atmosphere of the event. \$45

Please note any dietary requirement or special services that may be needed

NOTE: Invoices or arrangements for large payments by agencies may be made by contacting Vicki Haggerty at 215-877-6400

Send completed registration forms promptly: DEADLINE April 15, 2010. Checks can follow Registrations and should be made payable to: "The Philadelphia Alliance"

Info call: 215-877-6400
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