



2017 HOPE Conference

Strive to Thrive
Not Just Survive

Wednesday, May 31, 2017
AUGUSTA CIVIC CENTER | Augusta, Maine

*Presented by the Maine Office of Substance Abuse and Mental Health Services,
in collaboration with the Consumer Council System of Maine
and the Maine Association of Peer Support and Recovery Centers*



*Department of Health
and Human Services*

*Maine People Living
Safe, Healthy and Productive Lives*

Paul R. LePage, Governor

Mary C. Mayhew, Commissioner

2017 HOPE Conference

Strive to Thrive – Not Just Survive

Wednesday, May 31

8:00 am – 4:00 pm

Augusta Civic Center

76 Community Drive

Augusta, ME 04430

Registration Fee

\$15 by May 24

\$20 on or after May 25

2017 HOPE Conference

8:00 – 8:30
Check-in & Breakfast

8:30 – 8:45
Opening Remarks

8:45 – 9:30
Keynote Speaker: Patricia E. Deegan, Ph.D.
Recovery: Awakening the Healer Within

9:30 – 9:45
Break

9:45 – 11:00
Workshop A

11:15 – 12:30
Workshop B

12:30 – 1:30
Lunch
Entertainment – Peers Sharing Talents

1:30 – 2:15
Keynote Speaker: Tamra Oman

2:15 – 2:30
Break

2:30 – 3:45
Workshop C

3:45 – 4:00
Closing Remarks/Raffle

Who Should Attend:

This conference is designed for persons in recovery, consumers, survivors, service providers, family and community members

Conference Objectives:

The goals for the conference are for participants to gain a greater understanding of what recovery/wellness is from the many paths and different perspectives on the journey of life. This conference will be a chance to learn from each other, network, and gain greater understanding about recovery and wellness.

Please arrive and check-in on time!

Check-in and breakfast start at 8 a.m. Conference starts at 8:30 a.m.



Keynote Speakers



PATRICIA E. DEEGAN, PH.D.

Patricia E. Deegan, Ph.D. is a principal with Pat Deegan & Associates, LLC. For over 30 years she has been a thought leader and disruptive innovator in the field of behavioral health recovery. Pat founded a health information technology and consulting company run by and for people in recovery. Our flagship products are the CommonGround Recovery Library and the CommonGround software that help individuals, families and psychiatrists engage in shared decision making to the best treatment for recovery. Pat is an activist in the disability rights movement and has lived her own journey of recovery after being diagnosed with schizophrenia as a teenager. She is an Adjunct Professor at Dartmouth College, Geisel School of Medicine and received her doctorate in clinical psychology from Duquesne University.



TAMRA OMAN

Tamra Oman's life has been all about never giving up. She is a living example of being persistent both personally and professionally. Tamra has utilized her own healing journey and her professional experience to develop trainings, presentations, and programs to broaden the understanding of how to assist others to engage, heal, and grow. Tamra Oman is a human services program coordinator (the first Peer Role in a correctional setting in Wisconsin) at the Wisconsin Resource Center; a mental health treatment facility classified as a prison and has been an AODA Counselor for the past 8 years. Her focus over the last 10 years has been working with clients in the criminal justice system with addiction and mental health challenges. She has created programming used in correctional facilities and continues to seek ways to be of service. She is a co-founder of Voices Beyond Bars and the non-profit SISTER HOUSE. Ms. Oman brings a unique perspective based on her own experiences. She has spent the years since her own incarceration and release from prison developing relationships, seeking education, providing presentations, creating relevant programming, educating agencies, individuals, and systems about the journey of addiction and imprisonment. She has been an advocate for others who have been and are in similar situations as her own.

Contact Hours

Certificates of attendance will be available for 5.25 contact hours. Participants in the CIPSS Training Program will receive 1 continuing education credit for attending A7 and B7 workshops. Be sure to select both A7 and B7 when you register.

Scholarships

It is necessary to charge a registration fee to help cover a portion of the cost per individual. A limited number of partial scholarships are available for peers who would otherwise be unable to attend. A scholarship application may be requested from Linda MacDonald by phone: 207-287-9162, e-mail: linda.macdonald@maine.gov or fax: 207-287-9152. If you are applying for a scholarship, you must complete this process before registering for the conference.

Car-Pooling

We highly recommend car-pooling and also encourage organizations with vans to provide rides to members. Anyone who brings two or more passengers with them in a private vehicle may register to win a prize drawing of one of five \$25 gas cards! See the Help Desk for details as you sign in on the day of the conference. Must be present to win.

Food

A complimentary continental breakfast, lunch and afternoon snack will be provided.

Please note: Bringing in food or beverages from home or outside establishments is strictly prohibited by this facility and will not be allowed into the building. Please indicate any food allergies on the registration form.

Lodging

Lodging is available for the night of May 30 for those peers/consumers who live more than 130 miles from the Augusta Civic Center. Please indicate that you qualify on the registration form.

Mileage

A limited amount of funding is available for mileage for those peers/consumers who use a private vehicle to travel 150 miles round-trip to the conference. Please indicate that you qualify on the registration form.

Book Table

A book table will be offered by Kelly's Books To Go with a variety of books for purchase. Please come prepared if you want to take advantage of this opportunity. Cash, checks, Visa, MasterCard and Discover cards will be accepted.

Resource Tables

HOPE Conference Sponsors will have resource tables available at the conference.

*Please be aware that temperatures may fluctuate in the meeting rooms.
For your own comfort, please dress in layers.*

Descriptions of all workshops are listed on the next few pages. Each one is assigned a special code (A1, B1, and so on). Please choose your 1st and 2nd choices for each session — A, B, C — and circle the codes on the Registration Form.

MORNING KEYNOTE PRESENTATION:

Powerful Strategies for Recovery: Awakening the Healer Within

Patricia E. Deegan, Ph.D

We don't always have to look outside ourselves for the answers. Sometimes the answers to recovery, healing and wellness come from within. Join Pat Deegan for a keynote address during which we will explore our inner wisdom and specific strategies for furthering our recovery and wellness.

A1 Transforming Your Health: Using Alternative and Complimentary Approaches for Wellness — *Melissa Caswell*

In this workshop, participants will learn about complementary and alternative approaches to wellness. We will discuss the differences between conventional methods and “functional” medicine (treating the body, mind and spirit together). Several alternative and complementary approaches will be reviewed and discussed. Upon completion, participants will be given a resource guide of some of the different modalities that participants can explore on their own.

A2 Voices of Recovery — *Karen Evans, Jesse Harvey and Sara Paulsen*

At this presentation, attendees will hear from a member panel of the Voices of Recovery speaker's bureau. The panelists will address their bravery and strength in sharing their personal recovery stories and show how their voices support, empathize, and care for those suffering from mental health issues and their support groups. The first hand contribution of mental health and recovery stories personalizes the mental health experience for the behavioral health field and Voices of Recovery is always seeking new speakers to join.

A3 Program Transformation — *Troy Henderson and John Painter*

During our time together, you will come to know a brief history on how psychology is influencing a culture change within programs and agencies. And, how consumers have successfully supported a change in culture from an agency operated center to a consumer run wellness center at LINC, a former agency operated drop-in social club. Consumers are, “putting the neighbor back in the hood.” You will leave with several resources that can have an immediate impact on the health of your communities.

A4 The Legislative Process: Finding Your Voice through Participation in a Mock Public Hearing — *Vickie McCarty*

Participants will have a unique opportunity to take part in a mock legislative mini public hearing and work session in order to gain insight into this portion of the legislative process. It is hoped that this experience will inspire individuals to gain confidence in being able to go before the legislature to speak and/or support others who wish to become more active in having their voice heard at the legislature. Members of the CCSM Legislative Subcommittee will be on hand to share their experiences before legislative committees. Several past and present legislators have been invited to join us as well.

A5 Peer Support in Crisis Services — Dan Lau, Joyce Gilbert, Ed Scott and Tammy Brown

This workshop will outline the unique and successful peer support program that is being piloted at Crisis & Counseling Centers' crisis department. It will provide an overview of the step-by-step process taken by the peer advisory group and current staff to create a meaningful and useful integration of peers in the crisis system. This panel discussion will highlight the structure, collaboration, and successful results of this program and will provide guidance about replicating the work in other behavioral health settings.

A6 Changing the Effects of Stigma on People with Mental Illness — Dorie Oakes

This workshop will discuss the different barriers that stigma causes people with mental illness from social issues, such as employment and housing, to interpersonal communication and community acceptance. The presenter will lead a discussion about the effects of stigma and the melting of the Stigma Iceberg.

A7 Certified Intentional Peer Support (CIPS) Part I — Kelly Staples and Katherine Storer

Peer Support 101 is an opportunity to take a peek at the practice of Intentional Peer Support (IPS) in Maine. You will learn about the 3 Principles and 4 Tasks of IPS and hear about peer support practices in Maine. Peer Support 101 is typically a 3-hour class offered to anyone interested in learning more about IPS in Maine. It is also a pre-requisite for applying to Peer Support Specialists Certification Program in Maine. To earn that credit you must attend Parts 1 and 2 at the HOPE conference.

Part 1 will focus on the history of peer support and the development of IPS in Maine, including where IPS is practiced formally in Maine. The Principles and Tasks will be woven throughout Part 1. Participants must register for Part 2.

A8 Restorative Options: Building Relationships, Resolving Conflict — Elaine Ecker

Restorative Options is a multi-step, relationship-building process for resolving conflicts or misunderstandings, particularly those that come up between individuals within organizations and groups. Restorative Options draws from principles of restorative circles, nonviolent communication, and other healthy communication practices. In this workshop, participants will learn about the various steps, take part in role-playing, and provide feedback that may refine the process further. Participants should already be familiar with principles of healthy communication, as this workshop builds on those foundational understandings.

A9 Personal Medicine: What We Do to Be Well — Patricia E. Deegan, Ph.D.

Personal Medicine is what we do to be well. It's the things that put a smile on our face and that make life meaningful. Personal Medicine is also the smaller things we do to take care of ourselves and to manage our distress. Here are three examples of Personal Medicine: playing with my dog helps me forget my troubles, taking care of my daughter gives me a reason to get well, and reading scripture each evening calms me and helps me feel strong. Many of us have learned that finding the right balance between Personal Medicine and psychiatric medicine is the road to recovery. This workshop will explore what is Personal Medicine and how we can use it for ourselves.

B1 Uncovering Privilege, Bias, and Power — *Hilary Andreoli and Ilana Schreiber*

How do we define bias, power and privilege? And how do we understand these concepts in societal and personal context? Through group participation and brainstorming, presenters and attendees will work together to define these concepts, explore personal bias, power, and privilege, and discover ways in which these meanings can be utilized to strengthen relationships, and create social change. Engaging activities will be conducted and videos will be shown to illuminate various societal contexts of bias, privilege, and power, as well as to support participants in unpacking privilege and identifying bias and power.

B2 The Tsalagi Dance of Life: A 7-Point Empowerment Meditation — *Bruce Campbell*

Participants will learn a simple yet powerful Native moving exercise that will increase understanding of Native American teachings, and teach the benefits of “living in balance.” The Tsalagi tribe (Cherokee) lives in the Eastern part of the United States and this ancient dance is said to have been brought to the world by Dyhani Ywahoo, a Tsalagi Medicine Woman. The presenter learned Tsalagi from Chequweesh Auh-ho-oh of the Chumash during her teepee talking ceremonies in Soquel, California. The Seven Points are the four cardinal directions, the Earth, and the Sky, all moving through the human heart. Once reserved for only tribal leaders and medicine people, it has been passed down to all of us. Each direction has unique and powerful “energies” which are to be called upon, drawn through the body to the heart, and given back. It has been called, “when the Medicine Wheel meets T’ai Chi, and is a slow movement and breathing exercise.

B3 Shout It from the Rooftops: Exploring Telling Our Story — *Tamra Oman*

Your journey, your story, your experience, and you, MATTER! Telling our stories, meeting with others and connecting can be an extremely valuable tool. It is empowering. It helps us heal while reminding others that there is hope no matter what you have been through. It helps us find purpose for our pain, reminding us of how far we have come. It can assist agencies, providers, communities, educators, and others to have a greater understanding of what has been helpful and what has not. Our experiences, our connecting can help change the world one conversation at a time. This session will be interactive and invites you to think about your journey up to this moment. Whether you are a seasoned storyteller/presenter or exploring the idea of sharing your story, we can learn from each other.

In this session we will:

- Brainstorm possibilities and ideas of where we might consider sharing our stories
- Look at an outline or framework to help us think about – who is our audience, what is the message we want to share, and what are the goals of that message, how might this help me or others, etc
- Create a sample outline of your own story utilizing the framework above
- If there is time and interest, maybe share a story or two

B4 Anatomy of a Turning Point — *Catherine Ross*

“Everyone has a plan, until they get punched in the mouth.” Whether it’s a physical punch, a verbal one, or a “behavior,” we have all been on the receiving end (hello, triggers!). How do we react? Are those reactions helpful? Sometimes my instincts have been good, other times not so much. Sometimes we fall into patterns that are very difficult to break out of, and it’s even harder to think of different ways to respond in the heat of the moment. We’ll talk about what happens when our reactions seem to create more problems than they solve, and explore strategy and tools we can use to develop tactics based on what we have the power to do, rather than our expectations of others.

B5 Music for Your Journey — *Jerry Dewitt*

The presenter will share the part music has played in his life at different stages of his recovery and ongoing sobriety. Participants will explore some interesting pieces of music history and ways to use music to relax and “get out of your head.” There will be an opportunity to hear different types of music, play different musical instruments, and to identify the sounds that make you happy! We will play “Name that Tune!”

B6 Entering the Peer Workforce: Resume, Interviewing, & Skill Building

Randy Morrison

The presentation will cover the process in which applicants will go through for a peer position. It will focus on building skills and knowledge about how best to convey difficult life stories, our path to recovery and IPS. The process for applying and interviewing as a Peer is unlike any other job hiring process. For the Behavioral Health Home programs, as an example, one must show how they talk about lived experience, recovery and challenges within the mental health system, while also not isolating case workers or providers during the interview. It goes against the foundations of job interviewing skills to discuss those struggles, so we will cover lessons learned and answer your questions.

B7 Certified Intentional Peer Supporter (CIPS): Part II — *Kelly Staples and Katherine Storer*

Peer Support 101 is an opportunity to take a peek at the practice of Intentional Peer Support (IPS) in Maine. You will learn about the 3 Principles and 4 Tasks of IPS and hear about peer support practices in Maine. Peer Support 101 is typically a 3-hour class offered to anyone interested in learning more about IPS in Maine. It is also a pre-requisite for applying to Peer Support Specialists Certification Program in Maine. To earn that credit you must attend Parts 1 and 2 at the HOPE conference.

Part 2 will focus more specifically on the Tasks and Principles and assist participants to have a deeper understanding of each. Participants must have taken Part 1 during session A.

B8 Introduction to Pathways to Recovery

Alicia Hafford, Troy Henderson and Val Porter

In this workshop, we will hear three personal stories, addressing how Pathways to Recovery, a psychosocial self-help strengths approach, supports the discovery of one’s hopes, goals, dreams, and values. We will review the process and the pieces of what will happen if you take this pathway to realizing where you want life to go from here.

B9 Recovering People, Recovering Communities

Shelby Briggs, Jesse Harvey, and Andrew Kiezulas

This three-track workshop addresses personal wellness, community wellness, and wellness support through systems and policies. Presenters stress the importance of getting to know each other and learning about what we all are doing in the world of recovery. This workshop is an excellent way to become educated on efforts around the State to raise awareness, to advocate for recovery, to collaborate.

AFTERNOON KEYNOTE PRESENTATION:

Keep HOPE Alive

Tamra Oman, Human Services Program Coordinator, Wisconsin Resource Center

Tamra is a living example that even the seemingly insurmountable is possible if you KEEP HOPE ALIVE! If you woke up this morning, there's hope! Imagine if we spent as much energy focusing on all of our amazing possibilities as we do on all of the challenges we face. Tamra has come to realize that some of her greatest moments of growth and change have come out of some of her darkest times. She believes that all of those moments have become some of her greatest assets in her life's work of loving and helping others. You are beautiful. You are worth it. You deserve it! KEEP HOPE ALIVE!

C1 Youth Move Maine's Peer-to-Peer Model – Sayre Savage

This presentation will provide an overview of Youth Move Maine, how we work with young adults, what youth peer support looks like, and how to engage young people.

C2 Wellness Recovery Action Plan (WRAP) for Life — Paula Gustafson and Scott Metzger

From Chapter 1 of WRAP for Life, "WRAP can serve as your day-to-day guide for working on personal growth-oriented issues, like raising your self-esteem and self-confidence, developing a strong support system, enhancing your relationships with family members and friends, making new friends, learning to be more assertive, increasing your career or vocational competencies, and enriching your life."

C3 Why I Used, from Surviving to Thriving — Leah Boyd and Troy Henderson

During our time together, we will hear how adverse childhood experiences (ACE) develop into post-traumatic stress disorder (PTSD). We will investigate the roles of blame with which we become all too familiar. We will learn how using non-violent communication (NVC) connects us to feelings and to universal human needs, rather than to judgment, self-loathing, guilt, sex, alcohol, and drugs.

C4 Recovery 101 — Monica J. Elwell

Recovery 101 encompasses my recovery story, the value of setting goals, following your dreams, accepting alternative opportunities and going where your road leads you! We will practice a variety of wellness tools, talk about accepting the hurdles of loving and living in a world where differences matter and dreams motivate us! If you want to learn a little about my journey, experience some of the opportunities I have been blessed with and ask questions about getting involved yourself, learn some new wellness tools, and walk with me through some of the joys and struggles of being a consumer and a provider in Maine then this may be the right workshop for you!

C5 A Primer for Peer Recovery Support Services — *Darren Ripley*

This presentation will focus on the different pathways that are available to a person seeking help with their recovery from substance use disorders and address those pathways. The role of a Recovery coach will be explained along with the extensive training that one goes through to become a Recovery coach which include different areas that are covered during the 30 hour Recovery coach training. There will be a focus on the available peer recovery supports and explanation of how they work.

C6 Gender Dignified — *H. Matthew Francis*

The presenter will use personal narrative to exemplify empathy and resilience. Generational poverty with a light focus on cancer will also be discussed. This presentation will highlight significant trauma, mental illness (severe and persistent) and transgender issues. Attendees will be introduced to basic terminology for transgender issues and mental health with current information on evidence based holistic treatment.

C7 Experience Deep Healing through Nature — *Peter Wohl*

Together, we will take a brief respite from the dizzying pace of the world today. We will use meditation, silent reflection and other techniques to free us from our ordinary way of being, so that we can make a deep connection with the natural world. That will open the pathway for us to bring nature's healing presence into our daily lives.

C8 Dancing for Recovery and Trauma Resolution — *Morgyn Danae*

Do you enjoy dancing? Do you want to dance, but feel self-conscious? Dance is a natural self-expression that goes back to the beginning of human history. It has always been a form of medicine and celebration all over the world. We often feel disconnected from our bodies in this modern culture, especially when we have experienced trauma, abuse, or going through times. Learn some basic tools for connecting with your body and healing your mind in a safe, fun space. We will practice gentle breath work and dance movement for self-expression and self-love. All levels are welcome and no training is required. Wear comfortable clothing to move in and bring a water bottle, notebook, and pen.

C9 Harm Reduction – What Is It, How to Implement It, and How to Use It as a Peer and Professional — *Shelby Briggs and Jeremy Hiltz*

This workshop will provide an introduction to Harm Reduction, why it is important to the continuum of care, how to think about quantifying the efficacy of this model, and the various ways in which this model can be utilized while working with people who have Substance Use Disorder. A unique feature of this workshop will be the introduction to what I call, Harm Reduction Self-Care, which will help participants in the class learn about ways to utilize harm reduction as a self-preservation tool while working with and helping people.



Showcase your talents during the lunch break!

We are accepting applications to showcase your talents during the lunch break. Music, poetry, skits and more are welcome.

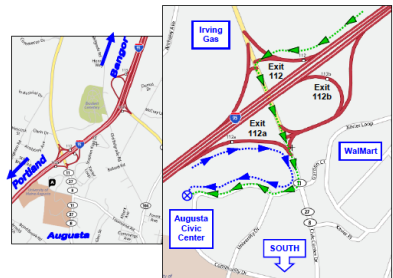
Contact Elaine Ecker for more info:

(207) 622-5767 | eecker@namimaine.org

DIRECTIONS

Directions to the Augusta Civic Center

The Augusta Civic Center is located at 76 Community Drive in Augusta. From I-95, take Exit 112 from the north or Exit 112a from the south. Go south on Civic Center Drive (toward the shopping area) and turn right on Community Drive (at the traffic light near the Civic Center sign). Continue a short distance on Community Drive. You will see the Augusta Civic Center ahead. Look for the North Wing of the building (at the right end). The registration area will be on the second floor of the North Wing. Look for our conference signs. See you there!



**REGISTER
ONLINE!**



You can register online, choose breakout sessions, and pay with your credit card by going to:

<http://hopeconf2017.eventbrite.com>

Unable to register online? Complete the form below and mail or fax this page to CCSME.

2017 HOPE Conference Registration

Strive to Thrive – Not Just Survive

DATE Wednesday, May 31, 2017
TIME 8:30 am – 4 pm • Check-in begins at 8 am
FEE **\$15 by May 24** | \$20 on or after May 25

REGISTRATION DEADLINE
May 24, 2016

Name _____

Organization _____

Address _____

City _____

State _____

Zip _____

Telephone _____

Fax _____

Email _____

I am interested in performing during the lunch break.

Special Accommodations / Dietary Needs: We will do our best to respond to reasonable requests for special accommodations. Please contact Linda MacDonald as soon as possible or by **April 29**, so that we may provide you with an appropriate service: Linda.MacDonald@maine.gov | 207-287-9162.

Special Needs: _____

- I will need an American Sign Language interpreter.
- I will be accompanied by an attendant.
- I live more than 130 miles from the Augusta Civic Center and qualify for hotel reimbursement.
- I live over 150 miles from the conference (round trip). I qualify and need mileage reimbursement.

I identify as a:

- Peer/Consumer Provider Consumer and Provider

We highly recommend car-pooling and also encourage organizations with vans to provide rides to members. Anyone who brings two or more passengers with them in a private vehicle may register for a prize drawing of a \$25 gas card! See the Help Desk for details as you sign in on the day of the conference.

Please circle your workshop choices (A7 is taken with B7):

Sessions A • 9:45 – 11:00 AM

1st choice: A1 A2 A3 A4 A5 A6 A7 A8 A9
2nd choice: A1 A2 A3 A4 A5 A6 A7 A8 A9

Sessions B • 11:15 – 12:30 PM

1st choice: B1 B2 B3 B4 B5 B6 B7 B8 B9
2nd choice: B1 B2 B3 B4 B5 B6 B7 B8 B9

Sessions C • 2:30 – 3:45 PM

1st choice: C1 C2 C3 C4 C5 C6 C7 C8 C9
2nd choice: C1 C2 C3 C4 C5 C6 C7 C8 C9

Registrations accepted with a check or purchase order only.

Mail this form with a check made payable to CCSME, or fax a copy of your purchase order to:

CCSME
94 Auburn Street, Ste. 110
Portland, ME 04103
Tel 207-878-6170 | Fax 207-878-6172
Email ccsme@ccsme.org



THANK YOU

This conference is designed by consumers and allies who want to increase awareness and skills about recovery and wellness. A big thank you to the dedicated and hardworking conference planning committee, representing SAMHS, CCSM, MAPSARC, NAMI Maine, Peer Support Network, CCSME, and Young People In Recovery.

Catherine Chichester

Jesse Harvey

Vickie McCarty

Maryanne Couture

Alicia Hafford

Nancy Michaud

Elaine Ecker

Troy Henderson

Malory Shaughnessy

Paula Gustafson

Simonne Maline

Peggy Spencer

Mindy Harrison

The Department of Health and Human Services (DHHS) does not discriminate on the basis of disability, race, color, creed, gender, sexual orientation, age, or national origin, in admission to, access to, or operations of its programs, services, or activities, or its hiring or employment practices. This notice is provided as required by Title II of the Americans with Disabilities Act of 1990 and in accordance with the Civil Rights Act of 1964 as amended, Section 504 of the Rehabilitation Act of 1973, as amended, the Age Discrimination Act of 1975, Title IX of the Education Amendments of 1972 and the Maine Human Rights Act and Executive Order Regarding State of Maine Contracts for Services. Questions, concerns, complaints or requests for additional information regarding the ADA may be forwarded to DHHS' ADA Compliance/EEO Coordinators, 11 State House Station – 221 State Street, Augusta, Maine 04333-0011, 207-287-4289 (V), 207-287-3488 (V), TTY users call Maine relay 711. Individuals who need auxiliary aids for effective communication in program and services of DHHS are invited to make their needs and preferences known to the ADA Compliance/EEO Coordinators. This notice is available in alternate formats, upon request.

DHHS/SAMHS

11 SHS

41 Anthony Ave.

Augusta, ME 04333-0011



*Department of Health
and Human Services*
Maine People Living
Safe, Healthy and Productive Lives

Paul R. LePage, Governor

Mary C. Mayhew, Commissioner