



Friday, April 24, 2015

The Hilton at City Line Avenue, Philadelphia, PA



WELCOME

The Alliance of Community Service Providers Presents

The 13th Annual Conference for Direct Service Professionals

Welcome to All Who Provide Direct Services to Individuals with Intellectual disAbilities, Mental Illness and/or Addiction.

Event Sponsor:

**The Department of Behavioral Health &
Intellectual disAbility Services**



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Advancing in the Human Services Field It's not just a job, it's a profession!

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

Event Sponsor:

The Philadelphia Department of Behavioral Health and Intellectual disAbility Services

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AGENDA

7:30-8:30 am

Registration,
Continental Breakfast, Exhibits

8:30-8:45 am

WELCOME

Arthur C. Evans, Jr., Ph.D.
Commissioner, DBHIDS

8:45-10:00 am

KEYNOTE ADDRESS

Joel Núñez, PhD

10:15-11:30

Session A

11:30-1:00 pm

Luncheon, Awards Ceremony

1:15-2:30 pm

Session B

2:45-4:00 pm

Session C



HIGHLIGHTS

Keynote Presentation

Self Care Isn't Selfish!, Joel Núñez, PhD

Professional burnout is prevalent in Western society. There is evidence that direct support professionals are disproportionately likely to suffer from this debilitating condition. Both consumer/client care and DSP well-being suffer as a result. In this engaging presentation, Dr. Núñez proposes self-care and systemic strategies focusing attention on the prevention and treatment of emotional exhaustion, cynicism, and diminished sense of professional accomplishment. Leveraging principles and techniques from timeworn and empirically-supported sources for increasing positive emotion, engagement, nourishing relationships, enhancing meaning, and affirming accomplishment are provided as the effective antidotes to burnout.

Luncheon Presentation—13th Annual Award Ceremony

Leadership Award—Sponsored by Staffing Plus

Creativity Award—Sponsored by RHD

Embracing Diversity Award—Sponsored by Wedge Recovery Centers

Team Spirit Award—U.S. Medical Staffing

WORKSHOPS

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

A1 "Re-Mind" — A Nurse-Led Innovation in MH Continuity of Care
Hayley Germack, MSN, RN, BSN, Ph.D., ReMind: RTM Health, Inc.

A2 It's Hard to Say Goodbye--Managing the End of Service Delivery
Julie Lennon, LSW, Pennsylvania MENTOR

A3 Community Safety for Individuals
Brieana Downs, Julio Nieves, Philadelphia Coordinated Health Care

A4 MUST...HAVE...COFFEE! Exploring Caffeine Use Disorder
Christopher M. Owens, MA, LPC, Drexel College of Medicine

A5 NADD DSP Credential: Raising the Bar in IDD/MH Supports
Terry McNelis, NHS, Donna Nagy McNelis, Drexel University

A6 Build Relationship Bridges Through Better Negotiation
Carla Higgins, M.Ed., Supportive Behavioral Resources, Inc.

A7 Healthy Sexual Development of Children
Jessica N. Shore, Psy.D., Children's Crisis Treatment Center

A8 Financial Well Being
Keith Weigelt, Ph.D., Stacy Franks, The Wharton School, University of Pennsylvania

A9 Your Advocacy Matters - Why and How to Advocate
Karin Annerheld-Harris, The Alliance of Community Service Providers

A10 Leadership: Best Practices to Inspire and Motivate Direct Service Professionals
Diane Allen, Strategic Leadership Academy, LLC

B1 Self-Care Strategies
Joel Núñez, Ph.D., Psychologist, Private Practice

B2 You Work in a Noble Profession: A Look at Disability Rights History
Jim Conroy, Pennhurst Memorial & Preservation Alliance; Jeane Searle, Dr. Elliott Simon, Dr. Dennis Downey, J. Gregory Pirmann, Ms. Janet Albert-Herman, Pennhurst Memorial & Preservation Alliance

B3 Introduction to Hoarding Disorder and Hoarding Resources in Philadelphia
David Wengert, MSW, Community Legal Services

B4 Building a Trauma Informed City: Prevalence of Trauma in Philadelphia and the Impact on Social Services Delivery
Allie Dolan, Meghan Johnson, Support Center for Child Advocates

B5 Fact, Fiction, and Local Action: Tobacco Use in Behavioral Health Settings
Ryan Coffman, MPH, CHES, CTS-M, Philadelphia Department of Public Health

B6 The Leadership Ideal: From Good to Best
Leland Sapp, Jim Petrokubi, Step by Step, Inc.; Dr. James Sapp, King University

B7 You Say You Want A Revolution? Changing Legislation
Jessica Griffith, Wedge Recovery Center; Marcie Cole, Horizon House, Wellness Alliance; Suzanne L. Schwartz, COMHAR; Rashad Scott, COMHAR; Mary Kay Touhy, Elwyn

B8 Becoming a Supported Employment Champion
Andrea Davies Consigny, Chelsea Lutts, SPIN, Inc.

B9 Micro-Aggressions in the Workplace
Pam Kasinetz, Baroness Martin, Jesse Padgett, Resources for Human Development

B10 HIV 101 for the Helping Professional
Michael Hassler, LCSW, COMHAR, Inc.

C1 Zumba: A Strategy for Wellness and Self Care
Alicia Smith, Deneene Brockington, Emily Wiggins, Resources for Human Development

C2 Successful Stress Relievers to Combat Workplace Frustration
Pam Frebowitz, MS, Amy Gruszka, Kaleidoscope Family Solutions, Inc.

C3 Healthy Lifestyle: How to Feel Better, Look Better, and Live Longer
Stephen Zales, Interact

C4 Goldilocks and the Three Staff
Ed Cohle, Creative Supports Institute

C5 Psychopharmacology and Recovery: How We Can Be Supportive
Craig Strickland, Ph.D., Horizon House, Inc.

C6 An Integrated Service Approach for Co-Occurring Intellectual Disability and Mental Health Disorders
Richard Sadowsky, Ph.D., Brian D. Barber, MS, Stacy Wendowski, MS, SPIN, Inc.

C7 There Is No Health Without Mental Health! The Fight for Parity in Pennsylvania
Alyssa Schatz, Adam Nester, Mental Health Association of Southeastern PA

C8 Family Matters: Making Family Inclusion a Priority
Steven Burkett, MSW, CPRP, Horizon House, Inc.

C9 Supporting Individuals With Challenging Behaviors
Betty Y. Sudler, MHS, NHS Human Services



Directions:

Hilton Philadelphia
City Avenue
4200 City Avenue
Philadelphia, PA 19131

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.

By SEPTA:
Use SEPTA Bus Routes 44 or 65

Hotel Phone Number
215-879-4000

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.



Workshop Descriptions & Highlights

Some workshop capacities are limited, so register early!

Selections are not guaranteed.

Session A Options

(10:15-11:30)

A1 "Re-Mind"—A Nurse-Led Innovation in MH Continuity of Care

Hayley Germack, MSN, RN, BSN, Ph.D., ReMind: RTM Health, Inc.

The primary reason patients recently discharged from acute inpatient psychiatric care miss their first outpatient appointment is because they just forget. Re-Mind is a nurse and social worker driven text messaging appointment reminder service. Find out how this cost-effective service utilizes current resources. **AMH, CF**

A2 It's Hard to Say Goodbye—Managing the End of Service Delivery

Julie Lennon, LSW, Pennsylvania MENTOR

When services are ending, the issues and dynamics that emerge can have an emotional impact on the service recipient and provider. The presenter shares how to make this final piece as meaningful and professional as possible. **AMH, CF**

A3 Community Safety for Individuals

Briana Downs, Julio Nieves, Philadelphia Coordinated Health Care

In this interactive session, the presenter shares many new techniques to empower individuals to be security smart in the community, on social media, and within the home. **ID, G**

A4 MUST...HAVE...COFFEE! Exploring Caffeine Use Disorder

Christopher M. Owens, MA, LPC, Drexel College of Medicine

The majority of people in the United States regularly use caffeine; many use it every day as a tool to help them function. The presenter reveals how caffeine impacts our thoughts, feelings, behaviors, and physiology. **AMH, DA**

A5 NADD DSP Credential: Raising the Bar in IDD?MH Supports

Terry McNeils, NHS; Donna Nagy McNeils, Drexel University

NADD, an association for people with IDD and MH needs, has developed a competency-based certification for DSPs. This workshop describes the benefits of certification, and also covers the application and certification process. **ID, PD**

A6 Build Relationship Bridges Through Better Negotiation

Carla Higgins, M.Ed., Supportive Behavioral Resources, Inc.

How well do you negotiate? Does your team collaborate effectively to achieve outcomes? This practical workshop offers attendees specific techniques that lead to a healthy team environment. **PD**

A7 Healthy Sexual Development of Children

Jessica N. Shore, Psy.D., Children's Crisis Treatment Center

Are the sexual behaviors of your clients a result of trauma or healthy development? This presentation explains the healthy sexual development of children, as well as how to promote positive attitudes about the human body. **CF**

A8 Financial Well Being

Keith Weigelt, Ph.D., Stacy Franks, The Wharton School, University of Pennsylvania

Understand how to budget, eliminate credit card debt and how to making financial investments can help lead to greater wealth. Learn the basics of managing finances and how to make investments. **G**

A9 Your Advocacy Matters - Why and How to Advocate

Karin Annerden-Harris, The Alliance of Community Service Providers

Grass roots advocacy got President Obama elected, it can also expand health care to people without insurance and make sure we pay fair wages to people working with the most vulnerable people in society. Learn WHY you should advocate, and leave with effective tools on HOW to do it. **ADV**

A10 Leadership: Best Practices to Inspire and Motivate Direct Service Professionals

Diane Allen, Strategic Leadership Academy, LLC

This workshop considers why a collaborative model of leadership is critical to success, and the key competencies that must be cultivated to be an inspirational leader. **PD**

Session B Options

(1:15-2:30)

B1 Self-Care Strategies

Joel Nunez, Ph.D., Psychologist, Private Practice

We will go in depth on the principles introduced in the keynote giving you ample opportunity to share what resonated most for you and your practices for taking care of yourself proactively. The underlying idea of this workshop is applying the power of community wisdom and support. No one of us knows as much as all of us! **PD**

B2 You Work in a Noble Profession: A Look at Disability Rights History

Jim Conroy, Pennhurst Memorial & Preservation Alliance; Jeane Searle, Dr. Elliott Simon, Dr. Dennis Downey, Dr. Gregory Pirmann, Ms. Janet Albert-Herman, Pennhurst Memorial & Preservation Alliance

The history of Americans' treatment of people with disabilities over the past 200 years will prove that your day-to-day work is historic and worthy of respect. **ID, G**



B3 Introduction to Hoarding Disorder and Hoarding Resources in Philadelphia

David Wengert, MSW, Community Legal Services

Participants familiar with the recent TV show will recognize the hoarding tendencies that lead to excessive clutter. This engaging workshop will investigate how various groups define hoarding and what the DSP can do to help a client who hoards. **AMH, ID**

B4 Building a Trauma Informed City: Prevalence of Trauma in Philadelphia and the Impact on Social Services Delivery

Allie Dolan, Meghan Johnson, Support Center for Child Advocates

This session focuses on the best practices for trauma-informed care, as well as self-care strategies to maintain professional competence and personal well-being. **AMH, CF, PD**

B5 Fact, Fiction, and Local Action: Tobacco Use in Behavioral Health Settings

Ryan Coffman, MPH, CHES, CTTS-M, Philadelphia Department of Public Health

The workshop begins with an overview of the adverse effects of tobacco use on individuals with MI/SUD. Become familiar with key components of the Tobacco Recovery and Wellness Initiative and how you can become involved. **AMH, DA**

B6 The Leadership Ideal: From Good to Best

Leland Sapp, Jim Petrokubi, Step by Step, Inc.; Dr. James Sapp, King University

The "Ideal Leadership" model improves thought processes and motivates people to action. The presenter tailors specific examples and activities based on the attendees in the audience. **PD**

B7 You Say You Want A Revolution? Changing Legislation

Jessica Griffith, Wedge Recovery Center; Marcie Cole, Horizon House, Wellness Alliance; Suzanne L. Schwartz, COMHAR; Rashad Scott, COMHAR; Mary Kay Tuohy, Elwyn

Have you ever wanted to change the status quo but were not sure where to start. Attend this workshop to discover how to develop campaign leadership, rally people together, and use specific methods for a collective cause. **ADV**

B8 Becoming a Supported Employment Champion

Andrea Davies Consigny, Chelsea Lutts, SPIN

This overview of supported employment gives insight into how DSPs can support the employment outcomes of people with disabilities. The presenters discuss best practices and how the DSP can be an integral part of the employment process. **ID**

B9 Micro-Aggressions in the Workplace

Pam Kasinetz, Baroness Martin, Jesse Padgett, Resources for Human Development

Micro-aggressions are the everyday verbal and non-verbal snubs which communicate negative messages. Learn how subtle insults affect the work of the DSP, and then brainstorm ways to become more mindful in the work environment. **PD**

B10 HIV 101 for the Helping Professional

Michael Hassler, LCSW, COMHAR, Inc.

This workshop delivers a foundation in HIV education. Topics to be covered include: dispelling myths, viral transmission, disease course, and treatment. **AMH**



Session C Options

(2:45-4:00)

C1 Zumba: A Strategy for Wellness and Self Care

Alicia Smith, Deneene Brockington, Emily Wiggins, Resources for Human Development

Here is your chance to experience one of the most lively and exhilarating ways to exercise for wellness. Zumba is a fusion of Latin music combined with a heart-pumping cardio workout in a party-like atmosphere. **G**

C2 Successful Stress Relievers to Combat Workplace Frustration

Pam Frebowitz, MS, Amy Gruszka, Kaleidoscope Family Solutions, Inc.

Instead of taking your work problems home with you, why not learn the practice of yoga, meditation, breathing, journaling, and positive affirmations. Attendees will leave the workshop with a mental toolbox of techniques to stay refreshed and motivated. **G**

C3 Healthy Lifestyle: How to Feel Better, Look Better, and Live Longer

Stephen Zales, Interact

If you have tried all the fad diets without success and/or let your gym membership expire again, then this session is for you. Explore how to build a healthy lifestyle with simple yet powerful habits. **G**

C4 Goldilocks and the Three Staff

Ed Cole, Creative Supports Institute

The presenter uses the story of Goldilocks to demonstrate the importance of knowing what type of support a person needs, recognizing that what works for one person may not work for another. **PD**

C5 Psychopharmacology and Recovery: How We Can Be Supportive

Craig Strickland, Ph.D., Horizon House, Inc.

Psychopharmacology can be a powerful tool within the context of personal recovery. See how staff can help people "get off the bench and get in the game" regarding his/her treatment with psychotropic medications. **AMH, DA**

C6 An Integrated Service Approach for Co-Occurring Intellectual Disability and Mental Health Disorders

Richard Sadowsky, Ph.D., Brian D. Barber, MS, Stacy Werdowski, MS, SPIN

Join the SPIN team as they introduce a recovery-oriented, strength-based service that has resulted in improved outcomes for individuals who experience co-occurring intellectual disability and mental health disorders. **AMH, ID**

C7 There Is No Health Without Mental Health! The Fight for Parity in Pennsylvania

Alyssa Schatz, Adam Nester, Mental Health Association of Southeastern PA

Recent laws impacting access to mental health and addiction treatment services have significant consequences. Specifically, insurers who offer a behavioral health benefit must ensure that it is equitable to their physical benefit. Find out how to become involved with advocacy efforts to ensure parity in Pennsylvania. **AMH, ADV**

C8 Family Matters: Making Family Inclusion a Priority

Steven Burkett, MSW, CPRP, Horizon House, Inc.

Discover the benefits of family inclusion to service users, providers, and support systems. Hear the challenges to active family engagement while learning practical skills to overcome these challenges. **PD, AMH, ID**

C9 Supporting Individuals With Challenging Behaviors

Betty Y. Sudler, MHS, NHS Human Services

Some individuals display behaviors which may put themselves or others at risk. This behavior may be in the form of aggression or self injury. The purpose of this workshop is to increase your knowledge and skills to positively support an individual's behavior. **ID, AMH**

Service Area Key:

AMH Adult Mental Health

CF Children & Families

DA Addictions

G General Interest

ID Intellectual Disabilities

PD Professional Development

ADV Advocacy



Online Registration Is Available

Go to:

alliancedspconference.org OR

email: vicki@thealliancecsp.org OR

Fax: 267-385-6956

Registration

Please print or type in ALL sections COMPLETELY.

NAME _____

TITLE _____

AGENCY _____

AGENCY ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ FAX _____

EMAIL ADDRESS _____

How long have you worked at your agency? _____

SUPERVISOR NAME _____

SUPERVISOR PHONE _____

SUPERVISOR EMAIL _____

Circle your choices for the following workshops (one in each row)

Session A 10:15-11:30

A-1 A-2 A-3 A-4 A-5 A-6 A-7 A-8 A-9 A-10

Session B 1:15-2:30

B-1 B-2 B-3 B-4 B-5 B-6 B-7 B-8 B-9 B-10

Session C 2:45-4:00

C-1 C-2 C-3 C-4 C-5 C-6 C-7 C-8 C-9

Will you be applying for PCB credits? yes no

Registration Fees

Participants from The Alliance Member Agencies

\$75 per person (Includes Continental Breakfast & Lunch)

The Alliance Member Agencies may be viewed at www.thealliancecsp.org on the "About Us" page

Participants from Non-Alliance Agencies:

\$100 per person (Includes Continental Breakfast & Lunch)

NOTE: Invoices or arrangements for large payments by agencies may be made by contacting Vicki Haggerty at 267-385-7440 or vicki@thealliancecsp.org

Registrations: no later than April 12, 2015.

Checks can follow later and should be made payable to:

The Alliance
3300 Henry Avenue, Suite 100
Philadelphia, PA 19129

Info call: 267-385-7440



REMEMBER

You have the option to register online
www.alliancedspconference.org