

5th Annual National Peer Specialist Conference

National Association of Peer Specialists Preliminary Schedule

Monday, Aug. 22

Registration is open 8 a.m. to 5 p.m. | Exhibits are open 1 to 5 p.m.

Pre-Conference Institute

9 a.m. – Noon Free Institute sponsored by OptumHealth Behavioral Solutions: Creating a Sustainable Peer Services Program

Noon – 1 *Lunch on your own*

Start of the Conference

1 – 1:15 **Welcome** – Gladys Christian, President, National Association of Peer Specialists

1:15 – 1:30 **Welcome and Conference Details** – Steve Harrington, Executive Director, National Association of Peer Specialists

1:30 – 2:15 **The North Carolina Peer Support Experience** – Beth Melcher, NC State Dept. of Mental Health

2:15 – 3:00 **Keynote Address** – Peter Ashenden, Director of Consumer Affairs, OptumHealth Behavioral Solutions

3 – 3:30 *Extended break—get to know everyone!*

3:30 – 4:45 **Workshops – Breakout Sessions**

Pure to Peer: System Transformation and Conflict Resolution

This session will examine the causes of workplace conflicts, the peer support model of care and ways to manage conflicts during system transformation. Alyce M. Knowlton-Jablonski.

The 25 Pillars of Peer Support and the Five Stages of Recovery: From Principles to Practice.

Learn the 25 pillars of peer support and how they relate to five stages of recovery. The important role peer specialists play in this process will be covered. Peter Ashenden and Allen Daniels.

Tuesday, Aug. 23

Registration is open 8 a.m. to 5 p.m. | Exhibits are open 9 a.m. to 5 p.m.

- 8 – 9 a.m.* *Continental Breakfast*
- 9 – 9:15** **Welcome back! Announcements – Gladys Christian**
- 9:15 – 10** **Keynote Address:** From the Streets to Prison to the Streets: Recovery Goes Full Circle – Antonio Lambert, Training Manager, Recover Resources
- 10 – 10:15* *Refreshment Break*
- 10:15 – 11:30** **Workshops – Breakout Sessions**
- Developing an Art Program that Works!
Learn how to create a program that effectively uses art as a way to help peers you serve express themselves in a supportive environment. Learn why and how art can be a powerful peer support tool. Grayson Bowen.
- Peer Run Decision Support Centers: How They Work and Tools that Support Them
In this session, participants will learn how to support those who opt for personal medicine using power statements and decision aids. Leslie Young, Kellie Spencer, Saya Krebs & Ally Mabry.
- 11:30 – 1 p.m.* *Lunch on your own*
- 1 – 1:30** The North Carolina Peer Specialist Program: An Overview – Ron Mangum, University of North Carolina-Chapel Hill
- 1:30 – 2:45** **Workshops – Breakout Sessions**
- Legacy Effect
Interactive exercises will introduce participants to a framework that will help them understand physical and relational environments and new methods of communication and self-awareness. Ted Thomas.
- Health Advocacy as a Social Justice Issue
This session will cover leadership issues, how those with psychiatric conditions form a “community” with disparate health care, effects of the Affordable Health Care Act and SAMHSA’s 10 X 10 Campaign, resources on health advocacy and how to identify misinformation. Kristen Frame.
- 2:45 – 3* *Refreshment Break*
- 3 – 4:15** **Workshops – Breakout Sessions**
- Inpatient Peer Support: Information and Dialogue for Success
This session will identify roles for peer specialists in inpatient settings, strategies for providing effective support in those settings and how to take this new information back to one’s own location. Holly Dixon & Gayle Bluebird.

3 – 4:15

Workshops – Breakout Sessions (continued)

Peer Support Specialists and Veterans

Learn how to effectively support veterans in group and individual sessions.. This session will cover overcoming challenges, understanding veterans’ concerns and how to identify the scope and limitations of peer support. Daniel Gonzales & Andrew Alvarez.

4:15 – 5

Recovery Research and Peers: Why Peer Support and Other Mental Health Research is Important and How to Participate
– Lisa Goodale and Dr. Allen Daniels

Wednesday, Aug. 24

Registration is open 8 a.m. to 10 a.m. | Exhibits are open 9 to 10 a.m.

8 – 9 a.m.

Continental Breakfast

9 – 10:15

Workshops – Breakout Sessions

What Really Matters: Creating a Foundation for Organizational Recovery

Just as individuals need recovery, so do organizations. This session will address how peer specialists can encourage that recovery in their organizations. Using research from the Council on Quality and Leadership (CQL), this session will show how organizational cultures are changing, why and the role peer specialists can play in this process. Cherene Allen-Caraco & Beth Mathis.

WRAP PALS (Peers Advocating Listening Supporting)

This session will show how participants can combine the practice of Wellness Recovery Action Planning with the natural strength and power of peer support and friendship. Carol Bailey Floyd & Matthew Federici.

10:15 – 10:30

Refreshment Break

10:30 – 11:45

Workshops – Breakout Sessions

Whole Health and Peer Support

Learn how peer specialists can be effective in advocating for and providing whole health care. The benefits and challenges of providing whole health care in collaboration with mental and physical health care settings will be examined. Eric Larson & Michelle Maczka.

Recreational Therapist, Peer Support Specialist

Learn how to replenish your mind, body and spirit through a series of wellness activities. The skills learned in this workshop will help you and those you serve. Melissa Lewis.

11:45 – 12:15 p.m.

Conference Wrap Up – Closing Remarks – Door Prizes