

*The Maine Office of Substance Abuse and Mental Health Services, in collaboration with the Consumer Council System of Maine, the Maine Alliance for Addiction Recovery and the Maine Association of Peer Support and Recovery Centers presents the:*

**2014**

**HOPE Conference**

***Having Opportunities for Personal Empowerment***

A Statewide Recovery/Wellness Conference

**Cultivating Resiliency In ME**

May 30th, 2014

8:00 am - 4:00 pm

Augusta Civic Center, Augusta, Maine

**2014 HOPE Conference**

Cultivating Resiliency in ME

**Who Should Attend:**

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

**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.

**CONFERENCE LOCATION AND INFORMATION**

**Augusta Civic Center**

**76 Community Drive, Augusta, ME 04430**

**May 30, 2014**

Registration & breakfast starts at 8 a.m.

Conference starts at 8:45 a.m.

***Please arrive and register on time!***

## **Registration Fee - \$12.00**

It is necessary to charge a small 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 Suzanne Boras at 1-207-795-4518, e-mail: [suzanne.boras@maine.gov](mailto:suzanne.boras@maine.gov) or TTY: 1-800-606-0215. If you are applying for a scholarship, you must complete this process before registering for the conference

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

## **REGISTRATION INFORMATION**

Please register on line with a debit or credit card at: <http://hopeconf2014.eventbrite.com>, or see page 7 of the brochure for the registration form.

For more copies, contact **Suzanne Boras at 207-795-4518 or [suzanne.boras@maine.gov](mailto:suzanne.boras@maine.gov)**.

Please use one registration form for each person.

**The registration deadline date is May 23, 2014.** Space is limited to **400** people, so register early!

## **MISCELLANEOUS INFORMATION**

### **Contact Hour Certificates:**

Certificates will be awarded for 5 contact hours towards the MHRT/C course requirement Psychosocial Rehabilitation.

### **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 for a prize drawing of a \$25.00 gas card! See the Help Desk for details as you sign in on the day of the conference.

### **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. Thank you.***

### **Lodging**

Lodging is available for the night of May 29 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.

## **KEYNOTE SPEAKER**

### **Keynote Speaker Biography**

#### **Heather McDonald-Bellamy**

**Executive Director, Focus On Recovery-United, Inc.**

Heather McDonald-Bellamy is the Executive Director of Focus On Recovery-United, Inc. (FOR-U), located in Middletown, Connecticut. Heather is a self-identified mental health consumer who has garnered various experiences in the mental health field including working as an educator, case manager, counselor, advocate, and administrator.

She joined the newly formed FOR-U in 2002 and has been responsible for guiding the development of the organization and implementing its mission of teaching self-directed tools of recovery, offering education, hope and ongoing support to people who experience symptoms, their family members, providers and the community.

Run and operated by people who self-identify as being in recovery from mental health and/or addiction experiences, FOR-U offers educational mental health recovery seminars, wellness workshops, peer to peer vocational coaching, Leadership Academy trainings, Access To Recovery III (ATR III), Recovery Management Services (RMS), and Recovery Oriented Vocational Services (ROVS), Forensic Peer Support, Employment, and a myriad of participant led support groups for adults with mental health (and addictions) experiences, providers, family members and the community at large. FOR-U has collaborated with Mary Ellen Copeland and The National Copeland Center for Wellness and Recovery and is an Advanced Level Wellness Recovery Action Planning (WRAP) Facilitator.

She has also collaborated with Shery Mead on Intentional Peer Support and Peer Run Crisis Alternative trainings, Priscilla Ridgway and the Yale Program for Recovery and Community Health (Yale PRCH) to develop the Pathways FOR-U curriculum, and with Chyrell Bellamy and colleagues at Yale-PRCH on developing PCP curricula, Peer Work-Life-Balance Coaching, and Peer Employment trainings. During the past twelve years, she has given over 300 Mental Health Recovery presentations, seminars, and workshops in the United States and internationally in Denmark, United Kingdom, and Hong Kong. She has successfully obtained and managed several state and federal grants and contracts and has provided training and consultation to other state's mental health agencies including Nebraska, New Hampshire, Michigan, and Maine.

This conference is designed by consumers who want to increase awareness and skills about recovery and wellness.

*A big thank you to the dedicated and hardworking conference planning committee!*

Simonne Maline  
Darren Ripley  
Paula Gustafson  
June Watson  
April Timmons Lowe  
Jerry DeWitt  
Jeanne Hackett  
Suzanne Boras  
Linda MacDonald  
Katharine Storer  
Jodi Ingraham  
Leticia Huttman

## **OTHER INFORMATION**

### **Conference Agenda**

8:00	- 8:45	Registration
8:45	- 9:00	Welcome, Opening Remarks: DHHS Commissioner Mary Mayhew
9:00	- 10:00	Keynote: Heather McDonald-Bellamy - The "H" word!
10:00	- 10:15	Break
10:15	- 11:30	Workshop A
11:30	- 1:00	Lunch
12:00	- 12:45	Sharing Talents from the Recovery Community
1:00	- 2:15	Workshop B
2:15	- 2:30	Break
2:30	- 3:45	Workshop C
3:45	- 4:00	Evaluations and raffle
4:00		Adjourn

### **DHHS Non-Discrimination Notice**

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, 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.

If you have any questions, please contact **Suzanne Boras at 207-795-4518, e-mail: [suzanne.boras@maine.gov](mailto:suzanne.boras@maine.gov).**  
**or TTY: 1-800-606-0215**

**REGISTRATION FORM**

**2014 HOPE Conference  
Cultivating Resiliency in ME  
May 30, 2014**

**8:00 a.m. to 4:00 p.m. Registration starts at 8 a.m.  
Registration Deadline: May 23, 2014**

You can register on-line at this link: <http://hopeconf2014.eventbrite.com> Or you can complete the form below *and* the workshop selection form, and then mail or fax this page to the CCSME office, 94 Auburn Street, Suite 110, Portland ME 04103. Please print clearly or type and fill in the form completely.

Name: \_\_\_\_\_

Affiliated Organization (if any): \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_ Fax Number: \_\_\_\_\_

E-Mail: \_\_\_\_\_

**Special Accommodations / Dietary Needs:** We will do our best to respond to reasonable requests for special accommodations. **Please contact Suzanne Boras as soon as possible or by May 19th**, so that we may provide you with an appropriate service.

**Special needs:** \_\_\_\_\_

I will need an **American Sign Language interpreter** .....yes no

I will be accompanied by an attendant.....yes no

I live more than 130 miles from the Augusta Civic Center and qualify for hotel reimbursement: .....yes no

I live over 150 miles from the conference (round trip), I qualify and need mileage reimbursement .....yes no

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 \$25.00 gas card! See the **Help Desk** for details as you sign in on the day of the conference.

10:15 AM - 11:30 AM Concurrent Workshop Sessions A							
Workshop A1	Workshop A2	Workshop A3	Workshop A4	Workshop A5	Workshop A6	Workshop A7	Workshop A8
Mental Health Recovery including Wellness Recovery Action Planning (WRAP)	Navigating the Digital World: Using Social Media to Build Your Resiliency Through Community Involvement	Connections Between Recovery and Thinking about Quitting Smoking	Bridging the Gap between Personal Recovery and Recovery	Yoga as a Practice of Recovery & Resilience	Hope and Recovery through 12 Steps	Three R's of Recovery	Art Expressions in Recovery
Scott Metzger and Liz Lind	Melissa Caswell	Joanne Joy	Ilana Schreiber and Hilary Andreoli	Liz Leuthner	Eric, Corey, Tommy and Shawne	Paula J Gustafson.	Dorothy Treadwell
1:00 PM - 2:15 PM Concurrent Workshop Sessions B							
Workshop B1	Workshop B2	Workshop B3	Workshop B4	Workshop B5	Workshop B6	Workshop B7	Workshop B8
The Tsalagi Dance of Life: A 7-Point Empowerment Meditation	The Anonymous People - Part 1	Personal Medicine	Bouncing Back & Cultivating Wellness with Affirmations	Leveraging Resources Through Resiliency	Self-Esteem 101	Recovering People, Recovering Communities	Entering the Peer Workforce
Bruce Campbell	Darren Ripley	Bobby-Jo Bechard and Chris Monahan	Catherine Ross	Vickie McCarty and Dorothy Treadwell	Heather McDonald-Bellamy	Andrew Kiezulas, Tracy Hegarty and Matthew Braun (YPR)	Randy Morrison
2:30 PM - 3:45 PM Concurrent Workshop Sessions C							
Workshop C1	Workshop C2	Workshop C3	Workshop C4	Workshop C5	Workshop C6	Workshop C7	Workshop C8
Maine Can Work: How Work Can Benefit Recovery	The Anonymous People, Part 2.	Identifying, Creating and Fostering Resilience in People who Have Experienced Homelessness	Bridging the Divide between Physical and Mental Health Care in Behavioral Health Homes	A Soldier's Resilient March through Life, or How Did I Get Here from There?	Getting Connected Hosted by the Intentional Warm Line (IWL) Staff	The 3 Principles of Intentional Peer Support: Developing Resiliency Within	A Collaborative Support Approach to Wellness
Led by Maine Can Work Peer Facilitators		Kelly Richardson	Mary Henderson and Katharine Storer	Jerry Dewitt	(Jan Anderson, Cathy Brown, Gordon Maxwell and Scott Metzger)	Kelly Staples	Troy Henderson and John Painter

## WORKSHOP AGENDA

### Choose the workshops you want to attend

Please look over the workshop descriptions on the following pages and choose the workshops you would like to attend. *(Please note that a workshop may be cancelled if fewer than eight people sign up.)*

Due to limited seating per session, we ask that you rank your preference for the sessions you wish to attend.

Please indicate your 1st and 2nd choices for each concurrent workshop session (A, B, C) by filling in the workshop codes in the boxes below:

<b>Concurrent Workshop Session A: 10:15 - 11:30</b>									
Workshop	Workshop	Workshop	Workshop	Workshop	Workshop	Workshop	Workshop	1st choice	2nd choice
A1	A2	A3	A4	A5	A6	A7	A8		
<b>Concurrent Workshop Session B: 1:00 - 2:15</b>									
Workshop	Workshop	Workshop	Workshop	Workshop	Workshop	Workshop	Workshop	1st choice	2nd choice
B1	B2	B3	B4	B5	B6	B7	B8		
<b>Concurrent Workshop Session C: 2:30 - 3:45</b>									
Workshop	Workshop	Workshop	Workshop	Workshop	Workshop	Workshop	Workshop	1st choice	2nd choice
C1	C2	C3	C4	C5	C6	C7	C8		

Fax to OR Mail to:

CCSME  
94 Auburn St.  
Suite 110  
Portland, ME 04103  
FAX – 878-6172

If you have any questions, please contact Suzanne Boras at  
1-207-795-4518, e-mail: [suzanne.boras@maine.gov](mailto:suzanne.boras@maine.gov).  
or TTY: 1-800-606-0215



## **RESOURCE - BOOKSELLER – DIRECTIONS**

### **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. We encourage you to visit these during breaks and at lunchtime.

## **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 2nd floor of the North Wing. Look for our conference signs. See you there!

## WORKSHOP DESCRIPTIONS

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 write the codes on the Registration Form.

### **A-1 Mental Health Recovery including Wellness Recovery Action Planning (WRAP)**

*Scott Metzger and Liz Lind*

The workshop will explore Mary Ellen Copeland's evidence based Study of Mental Health Recovery and Wellness Recovery Action Planning (WRAP). WRAP is "a system for monitoring, reducing or eliminating uncomfortable or dangerous physical and emotional difficulties". WRAP is being used worldwide, far beyond its original mental health beginnings, to include topics as diverse as addictions, developmental distinctions, youth, veterans and controlling diabetes. Participants will start their own Wellness Toolbox and understand how WRAP can be used as a tool for living and growing.

### **A-2 Navigating the Digital World: Using Social Media To Build Your Resiliency Through Community Involvement**

*Melissa Caswell*

Social Media sites such as Facebook and Twitter are more than just a way to keep in touch with family and friends or entertain ourselves by playing games. In this workshop, participants will learn how to become involved in their community and connect with others using social media. We will also explore how to become involved in social change movements, especially the consumer movement, locally and nationally, via social media. The workshop will include a visual Facebook & Twitter demonstration on how to research using social media sites.

### **A-3 Connections Between Recovery and Thinking about Quitting Smoking**

*Joanne Joy*

People in recovery continue to smoke and use other tobacco products at rates higher than the general population, even though many want to quit!! This workshop will provide a snapshot of the impact of tobacco on people in recovery including: 1) rates of use and impact;) an introduction to ways to support someone else to quit including creating a quit plan; and 3) a discussion of benefits of integrating tobacco treatment into peer programs and behavioral health services.

### **A-4 Bridging the Gap Between Personal Recovery and Recovery Supported by Traditional Clinical Services**

*Ilana Schreiber and Hilary Andreoli*

What are the differences between how individuals support their own recovery and how recovery is supported by clinical services? Can we build a connection that works between different views and approaches? The objective of this presentation is to highlight how both personal and clinical recovery, though they differ in approaches, can complement each other and support the empowerment and growth of individuals as they move toward their hopes and dreams.

### **A-5 Yoga as a Practice of Recovery & Resilience**

*Liz Leuthner*

Yoga and recovery teach us, through practice, that anything is possible when there is an honest willingness to let go of old ideas and try something new. Yoga invites us to try different postures, develop new outlooks, have new experiences, and let go of fears of falling and failing; recovery suggests that these attitudes are absolutely essential. Yoga and recovery are both lifelong pursuits, intertwining spiritual practices with the power to transform. This presentation will demonstrate the deep connections between recovery and yoga.

### **A-6 Hope and Recovery through 12 Steps**

*Eric, Corey, Tommy and Shawne*

Presenters will discuss their experience of being mental health/substance abuse professionals as well as consumers and how they contribute to the community and include the treatment for alcoholism to evolve into a stronger 12-Step model.

### **A-7 Three R's of Recovery**

*Paula J Gustafson*

Participants will have any opportunity to hear about using one's own personal journey to not only enhance their personal recovery, but how to have an impact for community and systemic change. This workshop will explore the role of responsibility, resiliency and realization in recovery.

### **A-8 Art Expressions in Recovery**

*Dorothy Treadwell*

Participants will learn the definition and some history and the values of art expressions in recovery. Participants will learn the many different venues and mediums that can be used within art expressions. The workshop will include exploration of how individuals may add art as a tool in self-expression and recovery

### **B-1 The Tsalagi Dance of Life: A 7-Point Empowerment Meditation**

*Bruce Campbell*

While not native to his heritage, Bruce was taught this form of meditation by a member of the Tsalagi tribe (Cherokee) and it is significant in his life. He will teach participants the benefits of "living in balance" by teaching the movement and breathing meditation also called the 7-Point Empowerment People's Dance of Alignment, Balance and Prayer. After an introduction and explanation of the Medicine Wheel, participants will be taught the Dance step-by-step. This workshop is limited to 30 participants.

### **B-2 The Anonymous People - Part 1**

*Darren Ripley*

Recovery is out – to change the addiction conversation from – problems to solutions. The Anonymous People is an independent feature documentary about the over 23 million Americans living in long-term recovery from alcohol and other drug addictions.

This is a two part session that includes a viewing of the film followed by a facilitated discussion.

There are prominent people that have come forward regarding their recovery. This film aims at transforming public opinion about people in recovery.

### **B-3 Personal Medicine**

*Bobby-Jo Bechard and Chris Monahan*

This workshop will introduce and define Pat Deegan's concept of personal medicine. Personal Medicine™ is made up of the things we do that support our well-being and recovery. One of the most important distinctions we make when talking about personal medicine is that it is not something we take (i.e., medication), it is something we do. Through the use of hands on creative exercises and group discussion, participants will learn how to use your personal medicine,

### **B-4 Bouncing Back & Cultivating Wellness with Affirmations**

*Catherine Ross*

This workshop will include a brief presentation about the nature of Affirmations. Participants will be invited to express their hopes for recovery and wellness. Participants will have the opportunity to make and decorate their own Affirmations to take with them, using paper, pens, some other basic craft supplies and their own creativity.

### **B-5 Leveraging Resources Through Resiliency**

*Vickie McCarty and Dorothy Treadwell*

How do you move forward in recovery and impact your community when you have a shoestring budget? In this workshop, participants will have an opportunity to learn about using one's own creativity and resiliency to leverage no cost or low cost resources for the purpose of having an impact for community and systemic change. Presenters and participants will share their own experiences with leveraging resiliency and being able obtain resources for themselves and others. Participants will learn how it's possible to create their own transportation network if they do not drive or have a vehicle.

### **B-6 Self-Esteem 101**

*Heather McDonald-Bellamy*

The emphasis in our society is often on being perfect and "winning" and can cause us to lose sight of our total selves. This then leads to our internal feelings and evaluations of ourselves being based on our "perceived" self-image. This image of self can be further deflated by the additional traumas, discrimination, and loss that individuals who experiences extreme emotional states and/or substance use often face. This workshop is an overview of a peer facilitated curriculum developed by Focus On Recovery-United, Inc. (FOR-U) that offers information, tools, and strategies to build, and sustain self-value and worth.

### **B-7 Recovering People, Recovering Communities**

*Andrew Kiezulas, Trace H., Mathew B (YPR), Tracy Hegarty and Matthew Braun*

Self, community and systems working together to enhance recovery. This workshop, presented by members of Young People in Recovery – Maine, will focus on the unique needs of young people in recovery and the role they can and do play in creating recovery-ready communities. The presenters will discuss the importance of advocating for policies and programs that provide

access to the resources necessary to help young people achieve and maintain recovery from addiction and the work underway to integrate into the community at large.

### **B-8 Entering the Peer Workforce**

*Randy Morrison*

The process for applying and interviewing for a peer support position is a unique job hiring process. This presentation will cover the process which applicants will go through when applying for a Peer position. It will focus on building skills and knowledge about how best to convey peer experiences and skills. The workshop will focus on the unique aspects of the application and interview process when applying for a peer support position.

### **C-1 Maine Can Work: How Work Can Benefit Recovery**

*Led by Maine Can Work Peer Facilitators*

What is the connection between work and recovery? How can peers be a part of addressing myths about employment, change the conversation and increase opportunities for employment? In this workshop, participants will learn about the Maine Can Work curriculum and how it can be used in a variety of settings as a tool to help individuals explore employment and how it can benefit their own recovery.

### **C-2 The Anonymous People, Part 2.**

Recovery is out – to change the addiction conversation from – problems to solutions. The Anonymous People is an independent feature documentary about the over 23 million Americans living in long-term recovery from alcohol and other drug addictions. This is a two part session that includes a viewing of the film followed by a facilitated discussion. There are prominent people that have come forward regarding their recovery. This film aims at transforming public opinion about people in recovery. This is a continuation of the workshop, including a facilitated discussion of the film.

### **C-3 Identifying, Creating and Fostering Resilience in People who Have Experienced Homelessness**

*Kelly Richardson*

The presenter will provide an overview of the complexity of reasons for homelessness in our culture and the very real challenges facing individuals who experience homelessness. The workshop will explore how creativity has enhanced the resilience of those who have experienced homelessness, how to be more aware of it and to build on it so that it can be used to foster greater resilience.

### **C-4 Bridging the Divide between Physical and Mental Health Care in Behavioral Health Homes – Using our Lived Experience to Help Change the System**

*Mary Henderson and Katharine Storer*

Participants will learn about how Behavioral Health Homes within the MaineCare system are working to try to better integrate mental health and primary care. Particular focus will be given to how people in recovery can influence implementation of this new model of care.

### **C-5 A Soldier's Resilient March through Life, or, How Did I Get Here from There?**

*Jerry Dewitt*

In this workshop, attendees will learn to identify their own personal inner resilience at moments in time during their march through life and how to take advantage of those moments. Through pictures, sharing of information about veterans' issues and discussion, this workshop will explore how our life's experiences that shape who we are and how our reactions and resiliency to everyday life defines us.

### **C-6 Getting Connected**

*Hosted by the Intentional Warm Line (IWL) Staff (Jan Anderson, Cathy Brown, Gordon Maxwell and Scott Metzger)*

This workshop will help participants understand what the Intentional Warm Line (IWL) is, how to access it and what to expect when connecting with a Peer Support Specialist on the IWL. Participants will explore "getting connected" with others and our communities to build a strong support system, enhance our lives and cultivate resiliency by supporting each other.

### **C-7 The 3 Principles of Intentional Peer Support: Developing Resiliency Within**

*Kelly Staples*

In this workshop, participants will explore the three principles of Intentional peer Support: Hopes and Dreams, the Relationship between two people and Learning from one another. How does the practice of the principles support resiliency?

### **C-8 A Collaborative Support Approach to Wellness**

*Troy Henderson and John Painter*

In this workshop, participants will become familiar with the concepts of wellness, shared decision making and collaborative support in relation to behavioral health. A combination of lecture, group discussion and exercises will be used to help participants understand these concepts and how they might be used.