

RCSP Conference August 18-20, 2008

Communities of Learning and Recovery

Detailed Agenda

Monday Morning, August 18, 2008

Plenary Sessions.

8:30 a.m. 9:00 a.m.

Welcoming Remarks

Marsha Baker and Linda Kaplan, Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Substance Abuse Treatment (CSAT), Rockville, Maryland

9:00 a.m. 9:45 a.m.

SAMHSA/CSAT Perspective

*Dr. H. Westley Clark, M.D., J.D., M.P.H., CAS, FASAM
Director, CSAT/SAMHSA*

9:45 a.m. 10:00 a.m.

Meeting Overview

June Gertig and Antigone Hodgins, Altarum Institute, Washington, District of Columbia

10:30 a.m. 11:15 a.m.

Transformation in Philadelphia and the Role of Communities of Recovery

Roland Lamb, Director, Office of Addiction Services, Department of Behavioral Health and Mental Retardation, Philadelphia, Pennsylvania

11:15 a.m. 12:15 p.m.

Many Roads to Recovery

Moderator: Tom Hill, Altarum Institute, Washington, District of Columbia

Panelists: Walter Ginter, Methadone Assisted Recovery Services, National Alliance of Methadone Advocates, Bronx, New York; Arthur Padilla, Shift: A Peer Recovery Network, Multifith Works, Seattle, Washington; Sam Rivera, Recovery Annex, Exponents, New York, New York

12:15 a.m. 12:30 p.m.

Conversation with Jack Stein

Jack B. Stein, LCSW, Ph.D.

Director, Division of Services Improvement, CSAT/SAMHSA

Monday Afternoon

Workshop Sessions

2:00 p.m. 3:30 p.m.

The Recovering Annex and the Many Paths to Recovery

Sam Rivera, Recovery Annex, Exponents

There are many approaches used to engage and retain program participants. This interactive workshop will walk you through the components of our program design and our psychoeducational recovery approach. A safe environment will be created for participants to contribute insights about their own pathways to recovery. The workshop will include music, dance, meditation and more.

Getting Volunteers To Go All The Way: Retention and Training

Arthur Padilla and David French, Shift: A Peer Recovery Network, Multifaith Works

Most non-profit organizations rely on volunteers to help ensure success in serving their populations. But how successful are they at serving their volunteers? The clients served deserve the best support from volunteers. This workshop will teach how to recruit, train, manage, support and retain volunteers for maximum effectiveness for maximum results!

Balancing Acts for Executive Directors

Antigone Hodgins, Altarum Institute; Patricia Henderson, Our Common Welfare/Women in New Recovery, Mesa, Arizona

Executive Directors have little to no time to take a “time-out” and reflect on their roles with their boards of directors, staff and key stake holders this workshop will provide a place to do just that. We also will look at how well Executive Directors are taking care of their own needs in the midst of these balancing acts. Facilitators will combine current research and data with practical experience from the field on current trends for executive directors. Time will be provided for participants to think about their current leadership hopes and dreams.

Evaluating Recovery Support Services through an Asset-Mapping Framework

Stacey Conway and Heidi Gordon, Pennsylvania Recovery Organization - Achieving Community Together, Bucks County Council on Alcoholism & Drug Dependence, Doylestown, Pennsylvania

This workshop will explore the development and implementation of an evaluation plan for recovery community centers serving three distinct geographical areas. We will illustrate how the same tools used to identify individual and community strengths and build recovery capital also can provide data for process and outcome evaluation. The presenters will share how they utilize the Connecticut Asset Network’s Community Connections Asset Mapping Process (CCAMP) and its Web-based tools to “create and sustain natural social support networks, or social capital” as well as to evaluate the effectiveness of services.

Peer Driven Evaluation: Deeper Evaluations Workshop

Karla Lomiglio, Face to Face, Welcome Home Ministries, Oceanside, California; Bonnie Veysey, Rutgers University, Newark, New Jersey

This workshop will focus on ways evaluation can be strengthened by the guided, intentional use of peer knowledge and expertise. This session will present an example of the development of a peer driven evaluation, including the purpose and benefits of peer-led partnerships, the process of the creation of a community-specific, recovery-oriented model of change, the process of instrument development and validity checks, and challenges of peer-evaluator partnerships.

Monday Afternoon

Workshop Sessions

4:00 p.m. 5:30 p.m.

Recruitment, Retention and Resources for Establishing a Youth Recovery Community

Luis Bonorand, Free Mind Youth Recovery, Pima Prevention Partnership, Community, Tuscon, Arizona
The Free Mind project utilizes a youth recovery model that establishes social supports to engage youth in different environments. These services have created a diverse community and opportunities for youth to transition into a recovery based lifestyle. The workshop will combine an oral presentation on youth recovery programming and some interactive activities that we normally use to engage our youth members.

Women and Relationships: Trust, Love and Safety

Lurenda Cray, Honoring Every Woman's Right to Safety, AIDS Service Center of New York City, New York, New York; Donna Woods-Bauer and Tami Box, Sister to Sister, Oklahoma Citizen Advocates for Recovery and Treatment, Oklahoma City, Oklahoma; Karla Lomiglio and Reverend Carmen Warner-Robbins, Face to Face, Welcome Home Ministries

This will be a jointly presented workshop by three RCSP projects that focus on working with women in recovery. The presenters will share their experiences working with women to provide peer recovery support services. Three major themes will be explored through the lens of trust, love and safety: relationships with family, relationships with self and relationships with peers.

Vision Teams: What They Are and How They Operate

Beverly J. Haberle and Kyra Turner, Pennsylvania Recovery Organization - Achieving Community Together, Bucks County Council on Alcoholism & Drug Dependence

How do you engage the best thinking of communities of recovery in designing and overseeing your project? Vision Teams have been an important component in the development and ongoing operations of three very different Recovery Community Centers in southeast Pennsylvania. This workshop will explore one grantee's experience in using Vision Teams and the lessons learned through the process. The workshop will include case studies, as well as an interactive exercise that will allow participants opportunities to experience how a Vision Team is developed and the role that it plays in assuring authenticity and community centeredness.

2007 Grantees: Staff, Peers, Evaluators The Triad of Success in Evaluation (Required for 2007 Grantees: 1 Peer Leader, Projector Director and Evaluator)

Susan Hailman, Campaign Consultation, Baltimore, Maryland; Bonnie Veysey, Rutgers University
This workshop will focus on the ways that RCSP projects can employ staff, peers and evaluators in describing and monitoring their RCSP services to reinforce and expand the unique role that peer recovery services can play in their states and communities. Participants will practice relating their anticipated outcomes to recovery, as well as treatment systems of care to attract community support.

Telephone Recovery Support

Norma Jean Cefarelli, Connecticut Community for Addiction Recovery, Hartford, Connecticut
Telephone recovery support (TRS) has proven to be an effective model for peer recovery support services offered by CCAR. TRS helps reduce relapse and enhances the recovery not only for the recoverees, but for the volunteers as well. Standard forms, processes and program design will be shared.

Tuesday, August 19, 2008

Tracks - Evaluation

8:30 a.m. 10:00 a.m.

Evaluation Cohort 2007

Susan Hailman, Campaign Consultation and Bonnie Veysey, Rutgers University

Theory of Change and the Recovery Paradigm

Participants will work individually and in small groups to use yesterday's discussion of the recovery paradigm to create a theory of change that reinforces recovery goals and uncovers assumptions about the unique roles of peer services and recovery outcomes. Participants in this session will be able to 1) identify the services they offer that they believe are key to recovery outcomes, 2) articulate the mediating factors that make services effective, and 3) describe their assumptions about how factors combine to create immediate and long term recovery outcomes.

10:30 a.m. 12:00 p.m.

Commonalities and Cross-site Interests

This session will begin with a cross-site discussion to build on the cohort's experiences and maximize expertise around evaluation issues to create an evaluation support network. Participants in this session will be able to: 1) identify commonalities between their program and others in the cohort and suggest ways commonalities might magnify impact, and 2) describe how potential common interests/challenges will be captured through evaluation.

1:30 p.m. 3:00 p.m.

Process and Outcome Tools

RCSP projects will share their evaluation plans, processes and tools they plan to use to capture their successes. By becoming more familiar with each others' evaluation plans, project staff and evaluators will identify ways they might serve as resources to each other. Participants in this session will be able to: 1) conceptualize each other's evaluation processes, and 2) review existing tools that might be transferable to their plans.

3:30 p.m. 5:00 p.m.

Evaluation Issues Open Space

Participants will have the opportunity in this session to pick up any unresolved issues and discuss them in small sub-groups. Topics will be suggested by participants, but might include suggestions such as:

- Use of peers as researchers and other types of peer involvement
- Retention of program participants
- Use of compensation
- Ethics and human subject protection
- Research costs

- Use of evaluation outcomes to support your sustainability

Participants in this session will be able to: 1) continue to build working relationships around common interests and concerns, and 2) plan for future contact when the conference is over.

Tracks - Sustainability

Sustainability Clinic Cohort 2006 Overview

These sessions will offer participants opportunities to see the “Big Picture” of sustainability, as well as opportunities to focus in on particular methods of interest to them. The morning overview will demonstrate how stakeholder and community support, funding sources and methods and a powerful case for support come together. The afternoon clinics will allow small group focused work on particular fundraising strategies. It is suggested that teams from the same project stay together in the afternoon clinics to concentrate their efforts in two areas.

8:30 a.m. 12:00 p.m.

Mobilizing the Resources in Your Community and Building a Reputation for Success

Amy Kincaid and Lawrence Dark, Campaign Consultation

Whether your project has 1 month or 2 more years of federal funding, you can expand your base of financial support, as well as your base of volunteer support to ensure the future of RCSP services through careful planning and strategic action. The purpose of this overview session is to help RCSP projects select and pursue sustainability and legacy development strategies that can keep the important services you have provided in your communities in place and to secure appropriate levels of community support to sustain coordination of those activities.

1:30 p.m. 3:00 p.m.

Revenue Generation: Finding a Fit

Amy Kincaid

Explore the feasibility of supplementing charitable fundraising appeals with revenue generating enterprises. Learn basic principles and practice steps for determining whether a particular enterprise is worth pursuing and address questions such as... “How do I determine if a for-profit enterprise is right for my organization and community? Does the revenue generating activity further our program’s mission? How could this effort put us in a better position as part of our community’s network of services?”

1:30 p.m. 3:00 p.m.

Strengthening Your Case for Powerful Results

Lawrence Dark

If you have trouble finishing what you start, this clinic is the place for you! Take this opportunity to use the case feedback derived from this morning’s session and incorporate the suggestions you received to polish your product. Translate your case to an elevator speech; practice getting across what’s most compelling about your project in 30 seconds! Walk away with feedback that will allow you to use your case to create proposals, reports and presentations that communicate the impact of your peer recovery support services.

3:30 p.m. 5:00 p.m.

Finding Foundation Support

Amy Kincaid

Whether you are faith-based, government-housed, a small program within a larger non-profit organization or anything in-between, research is the key to successful proposals to foundations. You will study the sources and techniques used to collect information both locally and regionally. Your knowledge of research sources, techniques and content options are key to writing proposals that win! You will then have the opportunity to plug your case for support into the standard questions most foundations ask and see how foundation priorities and your unique programs combine to become successful proposals.

3:30 p.m. 5:00 p.m.

Building Strategic Partnerships

Lawrence Dark

This clinic will assist RCSP projects interested in strengthening their community support by consciously cultivating and leveraging their collaborative partnerships with other community organizations. Participants will develop a clearer understanding of how to act strategically to build partnerships that yield specific pay-offs for all concerned and result in lasting relationships and support.

Tuesday, August 19, 2008

Tracks - Legacy Cohort 2004

8:30 a.m. 5:00 p.m.

Reflections on the Lives That Have Been Touched, Stories of Success and Lessons Learned, Future Directions

Since 1998, each class of RCSP grantees has both built upon the work of predecessors in the recovery community and left a legacy for local communities, the recovery movement and the grantees who would follow. In this track, the 2004 grantees will consider the lives they have touched, the stories of success and the lessons learned, what is changing with the end of their grants and what is enduring and share ideas for how recovery work in local communities can continue. The session also will consider the future of programs and projects, with grantees sharing practical resources for making the transition to life after CSAT funding.

Tracks - Peer Leadership

8:30 a.m. 10:00 a.m.

Enhancing Group Facilitation

Bob Carty and Stanford Long, Fortune Society

What qualities help peer leaders to effectively facilitate groups? What skills are essential to encourage peers to become active in group discussions? Once peers become more active, how can peer leaders help to keep group discussions focused on the topic? What exercises can be used to energize some groups? These and other questions are answered in this workshop.

8:30 a.m. 10:00 a.m.

Ethics and Boundaries

Cathi Calori and Iris Bowen, Fortune Society

Maintaining effective boundaries and practicing within a clear ethical frame. work ensures providing peer recovery support in ways that are safe and helpful and promote the recovery of all. This experiential workshop will look at the values that underlie peer services and provide practical suggestions for maintaining effective boundaries with peers and co-workers.

10:30 a.m. 12:00 p.m.

Conflict: Its Challenges and Opportunities

Bob Carty and Diane Williams, Honoring Every Woman's Right to Safety, AIDS Service Center of New York City

Conflict may arise in the delivery of peer recovery support services. In this interactive workshop, we examine various types of conflict and our natural reactions to conflict. Ideas are offered to transform conflict into learning opportunities by using recovery values and principles. Participants are welcomed to identify past conflicts in providing recovery support services for group discussion.

10:30 a.m. 12:00 p.m.

Co-occurring Disorders

Cathi Calori and Brooke Feldman, Pennsylvania Recovery Organization- Achieving Community Together, Bucks County Council on Alcoholism & Drug Dependence

This workshop will raise awareness of the universe of health challenges that many of us face in addition to our substance use disorder and will explore the impact of these challenges on recovery. We will encourage peers to become informed about issues such as HIV, Viral Hepatitis, physical disabilities and mental health. Since mental health challenges often co-occur with addiction and alcoholism, and because there are so many challenges related to mental health treatment and recovery, there will be a special emphasis on providing peer recovery supports to individuals with mental health diagnoses.

1:30 p.m. 3:00 p.m.

Effective Supervisory Methods for Recovery Support Services

Bob Carty and Johnny Casas, BluePrints for Life, Community Bridges, Phoenix, Arizona

Supervision is an important tool in improving the quality of recovery support services by providing accountability within the organization and by promoting ongoing development of peer leaders. In this workshop, we share our supervisory experiences, emphasizing methods that have proven to be effective. Special attention is offered on approaches that empower peer leaders and members of the recovery community.

1:30 p.m. 3:00 p.m.

Self-care Burn-out Prevention

Cathi Calori

We can only offer recovery support if our own recovery is stable and growing. This workshop will look at ways to be sure that we continue to progress on our own recovery journeys as we support others on theirs. Workshop participants will leave with the beginnings of a personal Recovery Wellness plan.

3:30 p.m. 5:00 p.m.

Combined Track: Learning Circle

Bob Carty and Cathi Calori

Each of the RCSP grantees has gathered immense wisdom about providing recovery support. This Learning Circle will be a chance to share the most important lessons each organization has learned and gather our collective wisdom in a form that we can share with ourselves and others at our organizations when we return.

Wednesday, August 20, 2008

Dialogue Groups

8:30 a.m. 10:00

Leveraging Community Resources

Facilitator: Liz Burden

Participants will share their projects' successes and challenges in utilizing their grants to enhance (or leverage) the quantity or quality of the external recovery capital (external resources that can be brought to bear on initiating and maintaining recovery) Available in their communities. The dialogue will include housing, employment and other important supports for recovery.

Working with State Agencies: Why, How, Challenges, Pay-Off

Facilitator: Tom Hill, Altarum Institute

Developing a strong working relationship with a state (or county or city or tribal) Treatment agency often has been key to the ability of a peer recovery support services Initiative to sustain itself beyond RCSP funding. Building such a relationship can be challenging for both parties, however. Participants will identify challenges their projects have encountered in developing these important alliances, and share strategies they have developed for mounting them.

Managing Pain in Recovery Facilitator

June Gertig, Altarum Institute

RCSP project staff and peer leaders have observed that many people in recovery face a number of special challenges when it comes to managing pain, both acute and chronic. Participants will identify the kinds of challenges involved and the supports needed, and will explore the role that peers can play in facilitating and implementing a supportive network. Participants also will identify concrete next steps that could be taken by their projects to enhance pain management supports.

Working through Relapse

Facilitator: Bob Carty

One rationale for peer recovery support services is that they provide an opportunity to intervene early when relapse occurs and can help a person re-establish his or her recovery within a short time frame, whether through re-connection with the formal treatment system or otherwise. Participants will discuss their projects' experience with this and explore strategies for improving their ability to assist in turning relapse into an opportunity to learn and grow.

HIV and Recovery

Facilitator: Antigone Hodgins, Altarum Institute

HIV/AIDS always has been an issue that has affected the lives of people in recovery and those struggling with addiction. Today, there are more and more treatments and services for people living with HIV and AIDS. However, being diagnosed with HIV is still very difficult to face because of issues of loss, stigma, self-acceptance, family issues and many others. Participants will discuss how these issues intersect with peer recovery support services and a person's recovery path.

Plenary Session

10:30 a.m. 11:15 a.m.

RCSP and the Broader Community

Ivette Torres, M.Ed., M.S.

Associate Director, Consumer Affairs, SAMHSA/CSAT

Tom Coderre

National Field Director, Faces and Voices of Recovery

11:15 a.m. 11:45 a.m.

Highlighting the 2004 Grantees

Marsha Baker, SAMHSA/CSAT

June Gertig, Altarum Institute

11:45 a.m. 12:30 p.m.

Affirming the RCSP Community - Bringing It All Together

Don Coyhis and Jolene Felix-Cooke, Circle of Recovery III, White Bison;

Tracy Robbins, Welcome Home Ministries