



**June 18 and 19, 2013**

**Best Western Inn and Suites Wichita North**

# GREETINGS to EVERYONE!

The Kansas Consumer Advisory Council for Adult Mental Health Inc. (KS CAC) extends a special thanks to our partnerships: KS CAC Board of Directors and staff, Kansas Department on Aging and Disability Services, Wichita State University Center for Community Support and Research, Community Mental Health Centers, and Kansas Consumer Run Organizations for their generosity in support and funding to make the 2013 Kansas Recovery Conference a reality.

The 2013 Kansas Recovery Conference will be a two-day conference with celebrations, a nationally known keynote speaker, workshops, award ceremonies, entertainment, and provided meals. The conference is unique in Kansas in that it is planned and facilitated by people with first-hand experience with mental health. There is no other venue in Kansas which reaches as many people, including Kansas consumers, mental health providers, policymakers, state agency personnel, and other supporters collaborating to improve mental health outcomes.

The 2013 theme, **“Phoenix Rising: Triumphs Over Trials”** defines our financial challenges in 2012. Regardless, we have remained a strong voice in educating, advocating, and collaborating with community partners to improve the lives of Kansans with mental health disabilities. The KS CAC has been successful by discovering unwavering commitment based on core values in the midst of difficult decisions. With hope alive we can transcend the difficulties of today enabling us to envision the potentialities of tomorrow.

We are excited to offer attendees the opportunities to gain knowledge and understanding from the conference workshops which include topics ranging from systems collaboration, leadership, fighting stigma and discrimination, trauma-informed care, recovery and wellness, to diversity and cultural competence. The selection criteria for the workshops required that the participants enjoy opportunities to learn, interact, and develop new skills.

We encourage everyone to have fun networking with each other by sharing life experiences and how hope and recovery has changed your life.

Recovery and Hope,

*Vicky Collins*

Vicky Lynn Collins, LMSW  
Acting President,  
Kansas Consumer Advisory Council  
for Adult Mental Health, Inc.



# General Information

## INFORMATION BOOTH

The information booth and t-shirt tables have a variety of materials available about the workshops, and activities related to this conference. Friendly people will be available to help make your conference experience more enjoyable. You will recognize conference committee members by the orange ribbons on their nametags, event staff and volunteers will be wearing red, or purple ribbons. Look for the red “Ask Me” ribbons on name tags.

## HOTEL CHECK-IN AND CHECK OUT

Check-in time is after 4:00 pm at the hotel front desk. You will receive your room number, key, and breakfast ticket then. You must check out at the front desk by 11:00am on Wednesday.

## MEALS

All meals are included in the Recovery Conference registration. (Vegetarian meals are available for those who requested them on the registration form.) Meals will be served in the south Atrium. Breakfast for those staying at the hotel will be in the Country Kitchen Restaurant at the front of the hotel. Tickets will be given at the front desk when checking in.



**ELECTIONS FOR THE  
KANSAS CONSUMER  
ADVISORY COUNCIL FOR**

## ADULT MENTAL HEALTH, INC. (CAC)

This year’s positions on the CAC open for election are Regions 5 and 6, and Leaders of Tomorrow (Young Adults, 18 – 25) representatives. Three positions are open. Voting will take place on Tuesday, after the CAC annual meeting at 1:00 until 5:00 p.m. Ballots and other information about the election and ballot boxes will be conveniently located at the Information Table. You must live in the regions open for election, or be a young adult (18 -25), and be a consumer to vote.

## EXHIBIT BOOTHS

Be sure to check out the exhibit booths located in the Atrium! Here you will find **lots of information and resources.** Many of the consumer run organizations (CROs) across Kansas, along with other great organizations, will have their programs and information displayed and will be available to answer your questions. ***Some of the items are for display only***, so please ask before taking anything. Please help keep the exhibit tables and materials for all to enjoy, by not leaving food or drinks on these tables and not moving exhibitors’ materials. We ask that only exhibitors sit at exhibit tables. Thank You!

## SMOKING/NON-SMOKING AREAS

There is a designated smoking area on the south side of the hotel. Please use the hall way doors, not the doors in the

conference room. Please watch for the signs and do not light up until you reach the smoking area. Please use the receptacles provided in that location for cigarette remains.

### **EVALUATIONS**

Each workshop will have individual evaluations available to provide your feedback on the individual presentations. In addition, an overall conference evaluation is included in your conference packet. Please be sure to complete this form and return it to the information booth. Your comments are extremely important in helping us as we begin planning for the 2014 Recovery Conference.

### **ENJOY THE INFORMAL PEER SUPPORT AND NETWORKING OPPORTUNITIES AT THE CONFERENCE.**

### **SELF-HELP GROUPS**

If you are looking for a support group meeting while you are here in Wichita, such as Depression Bipolar Support Alliance (DBSA), Alcoholics Anonymous, Narcotics Anonymous, etc., stop by the table in the Exhibit Area for information on local groups.

### **ART BOOTH**

Volunteers from SIDE, Inc., a consumer run organization (CRO) in Kansas City, will be staffing an art booth located in the Atrium. If you wish to take a meaningful break, you will find plenty of

art supplies to express your creativity. Be sure to take a few minutes out of your busy day to enjoy a bit of creative expression!

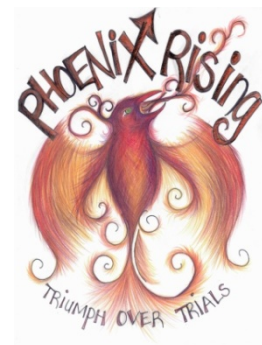
### **CLOSING AND REMEMBRANCE CEREMONY**

Wednesday afternoon, we will have a remembrance ceremony. Please do stay for this very special time to honor those you have lost in your life, and others who have gone before you who lived with mental illness.

### **FIRST AID**

As of the time of printing there is not a nurse contracted for the conference. If a nurse becomes available it will be announced at the conference. The CAC, nor the hotel cannot provide any type of medications (Tylenol, Aspirin, allergy medications, ...).

**REMINDER: NO WEAPONS (I.E. GUNS, KNIVES, ETC.) WILL BE ALLOWED AT THE RECOVERY CONFERENCE.**



# Kansas Consumer Advisory Council for Adult Mental Health, Inc.

## (CAC) Annual Meeting and Elections

The Kansas Consumer Advisory Council for Adult Mental Health, Inc. invites you to our Annual Meeting, Tuesday, June 18 at 1:00 pm! According to our bylaws, Article IV, Section 2, individual Consumer Advisory Council (CAC) memberships are available to all present or former consumers of mental health services residing in the State of Kansas through attendance at annual meetings. Each individual member shall be entitled to attend the annual meeting and to cast one vote upon any matter properly submitted to the membership of the Corporation including the election of Board members. The term of office for board members is for three (3) years. Board members have the opportunity to provide input to the state on mental health issues as well as distribute information on related issues to those they represent, serve on statewide committees which may include Recovery Conference planning and work on other issues affecting people with mental health issues in our state.

Positions up for election this year are: Representatives for Region 5, Region 6, and Leaders for Tomorrow (Young Adults ages 18 – 25).

**Candidates for Region 5** must be a resident of one of the following counties in Kansas: Barton, Rice, Stafford, Pawnee, Reno, McPherson, Harvey, Sedgwick, Pratt, Barber, Sumner, Harper, Kingman, or Marion.

**Candidates for Region 6** must be a resident of one the following counties in Kansas: Cowley, Butler, Chase, Morris, Wabaunsee, Lyon, Greenwood, Chautauqua, Elk, Montgomery, Woodson, Coffey, Labette, Cherokee, Osage, Anderson, Franklin, Miami, Linn, Neosho, Crawford, Bourbon, Allen.

**Candidates for the Leaders for Tomorrow Representatives** must, as with other candidates, be a current or former consumer of mental health services, live in Kansas and be between 18 and 25 years of age.

All candidates will be introduced at the Annual Meeting beginning at 1:15 pm on Tuesday, June 18. No nominations will be added to the ballot at the conference.

**Voting will be open Tuesday, June 18, from 1:15 pm until 5:00 pm.** Ballot boxes will be conveniently located at the Information table.

# DAY ONE AGENDA

Tuesday, June 18, 2013

9:00 am	Onsite Registration at Best Western North Wichita	
11:00 am	Welcome/Opening Comments	South Atrium
11:15 am	<b>Keynote: Paolo DelVecchio</b> <b>Director - Center for Mental Health Services</b> <b>Substance Abuse and Mental Health Services Administration</b> <b>U.S. Department of Health and Human Services</b>	South Atrium
	Paolo was the first Consumer Affairs Specialist hired in 1995 by SAMHSA.	
12:15 pm	Lunch	South Atrium
1:15 pm	Kansas Consumer Advisory Council for Adult Mental Health, Inc. (CAC) Annual Meeting & Elections: Join the CAC for our annual meeting and elections. This is an opportunity for everyone attending the conference to learn more about what's been happening with CAC over the last year and some plans for the next year. Every consumer who attends the Recovery Conference can vote for representatives on the Board of Directors that represent their region or groups. Names of those on the ballots are in your conference folder. Please see the earlier section in this program with a map of the regions, etc.	South Atrium
2:00 pm	Snack Break	South Atrium
2:30 pm	Workshop Sessions - (5 sessions to choose from) <b><u>Title/Description/Presenter(s)</u></b>	Regency I, II, III, IV, Rm. 154 <b><u>Room</u></b>
❖	<b>Telling Stories: The importance of Trauma Stories to Healing and Recovery</b> What happened to you? This shift in the mental health system, changes the focus from what's wrong to what has happened in our lives. How can we answer that question and what does it mean to those that listen to our story? We will discuss the importance behind sharing trauma stories. <b>Presented by: Christine Young, CPS, Peer Educator, CCSR</b>	<b>Regency I</b>
❖	<b>Healing Inner Stigma by Fighting Negative Thoughts</b> Identify what inner stigma is, and the impact it can have on our lives! Learn how to self-assess inner stigma and begin to heal. Learn to identify negative thoughts and replace them with positive ones, and a positive future! <b>Presenter: Marilyn Marr, Leadership Academy Graduate, Member of Breakthrough Club and Project Independence</b>	<b>Regency II</b>

- ❖ **CRO Roundtable (2 sessions)** **Regency III**  
**By invitation only:** CRO Executive Directors, Board members, staff and supportive partner organizations are invited to a focused discussion for CROs to brainstorm what they need to strengthen their organizations and networks as they work to support their members in enhancing their recovery.  
**Facilitated by Gary Parker, CPS, CAC**

- ❖ **What is the Meaning of Empowerment?** **Regency IV**  
Empowerment is a powerful mechanism in fighting stigma in and around mental health. This workshop explores the meaning of empowerment, its common attributes, and its impact on consumers. Participants will be encouraged to develop a personal working definition of empowerment and discuss how their personal definition will help others discover empowerment.  
**Presenter: Jeremiah Raymo, BSW, CPS**

- ❖ **Feedback on reviewing the Rankin Court Waiting Room Rules** **Regency V**  
Consumer participation is talked about and this is how we have put it into action. Our workshop will provide an outline of the history of participation across the Inner City Health Program, St Vincent’s Hospital, Sydney, Australia. Feedback on reviewing the Rankin Court Waiting Room Rules is one our many projects.  
**Presenters: Douglas Holmes, O’Brien Centre, Consumer Participation Officer**  
**Catherine Andrews, Nursing Unit Manager, Rankin Court**

3:30 pm Short Break

3:45 pm Workshop Sessions 2 Regency I, II, III, IV, V

- Workshop Title, Description and Presenters (5 sessions to choose from)** **Room**
- ❖ **Leadership Academies** **Regency I**  
This is an informational session about the Leadership Academies sponsored by the CAC, including a review of the syllabus and comments from a past graduate. Applications for next year’s class will be distributed.  
**Presenters: Su Budd, CPS, Kansas CAC**
  - ❖ **The Determined Self: Self-Determination in a Post-Recovery World** **Regency II**  
The recovery movement uses the term “self-determination” as if its self explanatory, but it is actually complex with political, cultural and individual meanings. This workshop helps participants work through those complexities for their own recovery.  
**Presenter: Lael Ewy, MFA, CPS**

- ❖ **CRO Roundtable (second half)** **Regency III**  
 CRO Executive Directors, Board members, staff and supportive partner organizations are invited to a focused discussion for CROs to brainstorm what they need to strengthen their organizations and networks as they work to support their members in enhancing their recovery.  
**Facilitated by Gary Parker, CPS, CAC**
  
- ❖ **Empowerment: Moving Forward to a Healthy Recovery** **Regency IV**  
 This workshop will present “Thinking 4 Change”, a program developed and used at P.S. Club, the CRO in Wellington, KS. Participants will learn how to change their thinking patterns to enhance their road to recovery.  
**Presenter: Steven Hunter, P.S. Club Inc.**
  
- ❖ **It’s My Body: Self-inflicted Violence and Trauma** **Regency V**  
 Self-Inflicted violence (SIV) can be reflected in our behaviors. Many of these behaviors can be a way of coping with trauma. We will explore the idea that SIV is an adaptation to trauma through discussion about what it is and how we support peers who experience it. We will also explore some of the myths of SIV.  
**Christine Young, Peer Educator, CCSR**

4:45 p.m.	Break	
6:00 p.m.	Dinner	South Atrium
6:30 pm	Awards Celebration ∞ Leadership Academy Graduations ∞ Awards Presentations	South Atrium
<i>8:00 p.m. – 10:00 p.m.</i>	Phoenix Rising Dance Regency III Games available in the atrium	





# DAY TWO AGENDA

## Wednesday, June 19, 2013

Breakfast is on your own. For those staying in the hotel you are responsible for redeeming your breakfast ticket prior to the keynote.

8:30 am Keynote: Panel of Kansas Consumer Leaders *Best Western South Atrium*  
Share Organizational and Personal Recovery Triumphs  
CRO - Recognition

9:45 am Morning Snack Break/ hotel room check-out

10:30 – 11:30 am Workshop Session III Regency I, II, III, IV, V

**Workshop Title, Description and Presenters (5 sessions to choose from)**

- ❖ **Making Your Voice heard in the Legislative Process** **Regency I**  
The Grassroots Advocacy Networks Kansas Voices for Mental Health represents an opportunity to bring the consumer voice to policymakers at the local, state and federal levels through volunteer legislative district advocates. The goals of the project will be outlined along with an overview of the one day training curriculum.  
**Presenters: Nancy Ross, NAMI Wichita,  
Rick Cagan, NAMI Kansas**
  
- ❖ **Writing For Recovery** **Regency II**  
Writing for Recovery is a way to express yourself through writing poems, or stories and journaling, working through emotions and pain. Participants will learn that through writing you can recover!  
**Rhonda Hearlson, PS Club**
  
- ❖ **CRO Financial Management** **Regency III**  
This workshop will allow participants to share ideas on how money is managed within their perspective CROs. Also, reminders about state allowances regarding mileage/food allowances/per diems will be discussed.  
**Gary J. Parker, CPS**
  
- ❖ **Being Purple in a Sea of Green** **Regency IV**  
**For women only.** This workshop is an interactive, participatory discussion centered around both the false and true kinds of intimacy. The discussion will mostly focus on the difficulties associated with intimacy after sexual abuse, especially truly deep intimacy. Please be aware that the discussions can be emotionally intense.  
**Chris White, Trauma Survivor**

- ❖ **I'm Sick and Tired of Stigma and I Ain't Taking it Anymore: Now is the Time for Action!** **Regency V**  
 Stigma, a symptom of disease in society encourages inequalities and social injustices. Understanding stigmatization empowers against the pain of self-stigma. Exposure to the ten characteristics of "Servant Leadership" unites a collective mission. Guidance for fighting stigma is possible with a "Life Action Plan" which outlines action, service, and results. A "Life Action Plan" empowers peers on a journey of their choice.  
**Presenter: Vicky Lynn Collins, LMSW, CAC Vice-President**

11:45 am                      Lunch    South Atrium

12:45 – 1:45pm              Workshop Session IV      (5sessions to choose from)                      Regency I, II, III, IV, V  
Title, Description and Presenter(s)    Room

- ❖ **Mental Health and Substance Use Disorder Services /KDADS MERGER**    **Regency I**  
 Come learn about the merge of mental health and substance use disorder services at the state level under the Kansas Department for Aging and Disability Services (KDADS) and the potential benefits it will have for consumers.  
**KDADS Staff to be determined**

- ❖ **A Breath of Fresh Air**    **Regency II**  
 Come and hear how SIDE, Inc. started transforming its organization towards a health and wellness focus. We will highlight our "Breath of Fresh Air" support group aimed to get members thinking and aware of the benefits to reduce and/or quit smoking. Resources will be given out to duplicate this group your community. A panel will share experiences of successes and challenges.  
**Presented by: Kathy Washington, Charlotte Morrison and a panel of SIDE Members**

- ❖ **CoAT Workshop**    **Regency III**  
 This workshop introduces the Consumer Audit Tool (CoAT), a consumer led quality improvement process developed by consumers in New South Wales, Australia. People participating in the workshop will have an understanding of what CoAT is and how it has been used to achieve quality improvement in public mental health services.  
**Presented by: Lynda Hennessy, Partner, CoAT Consulting, Australia**  
**Douglas Holmes, Partner, CoAT Consulting, Australia**

- ❖ **Out of Darkness into Delight**    **Regency IV**  
 This is an experiential workshop in which participants share on two (2) areas of trauma healing what coping mechanisms and/or personal medicine allowed them to move forward in the healing journey or process. Sometimes our darkest moments can serve as a springboard for creativity and our own development or growth.  
**Presenters: Chris White,**  
**Priscilla Ridgway**

1:45 – 2:00 pm              Short Break



2:00 – 3:00 pm Workshops Session V (5 sessions to choose from) Regency I, II, III, IV, V

**Title, Description and Presenter(s)**

**Room #**

❖ **Lessons from Down Under**

**Regency I**

This workshop will allow participants to learn what is happening with the mental health consumer movement in Australia and New Zealand.

**Presented by: Gary Parker**

❖ **Promoting Wellness**

**Regency II**

The workshop will survey the link between recovery and wellness of mind and body and will preview a set of online resources to assist individuals in crafting their own wellness plan addressing multiple issues including cardiac disease, metabolic syndrome, type 2 diabetes, smoking cessation substance abuse, healthy eating, exercise and mindfulness.

**Presenters: Mindy Baccus and Eric Harkness**

❖ **Peer Support 101**

**Regency III**

Please join the Peer Educators from WSU Center for Community Support and Research to learn about Peer Support. We will discuss peer support and explore the values. This workshop is for anyone interested in Peer Support, working with a Peer Specialist, or becoming a Peer Specialist.

**Presented by: Christine Young, Peer Educator CCSR, Nancy Jensen, Peer Educator CCSR, and Lael Ewy, Peer Educator CCSR**

❖ **Regency IV -- Staying Active While on Medications**

**Regency IV**

This workshop will promote living a healthy lifestyle while on psychiatric medications, including stopping smoking, eating healthy, etc.

**Presented by: Andrew McCarthy and Donovan Gardner, members of SIDE Inc., and NAMI**

❖ **Partnerships with CROs and CMHCs**

**Regency V**

Members of SIDE and staff from Wyandot Center will discuss the history of our decades old partnership, describe the difficulties and successes we have experienced and share the lessons we have learned about what it takes to sustain a partnership through it all. There will be a Question and Answer session.

**Presenters: Cherie Bledsoe, Executive Director, SIDE, Inc.,  
Simone Gordon, Chair – Board of Directors, SIDE Inc.,  
Denise Baynham, member Board of Directors, SIDE Inc.,  
Sherrie Watkins-Alvey, Service Manager, Wyandot Mental Health Center**

3:00 – 3:15 pm Short Break

3:15 pm Board Recognition/Election Results,  
Remembrance Ceremony,  
Closing/Wrap-Up

South Atrium



# Keynote Speakers



**Paolo del Vecchio, MSW**  
**Director - Center for Mental Health Services**  
**Substance Abuse and Mental Health Services Administration**  
**U.S. Department of Health and Human Services**

Paolo del Vecchio, MSW, is the Director of the Substance Abuse and Mental Health Services Administration (SAMHSA)'s Center for Mental Health Services (CMHS).

SAMHSA is the lead Federal agency designed to reduce the impact of substance abuse and mental illness on America's communities.

Paolo was the first Consumer Affairs Specialist hired in 1995 by SAMHSA. In this capacity, he promoted consumer participation in all aspects of the Center's policies and operations ranging from public education to developing evidence based practices to address the needs of persons with mental illnesses. Those efforts included initiating historic dialogue meetings between consumers/peers and practitioners, regional peer meetings, social inclusion efforts, training programs, and grant development.

A self-identified mental health consumer, trauma survivor, and person in recovery from addictions, Paolo has been involved for over 40 years in behavioral health as a consumer, family member, provider, advocate, and policy maker. He graduated summa cum laude with a master's degree in social work from Temple University, has published widely and is a highly sought after national and international speaker. Paolo has been a leader in many Federal efforts including the Mental Health Statistics Improvement Project Ad-Hoc Advisory Committee, the Federal Advisory Planning Board for the Surgeon General's Report on Mental Health, the HHS Multiple Chronic Conditions and Community Living Initiatives, and numerous others.

**Panel of Kansas Consumers and Consumer Organizations** sharing their stories of resiliency and courage as they overcome adversities, trials and challenges faced through their journey to triumph, victory and hope. Cherie Bledsoe, Assistant Director of KS CAC and Executive Director of SIDE Inc., will moderate the panel of consumer leaders from organizations in the state.



# Awards Recipients

*The Recovery Conference Committee established the following awards to recognize individuals and groups who have made significant contributions to the consumer movement in Kansas. We are pleased to announce this year's recipients. Please be sure to join us on Tuesday evening when we will honor this year's award recipients!*

## **SU & DENNIS BUDD EXEMPLARY LIFE AWARD**

This award was initiated to honor two very special consumers whose leadership and advocacy efforts have shaped the consumer experience in Kansas. This annual award is given to a consumer whose energy and spirit stands out and who encourages and inspires others on their recovery journey. The committee is extremely proud to present this award to two people: **Denise Baynham, CAC President, Assistant Director at SIDE, Inc.** for her continued and selfless devotion to consumers, CROs and improving mental health services in the state and spreading the hope of recovery through all she does, and to **Gary Parker, Executive Director of the Kansas CAC** for his untiring devotion, volunteer work, support of CROs and advocacy for consumers in Kansas and on the national level.

## **CHAMBERLAIN-RAPP EXEMPLARY LEADERSHIP AWARD**

Named after Ronna Chamberlain and Charlie Rapp, professors at the University of Kansas, School of Social Welfare, the Chamberlain-Rapp Exemplary Leadership Award is given annually to a mental health provider who has exhibited outstanding leadership skills on behalf of Kansas consumers and the recovery movement in the state. We are pleased to announce **Kristina Fouquet** as recipient of this award for her work at the Mental Health Association of South Central Kansas for her outstanding work with hiring and maintaining Certified Peer Specialists.

## **INNOVATIVE PROGRAM AWARD**

This award recognizes a program that is “cutting edge” and enhances recovery. Programs eligible must meet the following criteria: Must have originated in Kansas, be initiated within the past two (2) years, focus upon enhancing recovery, and be worthy of upholding as a model. We are very proud to be presenting this year's award to **Hope Through Faith – A support group for Catholic Adults with mental illness** begun as a Leadership Academy project by **Joan Frazier**, member of Project Independence. This project has continued for a year and expanded.

## **UNITY AWARD**

This award is presented to one or more groups and/or individuals who have shown exemplary efforts in their willingness to unite consumers and non-consumers, enhancing recovery in a cooperative manner. This year's award is presented to **Tim DeWeese, CSS Director, Johnson County Mental Health Center.** Tim has always been supportive of consumer initiatives including Certified Peer Specialists, Common Ground, Kansas Consumer Advisory Council for Adult Mental Health, Inc. Leadership Academy and is always willing to bridge the divide between consumers and providers.

## **HEIDI BRANDENBERGER SERVANT LEADERSHIP AWARD**

This annual award is in honor of a very special person whose selfless work behind the scenes, available shoulder to lean on, and unwavering devotion to the consumer movement, has helped many on their recovery journey. This year's award is presented to **Gina Anderson, Executive Director of High Plains Independence Inc.**

# Thank You to all those who submitted art!

Please see the entries scattered throughout the program and on this page.

**Congratulations to Becky Poe** for winning the logo contest and whose art appears as the logo for the conference on the front cover of this program and on the bags and t-shirts!



This conference made possible by the following organizations:



**Kansas Consumer  
Advisory Council  
for Adult Mental Health, Inc.**



**WICHITA STATE  
UNIVERSITY**

**CENTER FOR COMMUNITY SUPPORT  
AND RESEARCH**