

# 2017 Kansas Recovery Conference



## Best Western Inn and Suites Wichita North



## Welcome to the 2017 Kansas Recovery Conference

Ad Astra Per Aspera Survive and Thrive!

The Kansas Consumer Advisory Council for Adult Mental Health, Inc. (KS CAC) extends a special thanks to everyone for making the special effort to attend this year!

The CAC thanks the Kansas Consumer Run Organizations (CROs), the Best Western Wichita North Hotel and Suites, Envision Print and all of the exhibitors and workshop presenters for making the conference a reality. We would also like to thank WSU for providing support to the CAC staff and Board of Directors, and to Kansas Department of Aging and Disability Services (KDADS) for their support to consumers in the state.

As many of you know there have been many changes in mental/behavioral health funding but we are surviving and thriving! We hope that you gain knowledge and understanding from the variety of workshops that will help you be successful in furthering your recovery!

Another change that the CAC sadly has to announce is the retirement of our Executive Director, Gary Parker, who has served with unselfish dedication for 17 years. Gary has always given his personal time and resources to the CAC, the conference and consumers in Kansas. We thank you for all of your dedicated service. Gary inspires so many of us in our recovery journeys. We will certainly miss him! He is irreplaceable! We still hope he will keep in contact and return to inspire and support us at future conferences.

Thanks again and we hope to see you all next year at the 2018 conference!

Sincerely,

*Carol Hewitt*

Carol Hewitt

President,



Kansas Consumer Advisory Council  
for Adult Mental Health, Inc.

# General Information

## **HOTEL CHECK-IN AND CHECK OUT**

Check-in time is after 3:00 pm at the hotel front desk. You will then receive your room number, key, and breakfast ticket. You must **check out at the front desk by 11:00 am 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.

## **INFORMATION BOOTH**

The information booth has 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. Volunteers will be wearing purple ribbons.

## **FIRST AID**

There is not a nurse contracted for the conference. Neither the hotel nor CAC can provide medications like Tylenol, Aspirin, allergy medications, etc...

## **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 1 and 2, Dual Diagnosis, and Urban CROs. Voting will take place on Tuesday, after the CAC annual meeting at 1:15 pm until 5:00 p.m. Ballots, other information about the election and a ballot box will be conveniently located at the Information Table. In order to vote you must live in the region 1 or 2, have a dual diagnosis, or be a member of an urban CRO. All voters must be consumers.

## **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.

### **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.

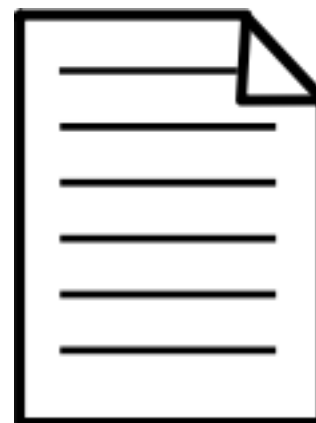
### **EVALUATIONS**

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 2018 Recovery Conference.

**REMINDER: NO WEAPONS (I.E. GUNS, KNIVES, ETC.) WILL BE ALLOWED AT THE RECOVERY 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 information table in the Exhibit Area for information on local groups.



# 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 14 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 1, Region 2, Dual Diagnosis and Urban CROs.

**Candidates for Region 1** must be a resident of one of the following counties in Kansas: Cheyenne, Decatur, Ellis, Graham, Ness, Norton, Osborne, Phillips, Rawlins, Rooks, Rush, Russell, Sheridan, Sherman, Smith, Thomas, Trego, Wallace and Wells.

**Candidates for Region 2** must be a resident of one the following counties in Kansas: Clay, Cloud, Dickinson, Ellsworth, Geary, Jewell, Lincoln, Marshall, Mitchell, Ottawa, Patowatomie, Republic, Riley, Saline and Washington.

**Candidates for Dual Diagnosis Representative** must, as with other candidates, be a current or former consumer of mental health services, live in Kansas and have a dual diagnosis (substance use and mental health).

**Candidates for the Urban CROs Representative** must be member in good standing at an Urban CRO. Urban CROs include Caring Place, Project Independence, S.I.D.E., Sunshine Connection, Recovery and Hope Network (RAHN), Morning Star and Journey to Recovery.

All candidates will be introduced at the Annual Meeting beginning at 2:15 pm on Tuesday, June 13. No nominations will be added to the ballot at the conference.

**Voting will be open Tuesday, June 13, from 3:00 pm until 5:00 pm.** Ballot boxes will be conveniently located at the Information table.



# DAY ONE AGENDA

## Tuesday, June 13, 2017

11:00 am	Onsite Registration Begins at Best Western North Wichita	North Atrium
1:00 pm	Welcome/Opening Comments	South Atrium
1:15 pm	<b>Keynote Speaker: Keris Myrick</b> <b>SAMHSA, Director Office of Consumer Affairs</b>	South Atrium
2:15 pm	<b>Kansas Consumer Advisory Council for Adult Mental Health, Inc. (CAC)</b> <b>Annual Meeting &amp; Elections:</b> 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 list of counties in each region, etc.	South Atrium

3:00 pm      Break

**3:15 pm      Workshop Sessions – Choose from 4 sessions      Location**

- i.    Moving the Needle- Engage in a Movement to End Tobacco Use      Regency I**

For persons living with behavioral health conditions, tobacco treatment services can be difficult to access. Prairie View and Breakthrough Club with support from the Kansas Health Foundation are working to provide tobacco treatment services to this underserved population. We invite you to help move the tobacco treatment needle!

**Kaely Regier, BS HSMCD**  
**Marty Quy, BS ED**
  
- ii.    Entrepreneurship Business Contest      Regency II**

Interactive workshop with practical sessions and exercises designed to learn about social entrepreneurship, business models and scalability, earned income vs grant income, and other diverse funding streams.

**Corinna West**



iii. **Crisis Intervention Teams (CIT)** **Regency III**  
 Crisis Intervention Teams are a first responder model comprised of law enforcement, mental health care providers, advocacy partnerships, and the community. CIT is a program designed to assist trained law enforcement to recognize individuals in a mental health crisis, use learned tools to de-escalate situations, and connect individuals in crisis to needed services and possibly avoid interaction with the criminal justice system.  
**Ron Jeanneret**  
**Charles Bartlett**

iv. **Cultural Competency as Organizational Change** **South Atrium**  
 Cultural competency is a worthy goal, but what does it mean for organizations? What does it mean for consumers? This workshop engages participants in activities and critical discussion highlighting how working in a culturally appropriate way changes organizations and the way people engage in recovery.  
**Lael Ewy, MFA, CPS**

4:15 pm      Break

**4:30pm Workshop Sessions – Choose from 4 sessions** **Location**

i. **Autogenic Training Meditation** **Regency I**  
 Learn about the benefits of this specific type of meditation through viewing audio and group discussion.  
**Andrew McCarthy, Turning Point**  
**Dee Hinton**

ii. **Understanding Schizophrenia** **Regency II**  
 Informative workshop to discuss signs and symptoms of schizophrenia. Leader will share her story and welcomes any consumers who would also like to share their stories.  
**Denise Baynham, SIDE, INC.**      **Cindy Pokrywka, SIDE, INC.**

iii. **Does Your CRO Need a Tune-Up?** **Regency III**  
 Presentation by executive directors describing their experiences operating a consumer run organization. Topics include knowing how to handle day to day problems that arise and fighting stigma and discrimination inside and out of CRO's.  
**Sandy Dewitt, CPS, Journey to Recovery**  
**Gina Anderson, CPS, High Plains Independence**

iv. **Beyond "Acceptance": Envisioning a World On the Other Side of Stigma and Discrimination** **South Atrium**  
 WE ARE THE EVIDENCE. Research shows that reinforcing the "illness" idea also reinforces stigma and the idea that recovery is not possible. This workshop explores why that is and engages participants in "being the change" by developing positive messages of recovery to "reframe" discriminatory thinking so we can all thrive.  
**William Welch, CPS, KPM**      **Lael Ewy, MFA, CPS**

5:30 – 6:00 p.m.	Break – check-in hotel –then unwind/relax or enjoy friends before dinner	
6:00 p.m.	Dinner	South Atrium
6:30 pm	Awards Celebration CRO Recognition	South Atrium
8:00 p.m. – 10:00 p.m.	Dance - DJ and Snacks	Regency III





## DAY TWO AGENDA

### Wednesday, June 14, 2016

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

8:00 – 8:45 am	Check out of Rooms	
9:00 am	Morning Announcements	South Atrium
9:15 am	<b>Keynote Speaker: Donovan Gardner</b>	<b>South Atrium</b>
<b>10:30 am</b>	<b>Workshop Sessions (3 sessions to choose from)</b>	<b>Location</b>
i.	<b><u>Sharing Culture to Connect with Providers to Access to Children’s Services</u></b>	<b>Regency I</b>
	<p>This workshop will present the Keys curriculum designed to teach Kansas parents the strategies and techniques of connecting with providers whose culture often includes beliefs, values, and experiences very different than their own. Keys developers will invite participants to critique the curriculum and advise development to meet the needs of parents who are also consumers of substance use and/or mental health disorders.</p> <p><b>Jane Adams, Ph.D., Executive Director, Keys for Networking</b>  <b>Darrin Challacombe, ABA, Curriculum Development Specialist, Keys for Networking</b></p>	
ii.	<b><u>Writing Wrongs</u></b>	<b>Regency III</b>
	<p>This is an interactive workshop designed to educate participants on using writing and the arts to work through the trauma recovery process. Writing to Heal has been used as a tool for people suffering with addiction issues, mental health issues, and mild intellectual disabilities to help with processing many of the things that have happened during the course of their lives.</p> <p><b>Sheri Hall – Writing Wrongs CRO, Kansas City, MO</b></p>	
iii.	<b><u>Recovery Sticks Project</u></b>	<b>South Atrium</b>
	<p>Participants will create “Recovery Sticks” with the opportunity to share/express their ideas/meanings to those attending. This will be a very informal, but participatory workshop.</p> <p><b>Gary J. Parker, CPS</b></p>	
11:30 am	Break Time	
11:45 am	Lunch	South Atrium

**12:45 pm      Workshop Sessions (choose 1 of the 3)      Location**

- i.      Recovery from Tornadoes      Regency II**  
Shelly shares her recovery story of surviving an EF5 tornado. She will also share information on where to go for shelter, how to prepare for tornado straight winds, and what to pack in preparation for warnings.  
**Shelly McNutt**
- ii.      Introduction to Aggression Replacement Training      Regency III**  
This workshop will discuss the Aggression Replacement Training curriculum. The main subject will be the “Anger Control Cycle” with a focus on its 8 components such as “Triggers, Cues, Thinking Ahead, and Self-Evaluation.” Participants will gain an understanding of the curriculum and skills to take with them to reduce anger.  
**Samantha Gulick**  
**Carol Hewitt, CPS**
- ii.      “We don’t know what we don’t know      South Atrium**  
People are aware of the data related to problem gambling, substance abuse, suicide, and other behavioral health challenges. We understand the benefits of implementing evidence-based strategies to prevent and lower the risk of harm. And, we don’t have THE only answer. Join us to talk about how to improve prevention in Kansas.  
**Jane Adams, Ph.D., Executive Director, Keys for Networking**  
**Bob Hedberg, DCCCA**  
**Chad Childs, Community Engagement Institute**

1:45      Short Break

**2:00      Workshops Session V (4 sessions to choose from)      Location**

- i.      Listening Session with Lael and Simon      Regency I**  
Join us on our listening tour for our new system of care grant! Many of us identify as having been youth who struggled with mental health and many of us also identify as family members of those who struggle. We are seeking perspectives from youth and their families on access to mental health services in Kansas.  
**Lael Ewy, MFA, CPS**  
**Simon Messmer, MSW, CPS**
- ii.      Relaxation Through Art/Recovery      Regency II**  
This workshop will share how using art in various forms such as painting, drawing, or coloring are ways to use coping skills to manage mental health symptoms and the stressors of life.  
**Marca Zachary, Volunteer Art Facilitator at S.I.D.E.**  
**Ike Harland**

iii. **Coordinated Specialty Initiatives for First Episode Psychosis:**

**Regency III**

**One Community Story**

Learn about Wyandot Center’s Early Intervention Team’s journey to implementation and evolution of their program. The hope-inspired research compelled this team to share resources and knowledge across the State of Kansas. Research shows greater symptom improvement, fewer hospitalizations, and more school and work participation compared to traditional treatment methods.

**Tonya Mangold, LMSW, Manager of Young Adult and Early Intervention Teams**

**Jennifer Krehbiel, LPC, Early Intervention Team Leader**

**Chelsea Harrington, LBSW, KU-MSW Intern**

**Claire Jehle, Case Manager**

iv. **Poetry Slam for Young Adults**

**South Atrium**

This will be an open microphone and poetry slam for anyone who wants to participate. Presenters may be self-advocates, in recovery, or a family member.

**Annette Billings, CRO, Poetry for Personal Power**

**Sara Glass, CRO, Poetry for Personal Power**

**Desmond Bryant, CRO, Poetry for Personal Power**

3:00 – 3:15 pm      Short Break

3:15 pm      *Leadership Academy Recognition*      *South Atrium*  
*CAC Election Results, Board Recognition*  
*Closing*  
*Remembrance Ceremony*

**Thanks for joining us for the**  
**2017 Recovery Conference!**  
**We look forward to seeing you next year!!**

# Keynote Speakers



## Keris Myrick

**Office of Consumer Affairs,  
Substance Abuse Mental Health  
Services Administration (SAMHSA)**

Keris Jän Myrick is the Director of the Office of Consumer Affairs for the Center for Mental Health Services (CMHS) of the Substance Abuse and Mental Health Services Administration (SAMHSA). Ms. Myrick is a leading mental health advocate and executive, known for her innovative and inclusive approach to mental health reform and the public disclosure of her personal story. Previously, Ms. Myrick was President and CEO of Project Return Peer Support Network, a Los Angeles-based, peer-run nonprofit, which manages over 150 self-help groups in Los Angeles County, a peer-staffed Warm Line, a Spanish language community resource center and peer run crisis respite house. She was the President of the board of the National Alliance on Mental Illness (NAMI).

Ms. Myrick's is featured in the CalMHSA documentary *A New State of Mind: Ending the Stigma of Mental Illness* and her personal story was featured in the *New York Times* series: *Lives Restored*, which told the personal narratives of several successful professionals living with mental health issues. Ms. Myrick's belief in the strength of relationships to aid in recovery was featured in an interview in the *Psychiatric Times: Advocate Attributes Recovery to Strength of Therapeutic Alliance* and in the *Los Angeles Times*. With her unique combination of executive skills and personal lived experience in the mental health system, Ms. Myrick is an in-demand national trainer and keynote speaker. She is known for her collaborative style and innovative "whole person" approach to mental health care.

Ms. Myrick has a Master of Science degree in organizational psychology from the California School of Professional Psychology of Alliant International University. Her Master of Business Administration degree, with an emphasis on marketing, is from Case Western Reserve University.



## **Donovan Gardner**

**Peer Support Specialist, S.I.D.E.**

Donovan Gardner presently works as a Peer Support Specialist for S.I.D.E. (Socialization, Interdependent, Development, and Empowerment) of Kansas City, Kansas. He has spoken and done trainings in over 100 different venues which include government agencies, Police Crisis Intervention trainings, churches, legislative bodies, radio shows, and a documentary which has been shown to audiences around the United States just to name a few places. He is a child of God and is passionate about his work educating people about mental health issues.

**The CAC would like to thank Keris Myrick  
and Donovan Gardner for being keynote  
speakers at the 2017 Recovery Conference!**



## **SPONSORSHIP OPPORTUNITIES**

Each year the Recovery Conference sees over 200 peers from across the state of Kansas who come together to celebrate recovery during the two day event with educational workshops, award ceremonies and more! You can help us continue to make sure this conference continues to be a possibility by becoming a sponsor. We offer several sponsorship packages listed below.

### **Bronze Package**

- \*Priority exhibit placement (6' x 24" draped table with two chairs)
- \*Conference attendee list with contact information emailed after the conference
- \*Posted sponsorship signage at registration
- \*Listing with active link to sponsor's website on conference home page
- \*Half-page advertisement in conference program

### **Silver Package**

- \*Bronze package benefits plus the following:
- \*(2) complimentary conference registrations
- \*Logo featured on partner webpage
- \*(2) 6' x 24" draped tables (if desired)
- \*One insert for onsite attendee bag

### **Gold Package**

- \*Bronze and Silver packages plus the following:
- \*(2) complimentary conference registrations
- \*Logo featured on CAC's website homepage and partner page

## **WHY SPONSOR RECOVERY CONFERENCE?**

- \*Opportunity to build and increase brand awareness through exposure before, during and after the event.
- \*Chance to capitalize on a prospect-rich environment for new products and services
- \*Ability to attend content-rich conference sessions.
- \*Ability to reach a targeted market of prospects.
- \*Affiliation with the organization that is dedicated to improving the lives of people with psychiatric disabilities.

For more information contact Melissa Patrick at (316) 312-3479 or [melissapattick@kansascac.org](mailto:melissapattick@kansascac.org)