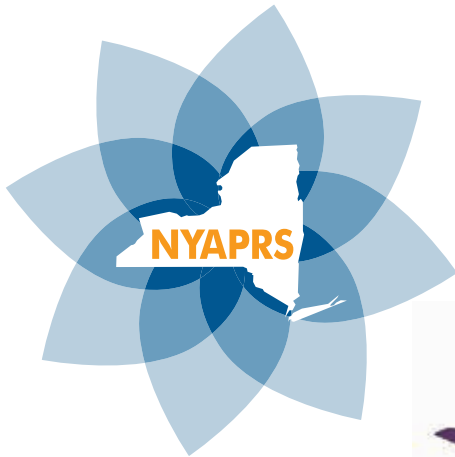




New York Association of Psychiatric Rehabilitation Services



*Collective*

Recovery • Rehabilitation • Rights



*Promoting Effective*

*Service Design and Delivery*

*that advances people's and program recovery outcomes*

*A project of NYAPRS with support from the  
New York State Office of Mental Health*

# inspire guide transform

## Who we are...

The NYAPRS Collective is a team dedicated to increasing organizational and program level systems transformation among OMH licensed or funded programs through intensive, on-site training and technical assistance. The Collective works with agency administrators, program managers and direct care professionals to assist you in implementing recovery focused evidence based practices. We create a learning environment that challenges mindset, strengthens skills and builds a foundation for recovery through the partnering of practitioners and peers. Our training and technical assistance initiatives are offered at your site and are individualized to meet your specific program needs.

**Training and Technical Assistance provided on-site at no cost to OMH licensed or funded programs!**



**NYAPRS is proud to offer CEU hours for Social Work, CPRP and CRCC.  
Please inquire with the Training Facilitator of your region for more information.**

**New York Association of Psychiatric Rehabilitation Services, Inc., (NYAPRS) SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0253**

# Training Services

## Recovery Series

### *Looking Through the Recovery Lens*

There's power in recovery-based service provision. Recovery happens and this training explores how research proves it, how people with personal experience live it, how relationships can nurture it and how skills can foster it.

2.0 Social Work CE

### *Recovery Oriented Program Design*

Bring a recovery oriented, person-centered and culturally competent approach to your practice. This training allows you to look at your program culture and stimulate ideas for possible changes to a more recovery focused design.



### *Building Recovery Relationships*

Let us demonstrate what research has proven: the biggest factor in supporting individuals in the recovery journey is the relationship with someone who believes in them. Learn how to create relationships of mutual respect that emphasize choice and the dignity of risk.

## Cultural Competency Series

### *Cultural Competency I: Infusing Into Practice*

Understand foundational concepts of cultural competence and develop your consciousness about culture. Assure your organization's understanding of and ability to meet Culturally and Linguistically Appropriate Services (CLAS) standards and... much more!

2.0 Social Work CE

### *Cultural Competency II: LGBTQ Awareness*

This workshop, our second in our Cultural Competency series, provides education for organizations to become inclusive of and accessible to people of the LGBTQ community. Language and terminology are reviewed along with concerns, needs and expectations of the community. Ensure competent and thoughtful conduct and accommodations throughout your agency.

## Management Series

### *Creating a Team Wellness Recovery Action Plan®*

A team WRAP® helps staff members to identify stressors that can lead to job burnout, impact the quality of service delivery and damage team cohesion. Learn how this approach to wellness can help your team energize, refocus and repurpose.

### *Counteracting Provider Burnout*

Compassion Fatigue is an increasing concern in mental health provider organizations. This workshop reviews a variety of issues associated with staff burnout and assists organizations in identifying compassion fatigue and creating strategies to increase staff wellness, reduce burnout and ultimately reduce staff turnover.

2.0 Social Work CE

### *Strength-Based Supervision*

Supervision is critical for effective care, staff morale, and organizational outcomes. This training supports supervisors to understand their role, learn the skills for effective supervision, and how to support, guide and motivate their staff.

1.5 Social Work CE

### *Transforming Your Program: Creating and Sustaining a Recovery Culture Change*

Organizational success relies heavily on the success of their supervisors. They are the glue between executive leadership and staff. The Supervisor's role is dynamic with both management and clinical responsibilities and is the backbone of successful culture change. This training will focus on middle managers and how they can use their unique roles to create and sustain a culture of recovery in their programs.

1.5 Social Work CE

**Stay Tuned for Additional Workshops for 2018**



## Practice Series

### *Wellness Recovery Action Planning®*

Learn about an evidenced-based approach to health, wellness, and healing. WRAP® helps an individual develop inexpensive, simple, and safe self-help strategies to guide daily living and recovery.

2.0 Social Work CE

## Practice Series continued...

### *Building Partnerships thru Advance Directives*

A Psychiatric Advance Directive (PAD) is an instruction to be followed when a person isn't capable of making decisions regarding her/his physical or mental health treatment. Learn your responsibilities and the rights of people who create a PAD. Learn to use a PAD as an empowering wellness tool.

1.5 Social Work CE

### *Integrating Person Centeredness in Day-to-Day Practices*

Learn about nationally recognized person-centered approaches and how to implement them in your practice. Develop strong collaborations with those you serve, while better understanding their hopes and needs. Support people to set meaningful goals and offer interventions that are driven by them.

2.0 Social Work CE

### *Holistic Approaches to Managing Intense Emotions*

Learn how coping skills empower you and help in your quest for self-mastery. Experience five senses work, mind-body work, breathing techniques, and other highly effective skills for managing intense emotions. Participants will find these tools helpful for themselves as well as the people that they serve.

2.0 Social Work CE

### *Recovery thru Person-Centered Treatment Planning*

Documentation can often be the most difficult part of our jobs. This training addresses a theoretical framework around documenting medical necessity in a person-centered way. Participants will be actively engaged in practical exercises to stimulate discussion and gain familiarity with the PROS standards of care and other related resources.

2.0 Social Work CE

### *Recovery Through Group Process*

Group Work is on the rise. It can facilitate recovery by setting up a safe environment for sharing and it also allows more practitioners and participants to work together. As a result, many practitioners find themselves facilitating groups without adequate Group Work training. This training will provide an in-depth review of Group Work, the history, process and the provider skills necessary to facilitate meaningful groups that assist people in achieving their goals.

2.0 Social Work CE

### *Successful Engagement Practices: Enhancing Skills to Support Motivation & Engagement*

Successfully engaging with participants is a critical part of our work as it is critical for their success. Yet, these vital skills are rarely taught. Ever notice that some people have that special 'something' that engages people? This workshop will focus on enhancing provider skills to develop an atmosphere that encourage participant motivation and engagement. You will learn the specific skills needed for successful participant engagement.

2.0 Social Work CE

### *Trauma Informed Care I: Creating Environments that Heal*

Learn about adverse childhood experiences and their consequences later in life including the harmful impact on physical and mental health. Explore key features of a trauma sensitive culture you can incorporate to support your program's ongoing development.

2.0 Social Work CE

### *Trauma-Informed Care II: Program Implementation*

Implementation of trauma-informed practices is attainable. This workshop will review the implementation process to include an organizational self-assessment and the steps to infusing the trauma-informed care practices into your organization.

2.0 Social Work CE



## Employment Series

### *Creating a Culture of Employment and Economic Self-Sufficiency*

Increasing empowerment and independence is the backbone of quality mental health services. Research shows a direct correlation between employment and recovery. Employment is an attainable life-role goal and community mental health providers can support clients to attain it by creating a culture that supports and nurtures it. This workshop will assist providers in creating a culture of employment that increases employment outcomes and supports people to realize their goals.

2.0 Social Work CE

### *Debunking Benefit Myths: Your Way back to Employment*

One of the most basic reasons why people with mental health issues don't return to work is the concern that they will lose their benefits. This training will set the record straight. Thousands of individuals are going back to work and either keeping or replacing their benefits. This fact filled training can help you get people back toward employment.

### *Creative Solutions to Overcoming Employment Barriers*

Oftentimes we find ourselves working with people with significant barriers to employment – a felony, lack of education, and poor work history are just a few examples. People's employment success depends more on their ability to learn how to be their own Career Developer than for staff to do that for them. In this workshop you will learn strategies for helping people find work because the people that get jobs are the people that know the most about getting hired.

### *Making Employment Work*

Are you working with people that can find a job but have trouble keeping it? This training focuses on how important a job accommodation is and how it can lead to having more success and better retention rates on the job.

### *Using Social Capital to Improve Outcomes*

Social capital works! This workshop will focus on the concept of social capital and its effectiveness in helping people gain employment. Learn how to deploy this powerful tool to help improve employment outcomes.

### *We Can Save: Learning the ROPES*

Instructional designers are always looking to identify exemplary models to follow when designing any type of instruction. This workshop offers a very easy-to-learn method that many have found useful in facilitating courses. Learn the ROPES communication model of instruction for effective teaching and helping people achieve their employment and self-sufficiency goals.

### *Multiple Pathways to Employment*

Too often when thinking about employment, we are limited by others ideas about how one should "look" for employment. The traditional route for employment is not for everyone. Learn the importance of understanding your skill sets, strengths, and abilities so if the economy is bad or you're having trouble "finding" a job, you can use other means to become self-employed and discover the multiple pathways to finding the job you love.

### *Engaging Job Seekers with Significant Barriers*

There are debates on whether poverty causes psychiatric disability, or psychiatric disability causes people to become impoverished, or both. Poverty and economic dependency constitute barriers to rehabilitation and recovery. This workshop will examine the challenges that individuals face when looking for employment and will give providers motivational tools that help support individuals to move forward along the employment continuum.

### *Engagement Strategies for PROS: How to build your SSD and ORS Services*

Many PROS agencies are struggling with the idea of structured skill development and how to engage participants in ORS Services. This training will illustrate how to set-up a strong structured skill development component that will be a pathway to better employment outcomes. The training will also offer engagement strategies to "beef up" your ORS.

**If you are interested in a specific topic that you do not see here, please contact Ruth at [ruthcw@nyaprs.org](mailto:ruthcw@nyaprs.org) and we'll work to build your training.**

# Technical Assistance

## PROS Implementation Technical Assistance

Our PROS TA is designed to maximize your success and show fidelity to the model while maximizing revenue and ensure long-term viability. We will assess strengths and barriers and suggest strategies for a successful transition.

## Organizational Change Technical Assistance

Moving towards a recovery focused practice requires many changes for participants, staff, managers and agency executives. The transformation requires organizations to shift their culture and their practices as well. Exploration involves everything from agency mission to policies and procedures. Our Director of Systems Transformation will work with your executive team to assure that your organization is well positioned and supported as you move towards recovery based service provision.



*inspire*  
*guide*  
*transform*

A graphic consisting of three words in a light blue, cursive font: "inspire", "guide", and "transform". A thick yellow arrow starts at the end of "inspire", loops around "guide", and points towards "transform".

## Recovery-Oriented Service Provision

NYAPRS staff can assist key management personnel to develop strategies that create a process of transformative culture change. Move your organization to become a fully committed recovery-based service provider, increasing opportunities for participants to grow and recapture valued community roles. Be effective and efficient in providing services that work.

# Contact

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## *Here's what providers have said about us...*

*"Finally, a training that makes sense and I can adapt to my work!"*

*"Thank you so much for the training you provided. Our staff feel very comfortable opening up when you lead the trainings. The questions you raised about how best to engage people with different backgrounds were very helpful in focusing our work."*

*"You are knowledgeable, insightful, and have a natural way of communicating and teaching that I admire. Thank you for sharing your talent with us."*

*"Fantastic presentation with fresh and cutting-edge information shared. Presenter came across highly knowledgeable and with extensive experience in varying areas of employment services. Excellent!"*

*"This was an excellent workshop...the best that I attended."*

*"What great information and the presenter prompted me to thinking in a grander scale. I left with a good sense of knowledge that will be utilized to think creatively in providing services and practice."*



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**STAFF TRAINING**  
**TECHNICAL ASSISTANCE**  
**PROGRAM DEVELOPMENT AND REDESIGN**  
**EFFECTIVE AND EFFICIENT SERVICE DELIVERY**  
**SUPPORTING SUCCESSFUL INDIVIDUAL AND PROGRAM OUTCOMES**

