

**PRELIMINARY SCHEDULE**  
*Subject to Change – Updated 09/25/09*

**ALTERNATIVES CONFERENCE 2009**  
**OCTOBER 28 – NOVEMBER 2**  
**OMAHA, NE**

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**WEDNESDAY, OCTOBER 28, 2009**

2:00 p.m. – 6:00 p.m. **Registration Open**

2:00 p.m. – 6:00 p.m. **Drop-In/Creativity Center**

2:00 p.m. – 6:00 p.m. **Nebraska Room**

6:00 p.m. – 9:00 p.m. **Support Suite**

6:30 p.m. – 9:00 p.m. – **Opening Ceremony/Plenary Dinner**

- **Welcome to Alternatives 2009** - Joseph Rogers, Executive Director, National Mental Health Consumers' Self-Help Clearinghouse
  - **Welcome to Nebraska** - Scot Adams, Ph.D., Director, Division of Behavioral Health, Nebraska Department of Health and Human Services
  - **Introduction of Keynote Speaker** - Joseph Rogers, Executive Director, National Mental Health Consumers' Self-Help Clearinghouse
  - **Keynote Address by the Director of the Center for Mental Health Services, Substance Abuse and Mental Health Services Administration** - A. Kathryn Power, M.Ed., Director, Center for Mental Health Services, Substance and Abuse Mental Health Services Administration
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**THURSDAY, OCTOBER 29, 2009**

6:30 a.m. – 5:00 p.m. **Meditation Room**

7:00 a.m. – 8:30 a.m. **Breakfast**

7:30 a.m. – 5:00 p.m. **Registration Open**

8:00 a.m. – 6:00 p.m. **Nebraska Room**

8:30 a.m. – 9:30 a.m. **Welcome Session**

**Keynote: “Stand Up for Mental Health: Using Humor to Fight Stigma!”** - Presenter: David Granirer

9:00 a.m. – 9:00 p.m. **Drop-in/Creativity Center**

10:00 a.m. – 10:00 p.m. **Support Suite**

**10:00 a.m. - 11:30 a.m. WORKSHOPS**

- **Development of Consumer Leadership for a Behavioral Health Medicaid Program** - Presenters: Saya Krebs, Laura Thomas, James Schuster

- **Improving Health & Wellness in Peer Support Settings** - Presenters: Peggy Swarbrick, Jay Yudof, Laura Yudof
- **Restraint: Treatment or Trauma?** - Presenters: Lisa St. George, Michelle Bloss, Shannon Jaccard
- **Collaborative Arts Workshop: Harmonizing Your Creativity with Others** - Presenters: Chaya Grossberg, Leah Harris, Lauren Spiro
- **The Glass Closet: Why Being Out Is Not Enough for Transgender Persons** - Presenter: Monica Stevens
- **Hope's Door: Stepping into Wholeness** - Presenters: Ann Rider, Randy Horton
- **Connecting Inpatient and Community-Based Peers: A Movement to Inspire Hope** - Presenters: April Wilson, John Garafano
- **Systems Advocacy 101** - Presenters: Debbie Plotnick, Corey Rogers
- **The CMHS National GAINS Center Consumer Perspectives Exhibit in Our Own Words: Our Experience with Mental Illness in the Criminal Justice System** - Presenter: Latrease Moore

11:30 a.m. – 5:30 p.m. **Exhibits Art Display Open**

**12:00 p.m. – 1:15 p.m. THURSDAY LUNCHEON**

**Virtual Arts Show**

**Howie the Harp Arts Award** . . . presented by Gayle Bluebird

**Music** by Mike Skinner

**Poem** read by Leah Harris

1:30 p.m. – 8:00 p.m. **Health and Wellness Fair**

**1:30 p.m. – 3:00 p.m. WORKSHOPS**

- **Empowering Lifestyle Change Through Alternative and Complementary Practices** - Presenters: Elizabeth Bartholomew, John Garafano
- **Chop Wood, Carry Water: Mindful Leadership** - Presenter: Constance Downey
- **From Incarceration to Community; Peer Run Re-Entry** - Presenter: Ellen Healion
- **Empowerment Through Voting** - Presenters: Mary Angus, Kathy Hoell
- **Systems Transformation Through Systems Advocacy** - Presenter: Kathy Cascio
- **Steps to Wellness: A Manual for Building Community Supports** - Presenters: Walter Hudson; Jane Winterling
- **The Peer Engagement Model** - Presenters: Steve Miccio, Kasey Moyer
- **Politics Is Not a Spectator Sport** - Presenter: Marty Raaymakers
- **Ending Self Stigma: A New Class for Consumers** - Presenters: Alicia Lucksted, Amy Drapalski, Christine Calmes, Courtney Forbes, Bruce DeForge, Jennifer Boyd

**2:00 p.m. - 5:30 p.m. INSTITUTES**

- **Trauma-Informed Peer Support and Crisis Alternatives** - Presenter: Delphine Brody
- **A Multicultural Approach to Spirituality and Recovery** - Presenters: Edward Knight, Peter Ashenden, Ron Morton, Clarence Jordan

**3:30 p.m. – 5:00 p.m. WORKSHOPS**

- **The UPenn Collaborative's Research on the Roles of Peer Specialists** - Presenters: Jonathan David, Cherie Bledsoe, Glenn Koons, Edward Schwenk
- **Building the Research Base for Peer-Led Services: Ohio Statewide WRAP Study** - Presenters: Carol Bailey Floyd, Judith Cook, Ph.D.
- **Recovery Dialogues: Part 1: Finding Common Ground and Creating Change** - Presenters: Carol Gapski, Dan Fisher, Elizabeth Whitney
- **Collective Trauma or Collective Growth? – Using Client Politics to Heal** - Presenter: Richard Krzyzanowski

- **Recovery: Opportunities and Challenges in Working with Deaf Individuals** - Presenter: Rachel Ann Klein
- **PAIMI Councils: A Useful Tool for Advocacy and Change** - Presenters: Byron Stith, Yvette Sangster
- **Slaying the Dragon of Apathy: Creating Real Change Through Consumer-Written and Consumer-Implemented Legislation Creating Consumer-Run Organizations in Washington State** - Presenters: Stephanie Lane, Sue Allen
- **Healing with Happiness, Moments of Joy, and Nurture with Nature** - Presenters: John Aldam, Can Truong
- **Shake It OUT For Change: E/Quality for Lesbian, Gay, Bisexual and Transgender Peers** Presenter: Mark A. Davis
- **Advocacy and Rights: History and Practice** - Presenter: Joseph Rogers
- **The Beat of Heartland CIT: How Consumers are the Heart of Change in Crisis Intervention Team (CIT) Training** - Presenters: Aimee Folker, Jason Vance, Michael O'Meara, Norma Schaffer

### 7:00 p.m. – 8:30 p.m. CAUCUSES

- **Center for Mental Health Services (CMHS) Caucus** - Facilitators: Risa Fox and Paolo del Vecchio, Substance Abuse and Mental Health Services (SAMHSA)/ Center for Mental Health Services (CMHS)
- **Creating an Era of Responsibility to Diverse Communities** - Facilitator: Sabrina Johnson
- **LGBT Caucus** - Facilitator: Mark Davis
- **Restraint and Seclusion** - Facilitators: Howard Trachtman, Boston Resource Center

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## FRIDAY, OCTOBER 30, 2009

6:30 a.m. – 5:00 p.m. **Meditation Room**

7:00 a.m. – 8:30 a.m. **Breakfast**

7:30 a.m. – 5:00 p.m. **Registration Open**

8:00 a.m. – 6:00 p.m. **Nebraska Room**

8:30 a.m. – 9:30 a.m. **Friday Keynote Session: The Power of Our Voice**

9:00 a.m. – 9:00 p.m. **Drop-in/Creativity Center**

10:00 a.m. – 10:00 p.m. **Support Suite**

10:00 a.m. – 5:00 p.m. **Exhibits Open**

### 10:00 a.m. - 11:30 a.m. WORKSHOPS

- **Healing Through The Use of Art** - Presenters: Sharon Wise, Greg Dicharry
- **Certification in Emotional CPR Part 1: Assisting People through an Emotional Crisis** - Presenters: Dan Fisher, Ann Rider, Lauren Spiro
- **Building Blocks: Leadership Training as a Tool for Developing Local Grassroots Organizations and Successful Statewide Networks** - Presenter: Patrick Hendry
- **Community Unity: Mass Media – How to use news agencies to connect with your community** - Presenters: Julie Bayes, Amanda Howell
- **Living into Wholeness** - Presenter: Debbie Whittle

- **The Puzzle of Facilitation: Tips & Tricks to Being an Effective Group Leader** - Presenters: Karen Cook, Lori Davidson
- **Evaluation: A quality improvement tool for those receiving services – especially for states that are receiving money for transforming their mental health systems** - Presenters: Wilma Townsend, Alan Rabideau
- **Parenting Your Child Through Song** - Presenter: Carol Coussons de Reyes
- **Sustainability in Peer-Run Agencies** - Presenter: Ellen Healion

### 12:00 p.m. – 1:15 p.m. FRIDAY LUNCHEON

**The Esperanza Hope Memorial Award . . . Presented by Celia Brown**

**The Fruit and Nut Bowl Award . . . Presented by Mark Davis**

**The Pat on the Back Award . . . Presented by Horizon Meetings, Inc.**

1:30 p.m. – 8:00 p.m. **Health & Wellness Fair**

### 1:30 p.m. – 3:00 p.m. WORKSHOPS

- **Men and Trauma** - Presenter: Pat Risser
- **Poverty, Money and the Value of Asset Building Models for Wellness** - Presenters: Peggy Swarbrick, Judith Cook
- **RI Discovery: A Movement of Change in Peer-Led Self-Managed Mental Health Care Programs** - Presenters: Mary Gillen, Joan Nobiling, Rosanne Pragnell, Kathy Fosberg
- **Supporting and Advancing Peer Specialists** - Presenters: Marie Verna
- **Recovery Dialogues: Part 2: Finding Common Ground and Creating Change** - Presenters: Carol Gapski, Dan Fisher, Elizabeth Whitney
- **Being Part of Something Greater than Ourselves** - Presenters: Lauren Spiro, Chaya Grossberg

### 2:00 p.m. - 5:30 p.m. INSTITUTES

- **“Join Hands” Mural Jam: Uniting, Creating, Inspiring** - Presenters: Jean Campbell, Carol Cousson de Reyes
- **Gay, Lesbian, Bisexual, Transgender Mental Health Consumers: Sexual and Gender Minority Issues** - Presenters: Robert “Bert” Coffman, Mark Davis, Michael Lirete, Ronald Moore, Clarence Jordan
- **New Models for Development of Peer-Led Networks, Leadership and Economic Cooperatives** - Presenters: Patrick Hendry, Kate Gaston
- **Imagination and Dignity: Differential Adjustment versus Personal Stress** - Presenters: Andrew Phelps, Mike Halligan, Hope Holland, Nancy Hugo, Yvonne Smith, Pam Inaba, Yvette Sangster, Naomi Pinson
- **Trauma-Informed Care: Uniting the Peer Workforce and Statewide Consumer Networks for Real Change** - Presenters: Beth Filson, Mary Blake, Ruta Mazelis
- **Using Intentional Peer Support in Crisis Alternatives** - Presenters: Shery Mead, Linda Neiheisel

### 3:30 p.m. - 5:00 p.m. WORKSHOPS

- **The Geography of Recovery: Roots to Higher Ground – How Traditional Diets, Science, and Advanced Nutritional Therapy Can Rebuild the Most Important “System” of All: Our Bodies and Brains** - Presenter: Chris Foulke
- **Gratitude as an Action Plan** - Presenters: Carol Bailey Floyd, Kathy Muscari
- **A Home Makes All the Difference** - Presenter: Ken Wireman
- **Firewalkers: The Madness, Beauty and Mystery of Recovery** - Presenters: Ann Bohr Benner, Carla Beck, Tracy Stuart, Lauren Spiro
- **Stepping Outside Our Safety Zones: Successfully Collaborating with Other Community Based Organizations** - Presenter: LaVerne Miller
- **Drumming Circle/Gathering** - Presenters: Marty Raaymakers, J. Rock Johnson

- **Community Integration for Consumer-Operated Service Programs: Principles and Practice** - Presenter: Jonathan David

**7:00 p.m. – 8:30 p.m. CAUCUSES**

- **EleMental: The International Centre for Principles and Values of Recovery and Thriving** - Facilitators: Marion Aslan, Mike Smith, Amy Smith
- **Consumers of Mental Health Services as Parents**
- **Warmlines, Peer-Run Respite and Hospital Alternatives** - Facilitator: Howard Trachtman
- **Finding Our Voice and Statewide Organizing** - Facilitator: Dan Fisher
- **LGBT Caucus** - Facilitator: Mark Davis

**SATURDAY, OCTOBER 31, 2009**

7:00 a.m. – 8:30 a.m. **Breakfast**

7:30 a.m. – 5:00 p.m. **Registration Open**

8:00 a.m. – 5:00 p.m. **Meditation Room**

8:00 a.m. – 6:00 p.m. **Nebraska Room**

8:30 a.m. – 9:30 a.m. **Saturday Keynote Session**

**Building Power and Capacity in the Consumer-Survivor Movement: Where Do We Go From Here?** - Presenter: Andrew Imparato, Esq.

9:00 a.m. – 9:00 p.m. **Drop-in/Creativity Center**

10:00 a.m. – 10:00 p.m. **Support Suite**

10:00 a.m. – 3:30 p.m. **Exhibits Open**

**10:00 a.m. - 11:30 a.m. WORKSHOPS**

- **Recovering Our Sanity from Medicaid: Lessons learned as a full-service peer Medicaid provider** - Presenters: Drake Ewbank, Elizabeth Snow
- **Implementing WRAP Programs with Fidelity to WRAP's Values and Ethics** - Presenter: Stephen Pocklington
- **HIV Lessons from the Streets and the Library: A Positive Approach to Remaining HIV Negative** - Presenters: Waver Franklin, Andy Bernstein
- **Journey and Signposts: Using the Medicine Wheel Model to Develop Peer Specialist Roles and Leadership** - Presenters: Raymond Keeswood, Tim Bates, Shela Silverman, Kate Gaston
- **Breaking Away From Stigma and Labels Through Resiliency** - Presenters: Letty Elenes, Tony Montoya
- **The Nebraska Agenda for Full Participation: Framing The Disability Discussion** - Presenters: Kathy Hoell, C.J. Zimmer, Mary Angus, Brad Meurrens
- **MY LIFE - Youth involvement transforms lives and systems of care** - Presenter: Greg Dicharry
- **Certification in Emotional CPR Part 2: Assisting People through an Emotional Crisis** - Presenters: Dan Fisher, Ann Rider, Lauren Spiro
- **Social Inclusion and Recovery Values: Peers as Change Agents** - Presenter: Tom Lane

**12:00 p.m. – 1:15 p.m. SATURDAY LUNCHEON**

## Honoring Judi Chamberlin

Keynote . . . Celebrating the Successes, Maintaining the Commitment - Sen. Mike Johanns

### 1:30 p.m. – 3:00 p.m. WORKSHOPS

- **Creating New Ethical Standards in Health and Human Services to Promote Trauma-Informed Care** - Presenters: Debbie Plotnick, Mary Diamond, Mary Ann Beall, Wanda Finch
- **The New and Improved Ticket to Work Program: Opportunities for Peers and Peer-Operated Services** - Presenters: David Jones, Tom Gloss
- **Changing Mental Health by Providing Peer-delivered Services Through Insurance/Managed Care Companies – While Building Sustainable Income for Peer Organizations** - Presenters Sue Bergeson, Anthony Fox
- **Comfort Rooms and Comforting Environments** - Presenter: Gayle Bluebird
- **Underserved Populations in Mental Health Care** - Presenter: Charlene Saner
- **QPR Gatekeeper Training: Suicide Intervention Skills for Everyone** - Presenters: Nancy Bollinger, Robin Gambrell, Jaime Stange
- **Take a Cultural Walk: Privilege, Power and Personhood** - Presenters: Keris Myrick; Kathryn McNulty
- **Our Lives Depend on Peer-Focused Suicide Prevention** - Presenter: Mark A. Davis
- **Creation and Growth of Recovery Learning Communities: A New Peer-run Model of Peer Empowerment** - Presenters: Howard Trachtman, Sheena Raji, Rachel Hays

### 3:30 p.m. - 5:00 p.m. WORKSHOPS

- **What They Don't Want You to Know About Shock Treatment** - Presenter: Linda Andre
- **Shared Decision-Making: New Tools, New Attitudes** - Presenters: Laurie Curtis, Darby Penney
- **Peer Support Services and Cognitive Dissonance** - Presenters: Mike Halligan, Carli Scales, Jo Halligan, Nancy Smith
- **The Phenomenon of Laughter in Recovery Workshop** - Presenter: Grace Karen Sweet
- **Advance Directives for Mental Health Treatment: An Empowering Legal Document** - Presenters: Rita Brooks, Molly Clouse
- **Writing for Growth** - Presenter: Dottie Joslyn
- **Enhancing What's Right: Alternative and Complementary Treatments** - Presenter: Bob Bennett
- **East Meets West in Gandhi and M.L. King – Applying the spiritual leadership practices of the two most powerful social justice leaders in human history: Truth and Compassion** - Presenter: Margaret J. Park
- **Understanding the Barriers Latinos/Latinas Face on the Road to Recovery** - Presenter: Blanca Deleon
- **Community Access TV: A Powerful Tool for Advocacy** - Presenter: Gene Ira Katz
- **Supported Housing: Research and Best Practices** - Presenter: Joseph Rogers

### 7:00 p.m. – 8:30 p.m. CAUCUSES

- **National Technical Assistance Center (NTAC)**
- **Challenges of Working as a Peer Specialist/Peer Provider** - Facilitator: Steve Harrington, National Association of Peer Specialists
- **LGBT Caucus** - Facilitator: Mark Davis

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**SUNDAY, NOVEMBER 1, 2009**

8:00 a.m. – 9:00 a.m. Breakfast

9:00 a.m. – 12:00 p.m. Closing Session & Conference-Wide Wrap-Up