



Center for Rehabilitation and Recovery

Program Catalog: 2008–2009

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www.coalitionny.org/the_center

Our Mission

The Coalition's Center for Rehabilitation and Recovery provides consultation to New York City's community mental health providers through expert training, technical assistance, information dissemination and special projects. Funded primarily by the New York State Office of Mental Health, the Center promotes and guides systemic change toward the integration of rehabilitation and recovery-enhancing services within New York City's community mental health sector.

Our Vision

We partner with community mental health agencies to assess and improve their services so that more people can achieve the promise of recovery. Our approach to consultation is consistent with the same recovery values we seek to promote within agencies. We emphasize hope, empowerment, responsibility, and strengths when working with staff at all levels. Our commitment to these values enables us to model the way toward recovery based practice. This is made evident as we work with agencies to create customized plans for workplace learning and a flexible process for consultation. By following this approach, we are able to maximize learning for all staff, and produce solid changes that move programs closer toward a culture of recovery.

Eligibility

All staff working in community mental health agencies in New York City are eligible to participate in our training and consultation programs depending on the availability of these services. We work with staff in a wide range of settings including clinical, residential, psychosocial, peer-run, and vocational programs.

Training Information

For a description of the trainings we offer at the Center and at agencies, please refer to the guide below:

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For more information, please visit our website at www.coalitionny.org/the_center where you can register for select trainings at the Center.

Requesting Consultation

For more information about receiving training and technical assistance at your agency, please contact:

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Recovery Series

Introduction to Mental Health, Rehabilitation and Recovery

ABOUT THIS TRAINING:

This interactive training is designed for staff in various roles and settings who seek basic knowledge of mental health, psychiatric rehabilitation and evidence-based practices that promote recovery. Participants will explore the value and guiding principles of recovery and how these translate for consumers, practitioners, programs and mental health systems. The facilitator will use a combination of training techniques that encourage staff to become actively involved in the learning process.

WHO SHOULD ATTEND:

Counselors, Supervisors and support staff with client contact.

LENGTH:

Two days.

LOCATION:

Center for Rehabilitation and Recovery.

Recovery-oriented Counseling and Connecting

ABOUT THIS TRAINING:

This training will focus on engagement and counseling skills as the foundation of therapeutic relationships. The training will enable staff who work in a range of practice settings to gain an understanding of basic interpersonal dynamics; increase interpersonal competencies; establish trust through active listening; and improve engagement skills for work with individuals.

WHO SHOULD ATTEND:

Counselors and Supervisors.

LENGTH:

Half day.

LOCATION:

Center for Rehabilitation and Recovery.

Recovery is Working

ABOUT THIS TRAINING:

This training is designed for staff in various roles and settings who seek to help adult consumers achieve their employment goals. After exploring the role of work in recovery, participants will learn about supported employment as an evidence-based practice and other vocational services in New York City. The focus will then shift toward skill development. This dynamic training will involve participants in a variety of active exercises to help them acquire the key competencies of employment service providers. By the end of the training, participants will be better equipped to inspire, support and advocate for consumers who are pursuing employment and/or career advancement.

WHO SHOULD ATTEND:

Vocational Specialists, Counselors and Supervisors

LENGTH:

Two days.

LOCATION:

Center for Rehabilitation and Recovery.

Recovery Series (cont.)

Elements of Recovery

ABOUT THIS TRAINING:

This training provides an introduction to the concept of mental health recovery. Participants will learn the multiple meanings and principles of recovery, and how it differs from a medical model of care. They will be presented compelling evidence and consumer narratives which clearly demonstrate that recovery is real. Through guided discussion, participants will explore the many factors that can help stimulate and sustain an individual's recovery.

WHO SHOULD ATTEND:

Counselors, Supervisors and support staff with client contact.

LENGTH:

Half day.

LOCATION:

On-site at agency program.

Groups: Recovering Together

ABOUT THIS TRAINING:

This training will help participants harness the power of groups to support individuals in their recovery. The focus will be on dimensions of successful group functioning, including purpose, structure, and interaction. Through didactic and experiential learning, participants will acquire the skills they need to plan and lead groups that are alive and meaningful.

WHO SHOULD ATTEND:

Counselors and Supervisors.

LENGTH:

Half day.

LOCATION:

On-site at agency program.

Person-Centered Series

Person-Centered Approach

ABOUT THIS TRAINING:

This training will provide an overview of person-centered practice. To be effective, practitioners must endeavor to be authentic and emotionally connected with their clients. This approach also requires that practitioners recast themselves in a new role – from ‘expert’ to ‘partner.’ To carry out this change, participants will learn new practice strategies to successfully engage consumers, support their choices, and build their confidence.

WHO SHOULD ATTEND:

Counselors and Supervisors.

LENGTH:

Half day.

LOCATION:

On-site at agency program.

Motivational Enhancement

ABOUT THIS TRAINING:

This training will equip participants with strategies they can use to enhance their clients’ self-motivation. Trainers will explore new understandings of motivation and change, and clarify the implications for clinical practice. Participants will then learn to assess a client’s readiness to change by using the ‘stages of change’ model and considering different sources of motivation. Participants will be given tips to work with challenging clients who may be ‘resistant’ to change. Participants will also learn and practice techniques that will help them enhance their clients’ self-motivation.

WHO SHOULD ATTEND:

Counselors and Supervisors.

LENGTH:

Half day.

LOCATION:

On-site at agency program.

Promoting Natural Supports

ABOUT THIS TRAINING:

This training will focus on the multiple meanings, benefits and challenges of building natural supports in the community. Through interactive exercises, trainers will invite participants to share their feelings about fostering consumer self-responsibility and community integration. Once participants recognize the value and potential availability of natural supports, they will learn to identify the key factors to consider when preparing consumers to use these supports.

WHO SHOULD ATTEND:

Counselors and Supervisors.

LENGTH:

Half day.

LOCATION:

On-site at agency program.

Psychiatric Rehabilitation Series

Overview of Psychiatric Rehabilitation

ABOUT THIS TRAINING:

This training will introduce participants to the concepts, goals and values of psychiatric rehabilitation. This recovery-facilitating approach involves consumers in rehabilitation activities aimed at increasing their functioning so that they can be successful and satisfied in environments of their choice. It is effective in helping consumers design and implement a plan for recovery.

WHO SHOULD ATTEND:

Counselors and Supervisors.

LENGTH:

Half day.

LOCATION:

On-site at agency program.

Developing Readiness

ABOUT THIS TRAINING:

This training will offer participants a more in-depth look at a specific psychiatric rehabilitation method: the readiness development strategy. After learning to use this strategy, participants will be able to guide consumers through a psychosocial rehabilitation process that will likely increase their hope, motivation and confidence to pursue meaningful life roles.

WHO SHOULD ATTEND:

Counselors and Supervisors.

LENGTH:

Half day.

LOCATION:

On-site at agency program.

Achieving Meaningful Roles

ABOUT THIS TRAINING:

This training will orient participants to the process of helping consumers achieve meaningful life roles in the environments of their choice. Participants will learn to coach a consumer on how to make informed choices about where he/she wants to live, learn, work or socialize. Trainers will present an innovative technique called 'active skills teaching' that participants can use to help consumers develop the functional proficiency they need to succeed in the community.

WHO SHOULD ATTEND:

Counselors and Supervisors.

LENGTH:

Half day.

LOCATION:

On-site at agency program.

Benefits Counseling Series

Introduction to Benefits Management

ABOUT THIS TRAINING:

This training will provide staff working in clinical and community support programs with an overview of benefit programs for people with psychiatric disabilities. Participants will learn the difference between SSI, SSDI, Medicaid and Medicare. They will also gain valuable information and tips about how to access resources that can support consumers in their living and working goals.

WHO SHOULD ATTEND:

Entitlement Specialists, Counselors, Supervisors and support staff.

LENGTH:

Half day.

LOCATION:

Multiple locations.

Comprehensive Benefits Training

ABOUT THIS TRAINING:

This intensive training is designed for direct service staff whose positions require expertise in benefits counseling. Participants will learn how to utilize the Social Security Administration's work incentive provisions to help consumers achieve their employment goals. Our expert trainer will discuss how recent legislative changes may affect consumers. Participants will have an opportunity to apply newly acquired systems knowledge through in-depth case studies.

WHO SHOULD ATTEND:

Entitlement Specialists, Counselors, Supervisors and support staff.

LENGTH:

Three days.

LOCATION:

Center for Rehabilitation and Recovery.

Benefits Management for Transition Age Youth

ABOUT THIS TRAINING:

This full day training will focus on a number of topical issues pertaining to entitlements for youth in transition (aged 16 to 25) with emotional and behavioral problems. Our expert trainer will carefully review the eligibility requirements for a wide array of Social Security benefits, including SSI and work incentive provisions. Many of the frequently asked questions raised by consumers and their families will be answered. This session will include a hands-on case study to help participants apply what they have learned during the day.

WHO SHOULD ATTEND:

Vocational Specialists, Counselors and Supervisors

LENGTH:

Full day.

LOCATION:

Center for Rehabilitation and Recovery.

Benefits Counseling Series (cont.)

Benefits Management for Forensic Clients

ABOUT THIS TRAINING:

This highly interactive training will include updates on legislative and policy changes relevant to benefits management. Participants will have the opportunity to discuss their current cases, allowing for both expert guidance and input from colleagues. Participants will also learn how to address the special needs of consumers involved with the criminal justice system. An emphasis will be placed on coordinating care with other service providers, and methods to promote consumer independence in the community.

WHO SHOULD ATTEND:

Entitlement Specialists, Counselors, Supervisors and support staff.

LENGTH:

Full day.

LOCATION:

Center for Rehabilitation and Recovery.

Ask the Expert / Dealing with Overpayments

ABOUT THIS TRAINING:

This highly interactive training will include updates on legislative and policy changes relevant to benefits management. Participants will have the opportunity to discuss their current cases, allowing for both expert guidance and input from colleagues. Participants will also learn how to assist consumers who have received more benefits than they are entitled to, such as when they are hospitalized or return to work. The focus will be on the most effective ways to respond to overpayments and to advocate for consumers. Participants will be taught how to complete a “waiver of overpayment” questionnaire and will be given valuable tips about how to navigate the Social Security bureaucracy.

WHO SHOULD ATTEND:

Entitlement Specialists, Counselors, Supervisors and support staff.

LENGTH:

Full day.

LOCATION:

Center for Rehabilitation and Recovery.

Leadership Series

Building Recovery Based Programs

From the Top Down

This highly dynamic series of leadership trainings is designed for directors and managers who want to learn how to successfully build and sustain recovery-based programs. Participants will gain leadership skills that inspire creativity, collaboration and commitment. This will prepare them to lead organizational change efforts that enhance recovery practices and produce better outcomes for consumers.

(1) Leadership Development

ABOUT THIS TRAINING:

This half-day training will provide participants with the skills they need to face new challenges and responsibilities. Effective leadership is crucial for organizational success. Participants will learn the essential qualities of innovative leaders. They will also have an opportunity to develop a personal leadership plan that will prepare them to successfully build and sustain recovery-based programs.

(2) Building Effective Teams

ABOUT THIS TRAINING:

This half-day training will equip participants with the essential theory and methods for building strong work teams. Beyond effective leadership, high-functioning teams also play a vital role in organizational success. Participants will learn how to create a program culture that is hopeful, empowering, creative, collaborative and productive. As they foster this type of environment, it will become easier for them to stimulate synergistic connections among their staff for enhanced organizational performance.

(3) Leading the Way to Recovery

ABOUT THIS TRAINING:

This half-day training will introduce participants to a proven change process that can help translate a lofty recovery vision into concrete goals for program improvement. Participants will be prepared to make organizational improvements such as integrating peer-providers into the staff of their programs, a widely recognized component of recovery-oriented services. Throughout the training, participants will learn collaborative practices that will enable them to generate momentum for change and successfully plan, implement, evaluate and sustain change.

WHO SHOULD ATTEND:

Program Directors and Managers.

LENGTH:

Half days.

LOCATION:

Center for Rehabilitation and Recovery.

Given the cumulative nature of these trainings, we strongly encourage you to register for the full series.

Leadership Series

Building Recovery Based Programs

From the Bottom-Up

Leading the Way to Recovery

ABOUT THIS TRAINING:

This highly dynamic training is designed for mental health providers interested in exploring innovative approaches for building leadership skills that promote recovery values. Participants will learn key elements of leadership. The training will explore communication tools directed toward change. Storytelling will be used as one approach to identify common values, improve interpersonal skills, and inspire meaningful changes within people in recovery, providers, and program cultures. Real world examples of how personal narratives can spark recovery will be included in this training. Peer-providers are encouraged to attend.

WHO SHOULD ATTEND:

Counselors, Peer Providers, and Supervisors.

LENGTH:

Half day.

LOCATION:

Center for Rehabilitation and Recovery
or
On-site at agency program.