

Please tear off and return registration by April 1, 2010.

Each guest must be registered individually by name. Please duplicate this form as needed.

Name: _____

County: _____

Phone: _____

Email: _____

Dietary restrictions or necessary accommodations:

All are welcome to attend; however, due to limited space, HealthChoices' members will be given priority registration.

I am (please check all that apply):

- HealthChoices' Consumer
 County Staff
 Provider/Agency Staff
 Other (Please specify):

I will be transporting HealthChoices' consumer(s). ***Providers are encouraged to bring consumers.***

I plan to attend (please check all that apply):

- Morning Session
 Lunch
 Afternoon Session*



*Please choose your afternoon sessions on the next page.

HealthChoices' VBH-PA members living in Armstrong, Beaver, Butler, Cambria, Fayette, Greene, Indiana, Lawrence, Washington and Westmoreland Counties are invited to attend. Erie, Mercer, Crawford and Venango County HealthChoices' members will have the opportunity to attend other regionally held VBH-PA Forums in 2010.

Afternoon Session (please choose two):

Write 1 as your first choice and 2 as your second choice.

____ "Ray of Hope" Suicide Prevention & Awareness

____ Standing on the Shoulders of Giants! Celebrating Our Culture of Advocacy

____ Drum Your Stress Away with Rhythm & Music

____ The Many Faces of Peer Support

____ No Hope with Dope: A Discussion on the Dynamics of Addiction & Recovery

____ What's Up Doc?

____ Mental Health Advanced Directives Planning

Please send completed registration form to:

Kim Tzoulis
Value Behavioral Health of PA (VBH-PA)
520 Pleasant Valley Road
Trafford, PA 15085
(724) 744-6363 Fax
Kimberly.Tzoulis@ValueOptions.com
(Phone-in registrations WILL NOT be accepted.)

Questions? Please call:

Kim Tzoulis at (724) 744-6377 ~or~
Sue Klaus at (724) 744-6501

Please dress in layers as temperatures in the rooms vary. Some meeting rooms are reached by walking outside to another building. Please be aware of weather conditions that day (bring an umbrella, jacket, etc.).



Value Behavioral Health of
Pennsylvania, Inc.

Presents:

Realizing Recovery: How Other Possibilities Emerge



10th Annual Consumer Recovery Forum

Friday, April 16, 2010

8:45 a.m. ~ 3:00 p.m.

Westmoreland County Community College

145 Pavilion Lane

Youngwood, PA 15697

www.wccc.edu

CONFERENCE SCHEDULE

All events in Science Hall Theater except where noted.

8:45 am ~ 9:30 am

Registration, Exhibits & Continental Breakfast

9:30 am ~ 9:45 am

Welcome and Opening Remarks

9:45 am ~ 10:45 am

Keynote Address by Gina Calhoun

10:45 am ~ 11:15 am

Break / Visit Exhibitors

11:15 am ~ 12:30 pm

Leadership in Recovery Awards Ceremony

12:30 pm ~ 1:30 pm

Lunch

Commissioners Hall

1:30 pm ~ 2:30 pm

Breakout Workshops

Science Hall Classrooms

2:30 pm ~ 2:45 pm

Break

2:45 pm ~ 3:00 pm

Gift Basket Raffle / Evaluations

KEYNOTE SPEAKER

Gina Calhoun

Office of Mental Health & Substance Abuse Services

The Power of Belief - Illuminating New Possibilities through Hope

“If we define HOPE as **H**ow **O**ther **P**ossibilities **E**merge, then hope is the spark that ignites the vision of recovery. Through my journey, I have experienced hope as a belief that allows me to ‘try on’ new possibilities. At first that hope was not my own, others carried it for me. Now that I have joined in the hope, I am called to carry it forward.”

Gina Calhoun is a Certified Peer Specialist and Recovery Trainer for the Office of Mental Health and Substance Abuse Services. Gina has had the opportunity to be part of 19 peer specialist trainings, seven certified peer specialist supervisor trainings and 27 WRAP trainings since her career began in 2005.

Her major accomplishments for 2009 include: keynote speaker for the Veteran’s Administration Peer Support Conference, keynote speaker for the Kansas Recovery Conference and winning the Psychiatric Rehabilitation Advocacy Award.

After 17 years of back-to-back institutionalizations, Gina attributes her own journey toward recovery to relationships and opportunities that focus on “what is strong” instead of “what is wrong.”

AFTERNOON BREAKOUT DESCRIPTIONS

“Ray of Hope” Suicide Prevention & Awareness

A brief history of the task force, suicide statistics, facts, current trends and prevention will be reviewed.

Standing on the Shoulders of Giants! Celebrating Our Culture of Advocacy

We are part of a proud history of advocacy. Learn about how you can be part of the advocacy community.

Drum Your Stress Away with Rhythm and Music

Explore and experience rhythm and music as a tool for stress reduction and relaxation.

The Many Faces of Peer Support

A panel of peers to discuss the many different forms of peer support.

No Hope with Dope: A Discussion on the Dynamics of Addiction & Recovery

This workshop will review the basics of addiction and recovery including the various models of addiction, treatment strategies and long-term recovery strategies. We will also talk about the unique aspects of dealing with co-occurring disorders.

What’s Up Doc?

How to effectively communicate with your psychiatrist.

Mental Health Advanced Directives Planning

One way to ensure that others understand your treatment preferences during a crisis is to have a legal document called a Mental Health Advance Directive (MHAD). Learn about this essential tool in recovery and how to complete yours.