

Keynote Speaker:



Gina Calhoun

Gina Calhoun works for the Copeland Center for Wellness and Recovery as National Director for Wellness & Recovery Education. Previously she worked for the Pennsylvania (PA) Office of Mental Health and Substance Abuse Services. She is a Certified Peer Support Specialist and has had the opportunity to be part of 16 certified peer specialist trainings, 7 certified peer specialist supervisor trainings and 45 WRAP® trainings. Gina's unique experience centers around Harrisburg State Hospital (HSH). She used the services at Harrisburg State Hospital for several years before escaping to live on the streets. Gina came back to offer peer support during the closing of HSH and now works on the former grounds of the hospital complex. She attributes her recovery journey to supportive relationships that choose to focus on 'what's strong' instead of 'what's wrong'. She is grateful for the opportunity to work in a supportive environment where she is part of a team making a difference in PA. Gina was awarded the Distinguished Advocates Award from the PA Association of Psychosocial Rehabilitation Services, chosen as the PA state representative for the National Pillars of Peer Support Summit and she had the honor to be the keynote speaker for the National Veteran's Conference as well as the National Association of Peer Specialist Conference.

Keeping Families Healthy

Wednesday May 21, 2014

9:00 am to 2:45 pm

Jefferson Educational Society

3207 State Street Erie, PA 16508

RSVP by May 14, 2014 is required.

Please call, e-mail, or mail reservation.

Phone: 814-451-6856

E-mail: kkoch@eriecountygov.org

Mail: Department of Human Services

154 West 9th Street

Erie, PA 16501

Attn: Kathy Koch, 4th Floor

REGISTRATION IS FREE & LUNCH IS PROVIDED.



Attendee's Name(s) (please print):

Please note any food allergies.

Our goal is to have a comfortable environment for adults, children, and families. Please call 814-451-6856 if special accommodations are needed.

Please put the number of people planning to attend each break-out session below from 11:00 to 12:00. Please choose one break-out session per person.

___A ___B ___C

Please put the number of people planning to attend each break-out session below from 1:30 to 2:30. Please choose one break-out session per person.

___D ___E ___F



The **Keeping Families Healthy** family forum is brought to you by the Erie County Department of Human Services, Office of Mental Health/Intellectual Disabilities (MH/ID), in partnership with mental health consumers, youth, family members, Community Care Behavioral Health, the Mental Health Association of Northwestern PA, and the National Alliance for Mental Illness of Erie County.

A special thank you to the Jefferson Educational Society for providing the welcoming venue, to Perseus House Charter School of Excellence for full service catering, and to all attendees, vendors, presenters and performers!

Purpose:

May is Mental Health Month. The Erie County HealthChoices Advisory Committee recommended a family forum to help consumers and families learn about mental health topics. The topics are meant to provide information and tools to enhance health and wellness on behalf of families and consumers. Provider agency staff are also welcome to attend. We look forward to seeing you.

Break-Out Session Brief Descriptions:

A: Mental Health First Aid overview by Julie Warren of Stairways Behavioral Health paired with an Emotional Connecting, emPowering, and Revitalizing (Emotional CPR) overview by Dave Woledge of the Mental Health Association of Northwestern PA.

B: Lisa Babo and Paul Wittman of Community Care Behavioral Health will give an overview of Personal Medicine and its practical importance to daily life.

C: Gina Calhoun will provide techniques and practical tools to improve family communication.

D: Dr. Mandy Fauble of Safe Harbor Behavioral Health will explain Erie County Crisis Services. Denise Nowacinski of Community Care Behavioral Health will present on Individualized Crisis Plans and will share a Safetown reminder.

E: Dr. Eric Schwartz of Sarah A. Reed Children's Center will review The Sanctuary® Model, which was developed for traumatized adults in inpatient hospital settings and now has been adapted for youth in residential treatment, schools, group homes, foster care, outpatient and community based settings. Barry Kohler and Lacy Thompson of Erie County Care Management will give an overview of High Fidelity Wraparound, a family-led, team approach process to support families.

F: Dave Woledge and Stephanie Smith of the Mental Health Association of Northwestern PA will provide an overview of Wellness Recovery Action Plans (WRAP®).

Other: There will be a quiet room for individuals to take a few minutes away from the forum for a break as needed.

Keeping Families Healthy Agenda:

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9:00 am to 2:45 pm
Jefferson Educational Society
3207 State Street Erie, PA 16508

9:00 to 9:30 – Registration and Resource Vending Information

9:30 to 9:45 – Opening Remarks by Erie County Executive, Kathy Dahlkemper; Ms. Julie DiAngi, Family Member; Mrs. Danielle DiFilippo, Family Member

9:45 to 10:30 – Keynote Speaker, Ms. Gina Calhoun, National Director for Wellness & Recovery Education, Copeland Center for Wellness and Recovery, administrative office located in West Chester, PA; <http://copelandcenter.com/>

10:30 to 10:45 – Ms. Julie DiAngi, Family Story; Ms. Emily Burkhart, **Adult Story;** Harborcreek Youth Services Writers' Group: Noah H., Kevin J., Anthony M., **Youth Story**

10:45 to 11:00 – Break

11:00 to 12:00 – Break-Out Sessions A, B, & C

12:00 to 12:45 – Lunch

12:45 to 1:00 – Appreciation Presentation

1:00 to 1:30 – Entertainment

1:30 to 2:30 – Break-Out Sessions D, E, & F

2:15 to 2:30 – Break

2:30 to 2:45 – Closing Remarks