

PRE-CONFERENCE SCHEDULE **SUNDAY, MAY 19TH FROM 3:00 - 5:00PM**



Part I of III: Voices for Choice - Awakening: Taking Back Our Guiding Principles - Advocacy in Action

The Oregon Consumer / Psychiatric Survivor Coalition is inviting you to "Unite in Passionate Action" - Justin Dart, Jr. as we launch the Voices for Choice campaign. "The core of our advocacy was born from oppression and violation of our human rights and cognitive liberty." -Rebecca Edens, President OCSC. This is an opportunity to engage in an interactive dialog with seasoned advocates having over 100 years' combined experience effecting real change. Panelists will identify different kinds of advocacy and show you ways that you can use your voice. "People are getting too far away from the idea of freedom." -Scott Snedecor. Without voice we cannot get to choice and self-determination. Bear witness to what choice and freedom mean to you! Sponsored by OCSC (Oregon Consumer / Psychiatric Survivor Coalition).

Motivational Interviewing for Peers **with Michael Razavi**

Microskills are helpful with clients and client's outcomes. This training will cover:

- Asking Open Ended Questions, Giving Affirmations,
- Forming Reactions (Repeating, Paraphrase,
- Summaries and how to respond to ambivalence using a decisional balance



Peer Leadership in Oregon: What's Next? with Adrienne Scavera and Brandy Hemsley

The peer workforce is growing rapidly, and many peers are looking for ways to collaborate and share support. The Oregon Peer Delivered Services Coalition and the Peer Leadership Network have made great strides - now it's time to take that work to the next level! Join Adrienne from MHAEO and Brandy from the Office of Consumer Activities for a planning session to build upon past achievements and create a new, unified peer network in Oregon.

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Whose Life is it Anyway? Improv as a Recovery Tool with Kari Smit

Many of us have watched "Whose Line Is It Anyway?" but did you know improv was invented by a social worker? Through this art form, we can learn life skills that parallel those taught in mental health therapies, including mindfulness, acceptance and commitment, and how to improve the moment. Come nerd out about how improve rewires your brain (neuroplasticity, anyone?) as you learn improv games to play in supportive peer environments for humor and healing.

Peerzone with Adrienne Scavera and Ali Koch

Come learn about PeerZone, a series of peer-led workshops, and experience some of its unique activities! The PeerZone workshops explore distress, recovery, and all the major life domains such as lifestyle, relationships, housing, and employment. These workshops are a combination of peer support and recovery education. This event will explain Peerzone and include the chance to participate in one of its workshops!

Hearing Voices Network Mini-Training with John Herold

This workshop is an introduction to HVN facilitation skills. Participants will learn practical techniques they can use when working with any kind of group. These ideas are also useful when navigating our own life experiences. We will focus on exploring meaning rather than adhering to psychiatric labels. We will come together as experts-by-experience, learning about HVN's history, its charter and values, as well as core concepts that make Hearing Voices groups so innovative and unique.

Room assignments for Pre-Conference Workshops will be announced at a later date.