Monday, May 20th

1:30-3:00pm

Open Dialogue: An Introduction to the Mental Health System of Care Delivery in Western Lapland, Finland and Why this Psychotherapist Trained There for Two Years to Train Workers Here to Learn It ***with Alita Markus***
Croison Creek - Room B

Open Dialogue is the system of mental health care services practiced in Western Lapland since the 1980's. It is the most researched treatment of early psychosis. Keropoudas Hospital greatly reduced its hospitalizations, neuroleptic use, disability, and unemployment rates after decades of working this way, and they continue to do so. Open Dialogue is marked by seven guiding principles: Immediate Help, Flexibility/Mobility, Responsibility, Social Network Perspective, Psychological Continuity, Tolerance of Uncertainty, and Polyphony (Dialogism).

Supporting People Experiencing Homelessness ***with DeWanna Harris***

Santiam Ballroom 1

Homelessness continues to plague this country at an alarming rate. This is due to gentrification and a lack of affordable housing. With homelessness at an all-time high, supporting our neighbors without housing to address their barriers and reach their goals is critical. This workshop will discuss the effects of trauma and extreme poverty on people experiencing homelessness, as well as best practices in providing peer support.

Everybody Has a Place at the LGBTQI2-S Table ***with Kozi Arrington***

Santiam Ballroom 2

Whether you're good, bad, old, young, black, white, gay, straight, red, blue, Christian, Buddhist or Jew there's always a place for you at the LGBTQI2-S Table. In the spirit of Inclusivity, this workshop is an open forum for those who care to voice their opinions, share personal experiences and examine the climate for LGBTQI2-S folks where you live and engage life, liberty, equality and the pursuit of happiness. Let's talk about it.

Integrating Court Liaisons and Forensic Peer Mentors into Accountability Courts ***with Rebecca Nix & Tara Zellous***
Santiam Ballroom 3

Georgia has played a vital role in the state's Criminal Justice Reform, incorporating peer involvement into treatment, and has taken the role of Certified Peer Specialist to a specialized level with the Forensic Peer Mentors (FPM). Integrating the FPM into Treatment Courts, Day Reporting Centers and State Prisons offers promising results in decreased recidivism.
Further integrating treatment and the judiciary system, DBHDD has assimilated Behavioral Health Treatment Court Liaisons into Accountability Courts across the state.

Topic: Changing the Perspective: "Know my Kulture" ***with Orisi Lalabalavu & Elisha Carlisle***

Santiam Ballroom 4

As adolescents, we often are influenced by entertainment culture. Today, different entertainment artists such as YG, Jay Z, The Rock, & other artists have shared about their mental health experiences. Through this, it allows us, to speak up about our struggles and turn the embarrassment of stigma, into a standard of success. In this workshop, we will discuss culture acceptance, and provide activities to empower other youth and young adults to break the stigma.

Taming Trauma ***with Molly Griggs & Michelle Markus***

Santiam Ballroom 5

Tips, Tools and Strategies for recognizing and mitigating vicarious and secondary trauma.
In this workshop we will identify and explore our exposure to vicarious trauma and associated risks of compassion fatigue. We will practice and provide tools and methods for building resiliency through breathing, meditation, creative expression, sound and movement.

Successes and Lessons: Peer Support in Acute Care Inpatient Settings ***with Juliana Wallace, Angel Prater & Janie Gullickson***
Santiam Ballroom 6

Workshop designed to explore the innovative approaches to wellness in the health care setting using Peer Support. Looking at how Peer Support working embedded in acute care settings has provided opportunity to address behavioral health in a trauma informed way. The integration of Peers into a medical team provides opportunities to improve how care is delivered. Looking at lessons and successes found so far in two programs, at two health systems, over three years.

3:30-5:00pm

Oxygenate Your Nervous System ***with Tiffany Enos***

Croison Creek Room B

A brief facilitated chat to gain familiarity and comfortability. There will be about 30 minutes of exercises specifically chosen to bring oxygen to the nervous system and straighten the spine column, as well as a few breathing exercise examples followed by a small pamphlet on how yoga and breathing can play a part in the interdisciplinary peer world. It is a hope to see yoga practices seen as an important part of the cross departmental discussions.

Coping and Engagement Strategies for Voices, Visions and Extreme Experiences ***with John Herold & Kate Hill***
Santiam Ballroom 1

In this workshop, we will explore strategies and skills for living with voices, visions and other unusual or extreme experiences. We will offer coping strategies -- tools that are useful for reducing distress and

making unwanted experiences go away. But what about those who wish to deepen their relationship with their experiences? We will also explore engagement strategies -- ways to dialogue and interact with voices and visions, gaining meaning, wisdom and strength.

Blogging, Tweeting & Connecting with Peers in the Digital Era *with Sean Mahoney*

Santiam Ballroom 2

How do we as peers use social media to keep in touch with our peers or do we avoid it all together? How can we use social media to tell our recovery stories? Do we come out as a person in recovery on social media? These and other juicy topics will be covered in a lively conversation with a recovery blogger and peer support specialist.

We Heal Together: Peer Support in Yaqui Pueblo *with Anna Pena & John Madril Jr.*

Santiam Ballroom 3

In this workshop, participants will learn about the unique successes and challenges that the presenters have experienced while implementing Peer Support into the Pascua Yaqui Tribal Behavioral Health Organization New Beginnings. As the first peer support team within the Pascua Yaqui Tribal Community, they will share their first hand experiences in this groundbreaking program.

Racism Trauma and Racism Pathology, Challenges in Peer Support *with Sba, Heru-Ka Anu*

Santiam Ballroom 4

Racism is a factor in the cause of mental illness and drug use; and in prohibiting treatment and recovery of Black People and other People of Color. This presentation identifies the needs to address Racism Trauma – resulting from violent cultural imposition; and Racism Pathology – the actions of perpetuating racism – in the treatment and recovery of Black People and other People of Color; treating White racists pathology, and to neutralize and end racism.

Who's Gambling? *with Rose Kuhnau & Howard Marlow*

Santiam Ballroom 5

We'll have personal stories, a profile of the problem gambler, how does the term "predatory gambling" impact the addiction, revealing statistics, and a look into treatment options for this insidious disease. This will be an informational session to discuss this behavioral addiction and everyone is welcome. It's time the mental health and addiction community acknowledge the 100,000 problem gambler in the state of Oregon.

Support Under Fire *with Kris Anderson*

Santiam Ballroom 6

Our panelists have been advocates or paid peers within the system they live under Oregon's Psychiatric Security Review Board (PSRB). We all take a risk being open about our labels. Advocacy can put targets on us. When you also live in a program with close oversight, such as the PSRB, risks are even greater. Join us for a discussion about retaliation and exploring how we can better support one another in this challenging work.

Tuesday, May 21st

9:30-11:00am

Theater of the Oppressed *with Rick Snook*

Croison Creek Room B

An introduction to Theater of the Oppressed (TotO) as developed by Brazilian playwright, Augusto Boal, which uses audience participation to find solutions to conflicts, dis-empowerment and social dilemmas. This workshop will introduce the basic elements and purpose of TotO and engage the participants in interactive theater/ improvisational games to illustrate the process and purpose of this explicitly political form of community engagement.

Applying Harm Reduction to Mental Health and Substance Use *with Guyton Colantuono*

Santiam Ballroom 1

This workshop aims to provide an overview of Harm Reduction and its application to people living with mental health and substance use. Harm Reduction was born from the substance use community, and its principles when applied have a positive outcome and impact on people living with mental health.

The New Whole Health Program in the Veteran's Hospital *with Aaron Barrow*

Santiam Ballroom 2

The Whole Health model is a radical approach to medicine that is sweeping the VA. In this model people focus in on eight areas of mental and physical health, and in the process, learn about what is important to them. In this workshop you will learn about the Whole Health model and how it is being implemented in the VA hospital system. You will also be able to work on your own Whole Health Inventory.

Transcending the Basics: Transgender Concepts in Peer Support *with Gabriel Ciccone*

Santiam Ballroom 3

This workshop will provide context on barriers transgender people face in accessing care under the medical model, and explore ways in which peer support can create new avenues for trans advocacy and support. Topics will include non-binary transgender identities, transgender care across the age range, and the impact of medical gatekeeping on mental health. Additionally, this training will provide information and ideas for cisgender allies working with transgender people.

Advocacy, Complaint Processes, Mandatory Reporting, and Whistle Blowing *with Libbie Rascon*

Santiam Ballroom 4

Ever wonder what your options are when something doesn't seem quite right? This session will cover where to go, what to do, and what resources are available to individuals providing support to other individuals. Learn about on/off the job resources, reporting responsibilities as a Traditional Health Worker in Oregon, processes, and regulatory agencies that are there to support sorting out issues that aren't always so clear. The objective of this presentation is empowerment through knowledge.

Faith Informed: Mental Health & the Faith Community *with Mario Odighizuwa*

Santiam Ballroom 5

This workshop will engage peers in an interactive discussion on the intersections of faith & mental health challenges. Participants will explore the following:
*How does the faith community perceive mental health?
*Why claim healing without acknowledging the disease?
*Language barriers amongst the faith community
*Walk by faith? Or Walk by sight?
*Approaches to engagement for peers of faith
*What can be done to empower communities of faith (NAMI FaithNet)

Cultural Empathy and Bias *with Anthony Jordan*

Santiam Ballroom 6

This workshop is designed for Peers that are interested in changing their cultural biases and achieving a deeper understanding of cultural empathy. In this class we will explore the key concepts of empathy and barriers that people have to understanding people of color and empathizing at a deeper level with communities of color, specifically the Black community.

1:30-3:00pm

I Want to Hear the Music! ***with Sheilah Hill***

Croison Creek Room B

I Want to Hear the Music, the healing power of music and dance

Is it possible that music could make a difference in the way we perceive and react to all the chaos happening in the world around us? Music can raise our mood, renew our faith, make us happy, energize and inspire us. The true beauty of music and dance is that it connects people. Come, connect, move and share the power of music.

The Consumer/Survivor Movement and the Peer Workforce. Apples and Oranges? ***with Kevin Fitts & Janie Gullickson***

Santiam Ballroom 1

The Consumer/Survivor movement was founded with definite goals of Civil Rights, No Forced Treatment, Informed Consent, Alternative Methods of Support while dealing with Extreme States (Voices, Visions and Moods,) and building meaningful communities based on mutuality and principles of self-help. How does the 21st Century rapidly growing Peer Workforce align with these goals? How are possible ways Peers are co-opted or asked to compromise their values in order to work in some companies or settings?

Spirituality through Psychosis ***with Jamie Brasington (Jamie Blue)***

Santiam Ballroom 2

I found spirituality to be a life-saving tool that helped me through some of the most traumatic events of my life. The rituals, experiences, and events that may otherwise have been seen as part of my psychosis actually saved me. What if suddenly everyone treated your spiritual beliefs as psychosis? What if magic, spirits, and psychic abilities are real? Leave stigma and dogma at the door, and let's talk a little 'crazywise'.

Recovery Happens: Addressing Societal Stigma for Sex Offenders ***with Joel Friedrich***

Santiam Ballroom 3

Explore stigma attached to sex offenders in mental health and CD and how to show empathy to a highly stigmatized population. Explore peer reviewed material on recovery rates, and recidivism rates in sex offenders and how they are the lowest of any criminal offense. Show how to support and advocate for clients and why. Recovery should be available for all, but this segment of society has been cast to the gutter.

Substance Use Disorder Forensic Peer Mentor Best Practices *with Joan Ayala & Sean Syrek*

Santiam Ballroom 5

Forensic Peer Services are a sub-specialty of Substance Use Disorder Peer Services and this presentation will address the specific Best Practices associated with Substance Use Disorder Forensic Peer Mentors who are in Recovery from addiction, adjudication, and criminogenic thinking and lifestyles.

Building Cultural Competency to Support TAY and People of Color *with Ashlee Jemott & Bre Williams*

Santiam Ballroom 6

In this workshop participants will examine power and privilege, inclusion, belonging, diversity, equity and the concept of intersectionality as it relates to TAY and people of color. We will have open and candid conversations about these concepts and provide tools that support with developing skills to help these populations.

3:30-5:00pm

Kindly Move Your Body *with Phillip Schulman*

Croison Creek Room B

Have mental or emotional pain, negative body image, anxiety, guilt, or awkwardness kept you from physical activities? "Kindly Move Your Body" is a workshop for people ready to leave behind guilt, "ought to's," "shoulds," demands or criticism placed on us for how our body looks, what it does or doesn't do. We will unleash kindness, love and acceptance by offering ourselves experiences of enJOYment while supporting health and physical comfort.

Recovery during the Transition to Adulthood: Mindfulness for Healthy Transitions *with Michaela Fissel & Jonathon McKenzie*
Santiam Ballroom 1

Designed for those creating space for young adults, this interactive training offers a dynamic curriculum to encourage attendees to explore the process of recovery during the transition to adulthood, while gaining an appreciation for the integral benefits of mindfulness-based practices in supporting this process. Participants will have the opportunity to participate in a series of mindfulness-based practices that can easily integrate into a person's everyday life for greater awareness, connection, and purpose.

What Being with Plants Teaches Us about Ourselves and Others *with Nadia Roma*

Santiam Ballroom 3

This workshop will lead a discussion about what plants teach us about ourselves and others. We will discuss the ways plants teach us about compassion/self-compassion, holding space for others both in life and in death, and what it means to be resilient. Attendees will role-play holding space for a partner

and reflect on what kinds of things come up for them as well as what they learned about being present for others.

Cultivating Resilience with Queer and Transgender People *with Fumiyo Nishimoto & Fern Bacchus*

Santiam Ballroom 4

This workshop will provide information on creating an affirming space for the gender diverse community including transgender and Gender-Nonconformity individuals.
Aspirations for this Workshop:
-Utilizing "cultural humility" in the transformative work we do
-Deepening an understanding of our own histories of gender diversity
-Checking out cisgender identity privileges
-Addressing the minority stress model utilizing 10 dimensions of Resilience
-Addressing Microaggressions

Unconditional Positive Regard, Harm Reduction and Peer Support *with Kasey Edwards*

Santiam Ballroom 5

This will be an open forum with a few slides and challenging themes of various recovery ideals. Focusing on harm reduction and every person's personal and specific recovery journey. Prepare to have your inner beliefs around recovery challenged and discussed. Put on by Kasey Edwards, CADC1, PSS, CRM, CBD. Specialized doula and peer support specialist with Providence project nurture.

An Introduction to Gaslighting and How to Fight It *with John Herold*

Santiam Ballroom 6

Gaslighting is a term used to describe when someone attempts to destroy your sense of reality. How is gaslighting used in the mental health world? Why does it work? How can we fight it? This workshop will explore strategies you can use to push back against attempts to define your reality for you. Let's take our power back!

Wednesday, May 22nd

9:30-11:00am

The Role THW's (Peers and PWS) Play in Oregon's Health System *with Abdasis Mohamed*

Croison Creek Room B

Oregon's health system transformation has emphasized the Essential role that traditional health workers like PSS/PWS play in promoting health, outreaching and mobilizing, coaching, managing, coordinating care, mentoring, and delivering care.

OBJECTIVE(S):
•Define community-based and delivered models of care, and understand why they are important to equitable health outcomes
•Define the categories and roles of Traditional Health Workers especially (PSS/PWS) in Oregon
•Provide an overview of Current utilization and integration of PSS/PWS in Health system

Healthy Sexual Relationships - Building Relationships after Trauma *with Stephanie Lane*

Santiam Ballroom 1

Relationships are tough even without lived trauma. Satisfying, healthy sex is vital to your overall health and well-being. By releasing oxytocin, endorphins, and a gush of other feel-good chemicals in the brain, sex can boost mood, induce sleep, chill you out, and even lessen pain. In this saucy workshop, you will learn about healthy connection and how to set realistic and trauma informed boundaries in a mutual loving relationship between consenting adults.

Supporting Peers on the Roller-Coaster Ride to Employment *with KT & Bret Hamming*

Santiam Ballroom 2

This workshop will demonstrate the importance and impact of Peer Support in Project ABLE's Job Club. Why should Peers go through the job search alone? Instead, by networking, sharing information, lessons learned, discovery of what is available in the community; and how to keep each other motivated in a safe, strengths-based environment one is supported to find the job that fits. Participants will form groups to experience the first step towards employment.

Lost in Translation: Addressing Socio-Cultural/Linguistic Boundaries of Peer Support *with Jan Montes & Alonso Oliveros*
Santiam Ballroom 3

How can Peer Support be replicated into under-represented communities of color?
Participants will learn about cultural barriers and gender biases within diverse communities with emphasis on Latino Immigrants experiencing and re-living trauma due to immigration push factors.

Working with Veterans *with Aaron Barrow*

Santiam Ballroom 4

We will explore some of the unique challenges typically facing veteran peers. We will also talk about communication styles and approaches that may foster a greater level of connection and understanding with veteran peers.

Peer Support for Eating Disorders: Dispel Myths, Build Resilience *with Sarah Thompson*

Santiam Ballroom 5

Peer support is possible for those recovering from an eating disorder and any accompanying body image challenges. In order to offer the best possible peer support, we must dispel the myths surrounding eating disorders. We will review the common myths and discover what the facts are. Then discuss how to support peers in building resiliency to the body shame that often accompanies eating challenges, and to living in a culture that values thinness over wellness.

Self Determination Takes a Lot of Determination *with Mary Jadwisiak*

Santiam Ballroom 6

This workshop provides a candid look at systemic and personal obstacles to self-determination. It uncovers the power of self-determination in the process of recovery from mental illness and substance use disorders. Recovery requires an attitude of persistence, responsibility, self-respect and self-control. Participants leave the workshop with effective skills and a strong commitment to speak up and reclaim their lives. They also learn how to inspire the peers they work with to do the same.

1:30-3:00pm

Funding Peer Respite in Oregon - Peers, Politics, and Policy *with Kevin Fitts*

Croison Creek Room B

In 9/18 the Oregon Mental Health Consumers Association submitted to the Oregon Legislature a draft for a bill to fund 3 peer respites in Oregon. This workshop is a story of that journey. What happened? Were we successful? What we learned. We will review our campaign in which we talked to legislators and mental health directors. We will have a Q/A so we can learn from each other.

Emerging Cooperative Leadership *with Lauren Spiro*

Santiam Ballroom 1

This workshop focuses on realigning our attention and intention onto the seeds of the future that are growing in many communities now but aren't quite visible enough to change and shape the public conversation. It is not enough to create change at the level of symptoms and structures. We need to work deeper, to change the underlying paradigms of thought, and to connect with our deeper sources of creativity and self towards awareness-based systems change.

Breaking the Link- Our Relationship With, and Recovery From, Tobacco *with Heather Riemer & Vilma Sakalauskaite*
Santiam Ballroom 2

Mental health Consumers smoke more than 50% of all cigarettes. This workshop will explore our relationship with tobacco, and how creating a tobacco free environment is possible in mental health

settings. The focus will be on how we got to this place, and what we can do about it. Resilience and tools are necessary to fight this fight. We will practice using both interactively.
Tobacco freedom IS possible in your community.

Peer Navigating HIV Recovery *with Yehoshua Ventura*

Santiam Ballroom 3

Workshop participants will be introduced to Cascade AIDS Project SW WA's Peer Navigation Program. Where shared living experience is used as a foundational tool to model and explore wellness and recovery through a trauma informed and intersectional approach to supporting our Peers living with HIV. HIV Recovery is presented as a matrix of recovery ranging from stigma, health, mental health, and/or substance misuse.

Sharing Hope and Resilience in the Early Experience of Psychosis *with Nybelle Caruso & Natalie Cohrs*

Santiam Ballroom 4

Members of the EASA Young Adult Leadership Council will describe its role and impact within EASA. The Council will discuss Pathways EASA Connections, a peer-designed and delivered website for individuals new to psychosis aimed at fostering resilience and connection. Council members will discuss the growing role of individuals with lived experience in changing the culture and language of EASA to focus on well-being, non-hierarchical approaches, and an ongoing cycle of empowerment and resilience.

UnPlug! *with Joshua Walters*

Santiam Ballroom 5

In partnership with Reboot's National Day of Unplugging, Joshua has set out to curate an interactive musical comedy experience, highlighting the benefits of disconnecting from our technological devices. At the core “UnPlug!” is an improv game that anyone can play, exploring the message of creating time for family, connection with nature and the community. Combining music, comedy and improv, UnPlug is an interactive experience highlighting community connection through a digital detox.

You're Housed! Now What? *with Kendra Wright & Christine Gray*

Santiam Ballroom 6

“The individual is housed, our work is done!” This is a common misbelief among community members and service providers. Housing is often only the beginning of the hard work. Learn how Peer Support Specialists in two programs at ShelterCare are successfully addressing post-housing challenges with their clients. This workshop will include a hands-on activity to help attendees better understand the barriers people encounter to maintaining housing, and present ideas for successful interventions.