



There are many studies that validate the effectiveness of peer support. Research has proven that peer support helps improve individual recovery outcomes. Now more than ever, there is a great emphasis on recovery from mental illness and substance use disorders. MRN's goal is to help create a recovery oriented system of care in which long-term recovery is the predicted and expected outcome for all individuals who engage in the recovery process. We believe that the utilization of peers in various settings will assist in this goal.

MRN is working towards uniting all peer specialists from across the state and we invite all peer specialists and those who support peer specialists to join us for a day of learning and networking.

Summit objectives include:

- Creating a peer statewide network consisting of engagement, sharing, learning, and networking
- Promoting excellence in statewide peer support services through collaboration and learning
- Empowering and engaging peer support providers to serve as one united, collective voice

# MRN

MISSOURI RECOVERY NETWORK

*The Statewide Voice for Recovery*

www.morecovery.org 573.634.1029

**Friday, March 18, 2016**  
Lodge of Four Seasons, Lake of the Ozarks

**7:15-8:00AM | Registration and Continental Breakfast**

**8:00-8:15AM | Opening Remarks – Brenda Schell, MRN & Rosie Anderson-Harper, DMH/DBH**

**8:15-9:15AM | Opening Keynote Speaker – Kimberly Brown, LAC, MPA, SAMHSA**

**Summary:** This presentation will cover Kimberly's personal experience as a person in long-term recovery into her journey of becoming a certified peer support specialist and a regional administrator for SAMHSA. Her presentation will educate about SAMHSA's goals with the strategic initiative of recovery supports, discuss various resource and technical assistance centers focused on peer support, and post some thought-provoking questions about the evolution of the peer support movement and where it is headed.

**9:30-10:30AM | Trauma Informed Care – Dr. Patsy Carter, DMH**

**Summary:** After this session, participants will be able to identify and define five core trauma-informed principles, as well as develop an understanding of how healing from trauma happens through relationships. Additionally, participants will be able to understand how an organization's policies, practices, and environments can potentially trigger a trauma response.

**9:30-10:30AM | The Integration of Peer Specialists in Treatment – Scott Lorenz, MA & Steve Collins, CMPS**

**Summary:** This presentation will focus on the utilization of peer specialists in a treatment team setting and discuss the importance of peer integration in the Assertive Community Treatment approach.

**9:30-10:30AM | Narcotic Trends & Safety – Sgt. Joseph P. Matherne**

**Summary:** This session will identify new illegal narcotics that law enforcement is encountering, as well as discuss the side effects of these drugs. A review of all illicit narcotics will be given with identification. A discussion will take place regarding the safe handling and precautions to take when you encounter these substances.

**10:30-10:45AM | Break**

**10:45-11:45AM | Medication Assisted Treatment – Patricia Sams, CCJP, MRSS-P, MAR, MHFAI**

**Summary:** This session will discuss the importance of medication maintenance and accountability, explore the benefits of informed/shared decision making, and provide informative tools and resources that can improve communication during the medication assisted treatment process.

**10:45-11:45AM | Why You DO Need to Know About both Mental Health and Substance Use Disorders – David Stoecker, LCSW, RASAC II, MRSS-P**

**Summary:** This presentation will examine the importance of diagnoses and discuss ways in

which peers can more effectively work with the individual who has both a mental health and substance use disorder. Common terminology of co-occurring disorders will be discussed.

### **10:45-11:45AM | Say What? Do What? Feel How? – Lisa Coates, MRSS-P**

**Summary:** It is important that we take care of ourselves! In this session, participants will identify the five realms of self-care, learn how to develop a personal self-care plan, and practice various self-care skills.

### **12:00-12:45PM | Lunch Presentation- Advocacy: Valuable, Vocal, Visible – Joe Hahne, BS, MRSS-P**

**Summary:** This presentation will focus on the POWER of your lived experience and the importance of advocacy (both individually and collectively) to influence decisions and break down misconceptions that will change attitudes (stigma) and policies (discrimination). Participants will learn the importance of recovery language and how to effectively share their recovery story with others.

### **1:00-2:00PM | Peer Panel –**

- **Brandi McGuire, MRSS-P:** Recovery Coach at Recovery Lighthouse, 5 years in recovery
- **Patricia Sams, CCJP, MRSS-P, MAR, MHFAI:** Executive Director for PEEPs in Recovery and Peer Supervisor, 39<sup>th</sup> Judicial Circuit Treatment Court; 5 ½ years in recovery
- **Patricia Beery, CMPS, MRSS-P, RASAC:** Peer Support Specialist with Compass Health/Pathways, 8 years in recovery
- **Jackie Long, MRSS-P:** Mental Health First Aid trainer and MRSS-P, Starting Point Outpatient Services & MRN, 2 ½ years in recovery
- **Joe Hahne, BS, MRSS-P:** ERE Peer specialist with Burrell Behavioral Health, 6 years in recovery
- **Nora Clay, MRSS-P, CMPS, RASAC II, MARS:** Outreach specialist/peer specialist at Adapt Missouri, over 9 years in recovery
- **Steve Collins, CMPS:** Peer Specialist for Assertive Community Treatment – Transitional Age Youth (ACT-TAY) for Burrell Behavioral Health

**Summary:** During this session, participants will have the opportunity to hear from various peers who are working as a peer specialist in a variety of settings including: Access to Recovery, drug court, clinical treatment, Emergency Room enhancement, and Assertive Community Treatment (ACT). The peer panelist will share their experiences working as a peer and will answer questions from the audience.

### **2:00-2:15PM | Break**

### **2:15-3:45PM | Understanding Peer Ethics: A Recipe for Success – Scott Breedlove, MRSS-P, MARS**

**Summary:** This session will be an open discussion session led by the presenter so that attendees can talk about real life ethical issues that are encountered when working as a peer

specialist. Definitions will be provided for terms such as “ethics,” “boundaries,” “dual relationships,” “self-disclosure,” and others. The current codes in place for Missouri peers will be introduced briefly and discussed.

**4:00-5:15PM | Closing Keynote, “C.H.A.R.G.E.: Create Habits around Real Goals Everyday” – Gary Wilbers**

**Summary:** This motivational presentation will discuss C.H.A.R.G.E. techniques and how they apply to peer support services. Gary will share with you his High Achievers Mindset which is his foundation for success. His presentation will assist you in laying a foundation to establish a culture of high achievement in your work as a peer specialist. It is imperative that every leader understand and comprehend who they really are and why they do what they do. This presentation will help build your leadership skills and potential.

## Speaker Biographies

**Rosie Anderson-Harper** serves as Director of Recovery Services for the Department of Mental Health, Division of Behavioral Health (DMH, DBH). The position of Director of Recovery Services was created in 2012 to raise the level of importance of the recovery philosophy in all aspects of DBH operations, enhance recovery services and supports and integrate them into traditional behavioral health services. As Director of Recovery Services, she supervises housing, employment services, Access to Recovery, Consumer Operated Service Programs, peer specialist and family support provider services, staff training and development, and the State Advisory Councils for substance use and mental health services. She has assisted in planning and implementation of the peer support services, Disease Management, and Healthcare Homes. Ms. Anderson-Harper has a master's degree in educational and counseling psychology. She has 25 years of experience in the field of behavioral health. She passionately believes in the power of human connection that moves us together to heal the world.

**Scott Breedlove** is the Assistant Director for the Missouri Credentialing Board. Scott holds the Missouri Recovery Support Specialist – Peer (MRSS-P) credential and the Medication Assisted Recovery Specialist (MARS) credential. Scott has a master's degree in addiction from the University of South Dakota. In September 2015, Scott celebrated 23 years of long-term recovery.

**Kimberly Brown** is the Regional Administrator for HHS Substance Abuse Mental Health Services Administration (SAMHSA) for Region 7 (Kansas, Iowa, Nebraska, and Missouri). Kim is a licensed addiction counselor with a master's degree in public administration and has worked in the behavioral health field since 1992. In her former positions, Kim focused on addiction services, initially in community-based settings for women's and children's residential programs. She has worked with criminal justice clients in community-based residential and outpatient settings, as well as with prison-based therapeutic communities. Kim is a person in long-term recovery that is also certified in the state of Kansas as a peer mentor.

**Dr. Patsy Carter** has been with the Missouri Department of Mental Health (DMH) since 1989 working in various capacities with children and families. She has worked in both inpatient and community settings, providing clinical and administrative services. Dr. Carter is the Trauma Lead for the Missouri DMH. In addition to providing training and consultation on trauma, she facilitates a state trauma leadership team that provides guidance across the state on policy and practice. Her current role as Director of Children's Clinical Services for DMH focuses on enhancing clinical practices to promote quality care in meeting the needs of children and youth with emotional, behavioral, developmental, and/or substance use disorders. Dr. Carter received her bachelor's degree in psychology from the University of Missouri – Columbia, and her doctorate in clinical psychology from the University of Mississippi.

**Lisa Coates** has 16 cumulative years in recovery. She began working at the Ozark Center in 2011 while also working in the leadership of her home recovery group. In February 2015, she transferred to New Directions and became a peer support specialist, credentialed as an MRSS-P. She is currently working to obtain her RASAC II and CMPS credentials.

**Joe Hahne** is an individual in long-term recovery with over five years of lived recovery experience. He has been employed with the Missouri Recovery Network since 2012 as a part-time recovery advocate/trainer. His main responsibility includes assisting with the writing, implementation, and delivery of the Missouri Recovery Support Specialist (Peer) Training statewide, as well as various other advocacy trainings. He also serves on various committees and/or work groups as a recovery voice to advance the recovery movement statewide. Additionally, Joe assists with planning and coordinating MRN Recovery Advocacy events and activities, and assists with mobilizing the recovery community throughout the State of Missouri.

**Scott Lorenz** is the team leader for Assertive Community Treatment – Transitional Age Youth (ACT-TAY) in Columbia, Missouri for Burrell Behavioral Health. Scott received his bachelor's degree in psychology from William Woods University, and his master's degree in marriage and family therapy from Alliant University. ACT-TAY is a team approach that assists transitional age youth with gaining independent living skills and providing wraparound mental and behavioral health services. ACT-TAY is completely community-based, with even Burrell psychiatrists making home visits to assist clients with accessibility to mental health services.

**Sergeant Joseph P. Matherne** has been a law enforcement officer for over 26 years. Sgt. Matherne has supervised a patrol squad, the Criminal Investigations Unit, and the Narcotics Investigation Unit. Currently, he supervises the department's Community Action Team, the department's Crisis Intervention Team, and the Hostage Negotiation Team. Sgt. Matherne serves as the Chairperson for the Capital Area Crisis Intervention Team and is co-chair for their training committee. He sits on the Veterans and Drug Court Programs in the 19<sup>th</sup> Judicial District as the Law Enforcement Liaison. Sgt. Matherne graduated from the Law Enforcement Training Institute Police Academy and Columbia College with a Bachelor's of Science in Criminal Justice Administration.

**Patricia Sams** is a Stone County DWI Court Graduate with over five years of sobriety who has dedicated her passion and commitment to the field of recovery. She is a national speaker for non-addictive medication treatment and recovery, presenting at multiple state and national drug court conferences, universities, United States Senate on behalf of woman in recovery and the National Foundation of Women Legislators Conference. Currently Patricia stays busy as the Executive Director for PEEPs in Recovery, Database Administrator for the 39<sup>th</sup> Judicial Circuit Treatment Courts, and the Communications Coordinator for the MCRSP. As an active alumni and peer, Patricia is a coordinator and instructor for MRSS/MRSS-P trainings.

**David Stoecker** is a person in long-term recovery. What that means for him is that he has not used alcohol or other drugs since January 31, 2009, and because of that today he is a husband, father, employee, friend, motivational speaker, hope dealer, and stigma killer. His message is simple and clear: There is a Better Life in Recovery!

**Gary Wilbers** is a coach, speaker, and trainer with Ascend Business Strategies. The first business he built, Mid-America Wireless, started as a small, two-man company culminating with ten regional storefronts and over 150 employees. Using his success as the foundation, he

created the High Achievers Mindset. He specializes in public speaking and training, and is a certified trainer for High Performance Coaching. Gary received his Bachelor of Science in Business Administration and Marketing from Lincoln University.