

Conference Program

International **RECOVERY** Perspectives:

Implications – Innovations – Implementations

Critical and creative exploration of groundbreaking approaches in
Mental Health Recovery

The Community Resource
Connections of Toronto,
Alternatives and the Family
Outreach and Response
Program sponsor this
conference.

The Leadership Project



International Recovery Perspectives Conference Program

Welcome to the 'International Recovery Perspectives' Conference 2006

Members of the **Leadership Project** organized this conference because we see the need for a deeper awareness about what is possible in the way of systemic reform, or the transformation of the mental health system. This is why we have invited our international guests so that we can all benefit from a direct exchange of information and views on the ways that 'recovery system transformation' is unfolding in other countries.

There is talk of a transformed mental health system here in Ontario, but we seem to be missing the 'vision' thing. The work is mainly about system restructuring and outcome accountability mechanisms. The community gets consulted, but the results do not reflect social preference and actual need. The whole process is more about the system's imagined needs than it is focused on people's needs.

The mental health reform agenda seems stalled, and yet many people remain hopeful and enthused that real change is possible and want to play a part in making that happen. Arguably, at this time the recovery model is the most invigorating source of hope for change in this field than any other force or idea. It has become the conceptual prism through which we deepen our understanding of the primary goals and values of this work. It is the unitary idea that fuels critical reflection, stirs positive emotions and provides a path, a change process and a goal all in one.

Recovery as a model is actually the historical by-product of the psychiatric survivor movement. The survivors through their labour and activism have created the framework and foundation for recovery. They did this through empowering social advocacy, community development, peer support, research, creativity and celebration. Recovery is the legacy of their work, and 'recovery' is a fact and a reflection of what has come from their substantial body of work.

So, we concentrate on recovery because we heartily believe in its value, and because it is a handy catch-phrase for expressing and endorsing the survivor agenda for rights, opportunities, hope, wellness and dignity. We see recovery as the means for promoting inclusion, autonomy, partnership, mutual learning and equality, but also as a reference tool to challenge inequality and the old-school mentality of distance and paternalism. In fact, we see recovery as the means for the entire mental health system to locate its own humanity. Ultimately, we respond to recovery for its empowering message and its community-building properties.

Recovery concerns all of us. It poses new challenges and there are unique learnings for all, but while we collectively contemplate recovery as the best platform for mental health reform consider who is best suited or able to carry this forward. The inescapable conclusion and the proven fact as we shall see is the survivor/peer support movement. This is not the singular focus of this conference, but everything that we will be discussing is in reference to the survivor movement as the source of energy that is political, critical, innovative, joyous and hopeful. Their role in the overall reform process to date has been immense, and it our hope that after this conference that their role as change-makers and recovery advocates will be even better understood.

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Notwithstanding this earnest hope, a caveat needs to be stated, and that is we appear to be on our own. If recovery is going to be implemented, people and agencies have to do it for themselves and not wait on government to be engaged as a partner and funder. Government will likely need to see the proof and hear our voice before they finally recognize recovery and decide to reward innovation and dedication. As it is though, the provincial government barely acknowledges the recovery concept, and they have not shown any great interest in exploring the topic. It would appear that for now it is entirely up to us to develop it, as well as to advocate for its development. Hopefully, by the end of this conference you will feel a little better equipped and more encouraged for what is to be done.

We thank you for your interest in this conference. We sincerely hope that you enjoy this important opportunity to share, dialogue and network with colleagues and friends, old and new. All the best.

The Leadership Project

Key Contributors and Sponsors

The International RECOVERY Perspectives conference is sponsored by the following agencies. We thank them for their support.

ALTERNATIVES – East York Mental Health Counselling Services Agency is a community-based program for individuals with serious mental health problems living in East York / East Toronto.

COMMUNITY RESOURCE CONNECTIONS OF TORONTO (CRCT) provides direct service to adults who struggle with day-to-day living as a result of severe and persistent mental health issues as well as health promotion/community development support to consumer/survivors, families and groups in Toronto.

FAMILY OUTREACH AND RESPONSE (F.O.R.) is a program that provides support services to families and friends of people who are recovering from a serious mental health problem.

The Leadership Project also thanks Licien Valverde, Peter MacDonald and all of the volunteers for their hard work and assistance.

The Leadership Project Conference Planning Group

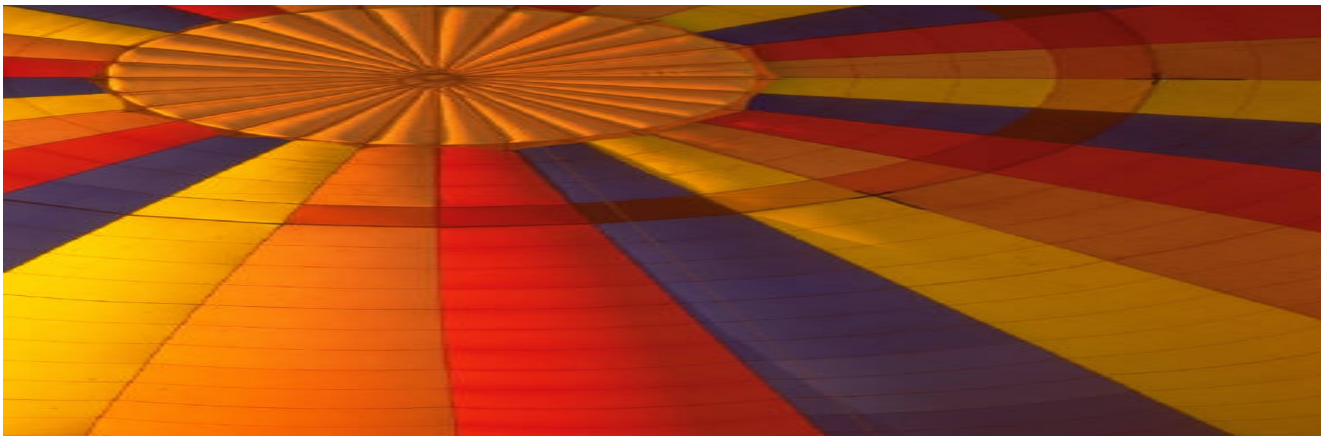
Karyn Baker	Family Outreach and Response Program
Heinz Klein	Consumer/Survivor Activist
Brian McKinnon	Alternatives – East York Mental Health Counselling Services
Leslie Morris	Community Resource Connections of Toronto
Mel Starkman	Consumer/Survivor Activist
Ann Thompson	Family Outreach and Response Program

For more information: contact Brian McKinnon at 416-285-7996, ex.227 or bmckinnon@iprimus.ca

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The Leadership Project

The Leadership Project's goal is the promotion and the enhancement of a 'Recovery' vision for the mental health system in Ontario. We do this by organizing educational events with an advocacy message/agenda. All of our events are facilitated in partnership with consumer/survivors, families and service providers.



Conference and Workshop Schedule

Thursday, November 16, 2006 – Hart House at the University of Toronto	
International RECOVERY Perspectives (Day 1)	

8:00 am – 09:00 am	Registration	
9:00 am – 10:15 am	Introduction and Keynote	<i>(Great Hall, 1st floor)</i>
10:15 am – 10:30 am	Refreshment Break	<i>(Outside Great Hall)</i>
10:30 am – 12:00 noon	Plenary Session – Critical Perspectives on Recovery	<i>(Great Hall, 1st floor)</i>
12:00 noon – 1:00 pm	Lunch	<i>(Outside Great Hall)</i>
1:00 pm – 2:30 pm	Workshop 1: Critical Challenges for Helping Professions	<i>(East Common Room, 1st floor)</i>
	Workshop 2: Human Rights, Advocacy, Activism and Recovery	<i>(Music Room, 2nd floor)</i>
	Workshop 3: Peer Support and Recovery: Research, Evidence and Best Practice	<i>(Debates Room, 2nd floor)</i>
2:30 pm – 2:45 pm	Refreshment Break	<i>(Outside Great Hall)</i>
2:45 pm – 4:15 pm	Workshop 4: Emerging Recovery Curriculum and Training	<i>(East Common Room, 1st floor)</i>
	Workshop 5: Diversity, Culture, Community Development and Recovery	<i>(Music Room, 2nd floor)</i>
	Workshop 6: Hearing Voices: A different message	<i>(Debates Room, 2nd floor)</i>
4:30 pm – 6:30 pm	Reception	<i>(South Dining Room, 2nd floor)</i>

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Friday, November 17, 2006 – Hart House at the University of Toronto
International RECOVERY Perspectives (Day 2)

8:00 am – 9:00 noon	Registration	
9:00 am – 10:30 am	Workshop 7: Recovery: Challenging the Power of Psychiatry <i>(Great Hall, 1st floor)</i>	
	Workshop 8: Changing Service Culture for Recovery <i>(East Common Room, 1st floor)</i>	
	Workshop 9: Trauma, Peer Support and Recovery <i>(Music Room, 2nd floor)</i>	
10:30 am – 10:45 am	Refreshment Break <i>(Outside Great Hall)</i>	
10:45 am – 12:00 noon	Workshop 10: Recovery: System-Wide Implementation <i>(Great Hall, 1st floor)</i>	
	Workshop 11: Medication: Informed Choices and Challenges <i>(Music Room, 2nd floor)</i>	
	Workshop 12: Creative Expression and Recovery <i>(East Common Room, 1st floor)</i>	
12:00 noon – 1:00 pm	Lunch <i>(Outside Great Hall)</i>	
1:00 pm – 2:00 pm	Workshop 13: Families: A Critical Role in Recovery <i>(Music Room, 2nd floor)</i>	
	Workshop 14: Working Through Extreme States of Distress <i>(East Common Room, 1st floor)</i>	
	Workshop 15: Recovery is a Human Right <i>(Great Hall, 1st floor)</i>	
2:10 pm – 3:00 pm	Closing Panel and Plenary Session – Strategies for Recovery System Transformation <i>(Great Hall, 1st floor)</i>	

Keynote Speaker

Mary O’Hagan
Mental Health Commissioner - New Zealand

Mary O’Hagan experienced severe mental health problems and used mental health services for several years as a young woman. She slowly realized that, like herself, many people were not helped or understood in the mental health system and some were deeply harmed by it. Society, in collusion with the mental health system, had also failed to uphold the rights and participation of some of its most marginalized citizens. In response to this, Mary initiated the user/survivor movement in New Zealand in the mid 1980s. From 1991 to 1995 she was the first chair of the World Network of Users and Survivors of Psychiatry. Mary has been a mental health commissioner in New Zealand since 2000. Over the last two decades she has occupied many roles in many types of agencies, always with an overriding commitment to promote service user expectations of services as well as their full participation in society.

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Conference Panelists and Presenters

Adele Rosenbloom

Survivor Provider, 'Compass', Toronto East General Hospital, Toronto, Ontario - Canada

Adele Rosenbloom is a mental health professional and a 'second generation' psychiatric survivor. She has been very active in the psychiatric survivor movement: she was a founding member of the Ontario Psychiatric Survivors Alliance (OPSA), helped organize a national survivor conference in Montreal (Our Turn, 1988), and co-produced three educational videos on survivor and mental health issues. Since 1999 Adele has worked for an Assertive Community Treatment Team (Compass, Toronto East General Hospital). Adele applies the recovery model to all aspects of her work. She lives in Toronto with her partner, their two sons and her dog.

Anita Aenishaenslin

Membership Facilitator, Workman Arts, Toronto, Ontario - Canada

Anita Aenishaenslin became a member of Workman Arts in 1998. Over time she volunteered at various events and started to work for the company part time in the year 2000. She has now been working full-time as the Membership Coordinator for almost 4 years. Anita is also a visual artist and is currently studying creative writing at York University.

Anne Marie DiGiacomo

Clinical Director, Windhorse Associates, USA

Anne Marie DiGiacomo has been working in human services since 1977 in non-profit and community mental health arenas, receiving her Masters of Social Work in 1986. During the first 18 years of her career, she worked with children, adolescents and families in both residential and day treatment settings and private practice. Since 1996 to the present, Anne Marie has worked at Windhorse Associates and Windhorse Community Services; both contemplative therapeutic communities that provide compassionate care for adults living with severe distress. She has held the position of Clinical Director, Co-Executive Director, Admissions Manager and Senior Therapist at Windhorse Associates. Anne Marie is a practicing Buddhist and brings a contemplative perspective to her therapeutic work.

Ann Thompson

Survivor Provider, Family Outreach and Response Program, Toronto - Canada

Ann Thompson is a survivor provider, living in Toronto, who has recently completed an MSW in critical social work at York University. Her area of concentration is mental health recovery. Ann's major research paper explored a framework for critical social work practice in mental health recovery, using a strengths perspective in a family setting. She has been working with Karyn Baker at the Family Outreach & Response Program to develop curriculum for mental health recovery education. In addition, Ann has received training as a Wellness Recovery Action Plan (WRAP) Facilitator and has developed curriculum to teach a course in Critical Perspectives in Mental Health in the graduate social work program at York University. She is presently employed by Family Outreach & Response Program as a Family Recovery Resource Worker.

Atsuko Matsuoka

Associate Professor, School of Social Work, York University, Toronto, Ontario - Canada

Atsuko Matsuoka is an Associate Professor at the School of Social Work, York University. Her current interest is integrating a mental health recovery approach into social work education. During her term as Graduate Program Director, she helped to launch a strengths-based mental health recovery course for York MSW students. Run by Ann Thompson, this was perhaps the first comprehensive graduate mental health recovery course in Canada given from a critical social work perspective. The course has been successfully run for the last three years. Atsuko hopes to develop mental health recovery based programs and research on aging and/or ethno-racial minorities.

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BJ North

Consultant, San Francisco Bay Area, USA

BJ North has worked in the fields of mental health and drug and alcohol for more than a decade. She continues to enhance her knowledge in these areas through education, self-help teachings and various projects including her current work as a consultant with various community agencies. She builds bridges across uncommon grounds such as, businesses to community, individuals to community resources and agencies to consumers. She teaches the importance and effectiveness of communicating with one another in the spirit of mutual respect.

David Stark

Peer Support Coordinator, Windhorse Associates, Northampton, Mass. - USA

David Stark has been Peer Support Coordinator at Windhorse Associates in Northampton, Massachusetts since 1999 and a Peer Counselor since 2000. He has served on the board of directors since 1997, holding the offices of secretary, treasurer and vice-president. David is trained in Boston University Recovery Workshop, WRAP, Peer Advocacy, Clubhouse, Clinical Mentoring and has attended the Massachusetts Leadership Academy. He has published an account of his Windhorse treatment in the chapter "Sanity Recovered" in Housecalls: Psychosocial Interventions in the Home. David has led the Windhorse Peer Counselor Training Course three times since 2001 and facilitates various ongoing groups. He also serves on the Western Massachusetts area board of the Department of Mental Health. David holds a B.A. in psychology and linguistics from Princeton University.

Elise White

Peer Counsellor, Windhorse Associates, Northampton, Mass. - USA

Elise White completed the Boston University Recovery Workshop and was trained in Peer Counseling at Windhorse Associates in Northampton, Massachusetts. She was hired as a Peer Counselor in 2005 and recently received additional training as a Clinical Mentor. She has served on numerous teams at Windhorse as well as co-facilitating the groups the Art of Eating Well (2006) and Peer Counselor Training (2006). In addition she is currently the staff liaison to the Administrative Steering Committee and has served on the Outcome Evaluation Project Committee at Windhorse. Elise graduated magna cum laude from Mount Holyoke College with a B.A. in psychology.

Erick Fabris

Psychiatric Survivor Activist and Teacher, Toronto, Ontario - Canada

Erick Fabris is a psychiatric survivor activist involved with organizing the original Survivor Pride Day of 1993 with West End Psychiatric Survivors. He also helped found the No Force Coalition, 1999 – 2001, and worked for the Queen Street Patients Council/Outreach Society until 2002, as well as a housing worker, and teacher. Erick has since written his graduate research thesis on psychiatric survivor experiences under Community Treatment Orders.

Helen Kirkpatrick

Clinical Nurse Specialist, St. Joseph's Healthcare, Hamilton, Ontario - Canada

Helen Kirkpatrick is a Clinical Nurse Specialist and a Certified Psychiatric Rehabilitation Practitioner. She is currently the Co-ordinator of the Psychiatric Mental Health Nursing Program, which is a collaborative specialty education program between St. Joseph's Healthcare, Hamilton and McMaster University School of Nursing, where she is an Assistant Clinical Professor. Helen recently completed her PhD thesis, "Moving on from Homelessness: A Narrative Inquiry". It is the stories of people with major mental illnesses who have been homeless and who get permanent housing with supports, and how their stories change. She has also been involved in research on Hope and Schizophrenia, and for ten years was Program Director of a PSR Program for people with schizophrenia (1900-2000).

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Judith Rosenberg

Founder of The Spark of Brilliance Support Association

Judith Rosenberg, Founder of The Spark of Brilliance Support Association, is a former nurse (1963); and a graduate of the Applied Counselling Program (2003) at Conestoga College. Rosenberg is a mental health advocate, and has acted as co-chair of the Front-Line Sub-Committee for the Southwest Ontario Task Force for Mental Health Reform in 2000 – 2001. She is a member of the Family Mental Health Network, an association of family allies who lobby for mental health awareness and the establishment of ACT/PACT Teams in Wellington-Dufferin. She is on the Advisory Board of Spark of Brilliance. In collaboration with Homewood Health Centre and ArteVida Cuba, Rosenberg established the first Healing And Recovery Through The Arts International Conference in Cuba in 2005, and is the founder of ART-Based Recovery Therapies International (ARTS International), an organization to promote healing art therapies in communities across the globe.

Lana Frado

Executive Director, Sound Times Support Service, Toronto, Ontario - Canada

Lana Frado is the Executive Director of Sound Times. Sound Times is a large, multi-service consumer/survivor initiative offering social support, educational activities, services for c/s at risk of coming into contact, or in conflict with the justice system, and harm reduction. Most recently, Sound Times has been funded to provide release from custody planning for consumers and survivors who are incarcerated. Lana has served on many planning and policy initiatives, as well having been involved in many survivor initiatives. She is currently the President of the Board of Directors of ARCH Centre for Disability Law.

Laurie Ahern

Washington D.C., USA

Laurie Ahern was hospitalized and labelled with mental illness at the age of 19. She recovered and went on to become the managing editor of four newspapers and a freelance writer for the Associated Press, *The Boston Globe*, and several other national publications. She has won national awards for her investigative and editorial writing. In addition to being Co-Director of the National Empowerment Center, Inc., Laurie is the vice-president of the *National Association of Rights Protection and Advocacy* (NARPA).

Lionel Berger

Family Member, Toronto, Ontario - Canada

Lionel Berger is a family member, and a lawyer (retired). He and his wife attended the Family Outreach & Response Program 8-week Recovery Series 2 yrs ago. Lionel has spoken before a number of groups as a family member and also served for 2 years as Vice-Chair and Treasurer of Family Association for Mental Health Everywhere.

Lucy Gudgeon

Support Supervisor, Houselink Community Homes, Toronto, Ontario - Canada

Since 1989 Lucy has worked with homeless and marginalized people in inner city settings and is currently employed at Houselink Community Homes as a Support Supervisor. Lucy has participated in recovery at Houselink since its inception.

Mary Lou Eaton

Family Member, Toronto, Ontario - Canada

Mary Lou is a mother and corporate educator. She attended the Family Outreach and Response Program and is now co-facilitating in the Early Intervention Recovery Program. Her experience and learning in the F.O.R.'s support program have made a dramatic, positive change in the relationship she has with her daughter.

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Mel Starkman

Psychiatric Survivor Activist, Toronto, Ontario – Canada

Mel Starkman is a Torontonians native born, bred and educated in this city. He has an Honours B. A. from the U of T. and after a short spell as a teacher he became an archivist at the Ontario Archives and his alma mater. A published poet and author he is multi-disciplinary in his interests and reading. Particularly interested in the plight of the marginalized in our midst he is active in self-help organizations that invite participation, personal responsibility and peer support. He is the Chairperson of Sound Times Support Services, Co-chairperson of the Edmond Yu Safe House Project and archivist of the Psychiatric Survivor Archives, Toronto. Mel carries on in his retirement oblivious of any difference from his working days, in fact ever busier. In his spare time he does some acting with the Friendly Spike Theatre Band.

Paddy McGowan

Psychiatric Survivor Activist, Omagh, County Tyrone - Ireland

Paddy McGowan from Omagh in County Tyrone recovered from Schizophrenia with the support of other survivors and professionals. He set up the first user group in Ireland in 1994. He is a prominent proponent of the recovery model and actively engaged in creating alternatives to the medical or maintenance model. He facilitates training and consultancy for professionals, government and families as an independent service user consultant. Paddy also lectures on mental health matters in many Universities and colleges to health care professionals and has been involved in developing peer advocacy training to an accredited level and is involved in developing staff awareness training in user empowerment and advocacy. He is also a member of the International Network of Treatments Alternatives for Recovery (INTAR) and has received the Social Entrepreneurs Ireland Award.

Paul Denison

Family Member, Toronto, Ontario – Canada

Paul Denison is a facilitator of the Family Mental Health Recovery Series. He has both a partner and a mother recovering from mental health issues. Paul has worked in the social services field at both PARC and the Parkdale Legal Clinic. His passion is music!

Peter Sackaney

Traditional Counsellor, Anishnawbe Health Toronto, Ontario - Canada

Peter Sackaney is a former residential school attendee and a survivor. Those negative experiences that impacted the earlier years led him to become a professional counsellor over the last 20 years. His work is focused on working with and for Aboriginal People. He has worked in various native communities addressing issues such as substance and solvent abuse, anger, family and domestic violence, and residential school trauma. Peter believes that a holistic approach is the most important component to healing by using traditional teachings and ceremonies to address self-care and wellbeing.

Peter Smith

Artist in Residence, Workman Arts, Toronto, Ontario - Canada

Peter Smith struggled for many years before being diagnosed with Schizophrenia. Now more or less recovered he works as a visual artist. He teaches and is Artist in Residence at the Centre for Addiction and Mental Health in Toronto for the Jean Simpson Studio.

Phillip Thomas

Writer and Senior Lecturer, University of Bradford - England

Philip Thomas is a writer and Senior Lecturer in the Centre for Citizenship and Community Mental Health, in the School of Health Studies, University of Bradford. He is also chair of *Sharing Voices Bradford*, a community development project working with Bradford's Black and Minority Ethnic communities. After working as a full-time consultant psychiatrist in the NHS for over twenty years, he

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gave up clinical practice in 2004 to focus on writing and academic work. His academic interests include critical social and cultural psychiatry and philosophy. He has developed alliances with survivors of psychiatry and service users, locally, nationally and internationally, and is well known for the column he wrote with his colleague Pat Bracken in *Open Mind* magazine, called *Postpsychiatry*. He is a founder member and co-chair of the Critical Psychiatry Network in Britain. He has published well over 100 papers and articles, both in peer reviewed and in popular journals. His books are *Dialectics of Schizophrenia* (1997); *Voices of Reason, Voices of Insanity* written with Ivan Leudar (2000); and, *Postpsychiatry*, co-authored with Pat Bracken (2005). His next project is a collection of short stories about madness.

Shery Mead

Consultant and Peer Provider, New Hampshire, USA

Shery Mead is the past director of three New Hampshire Peer Support Programs including a peer run hospital alternative. She has done extensive speaking and training, nationally and internationally, on the topics of alternative approaches to crisis, trauma informed peer services, systems change, and the development and implementation of peer operated services. Her publications include academic articles, training manuals and a new book co-authored with Mary Ellen Copeland, *Wellness Recovery Action Planning and Peer Support*. Shery is currently the project director for the Evidence Based Practice, Consumer Operated Programs Toolkit funded by SAMHSA.

Steven J. Onken

Assistant Professor, University of Hawai'i at Manoa, USA

Steven J. Onken is an assistant professor at the University of Hawai'i at Manoa. He is the principal investigator for the U.S. National Mental Health Recovery Research Project for the Development of Recovery Facilitating System Performance Indicators, a multi-site, multi-phase examination of the concepts and dimensions of recovery and the various factors that inhibit and facilitate people's recovery from long-term psychiatric disabilities. Dr. Onken's work also focuses on sustainable development of consumer/ survivor operated programs, of consumers/ survivors as staff within traditional mental health services, and of consumers/ survivors within the general workforce. Dr. Onken has direct practice experience in the areas of mental health and disability; civil and legal rights protection and advocacy; sexual orientation, gender expression and strategies addressing hate violence; as well as in community organizing and development and organizational design and management.

Susan Schellenberg

Psychiatric Survivor, Artist and Writer, Toronto, Ontario - Canada

Artist, writer, Susan Schellenberg committed to healing from a 1969 psychosis and ten year course of anti -psychotic drugs in 1980. Since that time she has kept an art and written record of her dreams and inner journey as her mind healed. Susan's *Shedding Skins* dream art and text is on permanent exhibit at the Centre For Addiction and Mental Health in Toronto.

Robert MacKay

Psychiatric Survivor and Entrepreneur, Toronto, Ontario - Canada

Since 1997, Robert MacKay has been active in helping define the recovery movement for Canada. This started with improvement of "consumer-run" programs in New Brunswick, which eventually led him to Toronto in 2005, where Robert has been using his knowledge, passion and energy in association with the Ontario Recovers Campaign. His firm, Robert MacKay and Associates currently assists organizations to move ahead with peer support and recovery innovations.

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Rufus May

Clinical Psychologist, Bradford – England

Rufus May became interested in recovery from mental health problems after psychiatric treatment for psychosis when he was eighteen years old. His experience of psychiatry was that it seemed to create more problems than it solved. He trained as a psychologist and for the last 10 years has been seeking to promote more helpful approaches to states of confusion and distress. He currently works as a clinical psychologist in Bradford's adult mental health services. He currently supports five self-help/recovery groups, including one hearing voices self help group and one unusual beliefs self help group called the 'Believe it or not!' group. He also co-chairs a monthly public meeting about alternative approaches to emotional distress and madness called Evolving Minds. He works within a broad range of frameworks including using Mindfulness, Taoist self help books, Voice dialogue, Marxism, recovery stories, herbal medicine, bodywork, self help group work and peace studies. He also works with others to campaign against coercive medical treatment and for more holistic approaches to mental health problems. Some of his writings are available at the Bradford Centre for Citizenship website.
<http://www.brad.ac.uk/acad/health/research/cccmh/index.php>

Zarsanga Popal

Health Promoter, Community Resource Connections of Toronto, Ontario - Canada

Zarsanga Popal is a Health Promoter with Community Resource Connections of Toronto. She has a Master's in Social Work. Zarsanga is working with various community groups and organizations around issues of access and equity as they relate to mental health.

Workshop and Event Descriptions

Thursday, November 16, 2006 – Hart House at the University of Toronto

Plenary Session

10:30 am – 12:00 Noon

Critical Perspectives on Recovery

Location: Great Hall

Presenters: Laurie Ahern, Phillip Thomas, BJ North and Rufus May
Facilitator: Brian McKinnon

Workshop 1

1:00 pm – 2:30 pm

Critical Challenges for Helping Professions

Location: East Common Room

Presenters: Phillip Thomas, Rufus May, Atsuko Matsuoka and Helen Kirkpatrick
Facilitator: Ann Thompson

Over the past several years the focus of mental health recovery literature and research has begun to shift from what recovery looks like to how to practice with a recovery approach. Providers from within their own professions are, increasingly challenging traditional ideas about the nature of knowledge and expertise, and such things as diagnosis, treatment and “best interests” of the client. A panel representing the fields of nursing, psychiatry, psychology, and social work will address these issues from a critical perspective.

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Workshop 2

1:00 pm – 2:30 pm

Human Rights, Advocacy, Activism and Recovery

Location: Music Room

Presenters: Laurie Ahern, Mary O'Hagan, Erick Fabris and Paddy McGowan
Facilitator: Lucy Costa

The matter of human rights and activism are key components of the recovery model. In the recovery approach, individual and civil rights are upheld and respected. This poses a direct ethical challenge to society and the entire mental health system. Meantime, a more coercive approach (i.e. community treatment orders) has asserted itself in professional practice. How do we address this conflict of interests and directions, and more broadly, what is our responsibility to those enduring egregious human rights violations in psychiatric institutions in Eastern Europe, South Asia and around the world?

Workshop 3

1:00 pm – 2:30 pm

Peer Support & Recovery: Research, Evidence and Best Practice

Location: Debates Room

Presenters: Shery Mead and Steve Onken
Facilitator: Robert MacKay

Peer support and Wellness Recovery Action Plan (WRAP) programs yield positive outcomes in people's recovery, and are now considered by many as 'best practices'. In this workshop we shall examine their effectiveness in terms of the evidence, as well as the progress that has resulted as peer support and WRAP programs are more widely applied, moving from the margins into the mainstream. Also, the workshop shall explore the extent to which the recovery model is been researched and applied in university and college programs and by professional associations.

Workshop 4

2:45 pm – 4:30 pm

Emerging Recovery Curriculum and Training

Location: East Common Room

Presenters: Ann Thompson, Helen Kirkpatrick, Shery Mead, Elise White and David Stark
Facilitator: Atsuko Matsuoka

As more and more programs and agencies choose to adopt recovery values and concepts, the need for additional training in mental health recovery competencies has emerged. This workshop will explore recovery competencies and present some models of educational curriculum that provide this training.

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Workshop 5
2:45 pm – 4:30 pm
Diversity, Culture, Community Development and Recovery
Location: Music Room

Presenters: Phillip Thomas, Mary O'Hagan, BJ North and Zarsanga Popal
Facilitator: Gregory Kim

Recovery is a model of liberation for personal and social change so it necessarily attends to issues of race, class and poverty. This workshop will explore the recovery model in the context of diversity, community development, anti-racism, civil rights, economic justice and social change. The presenters will address the value of incorporating community development, anti-racism and cultural sensitivity into peer support and mental health services. The presenters will also address the barriers to change, strategies for representation, and the challenge to government, service providers, recovery advocates, family members, and the survivor movement to be inclusive and pro-active in the areas of race and culture.

Workshop 6
2:45 pm – 4:30 pm
Hearing Voices: A different message
Location: Debates Room

Presenters: Paddy McGowan, Adele Rosenbloom, Rufus May and Mel Starkman
Facilitator: Jordan Stone

People are pathologized for a widespread phenomenon, the hearing of voices. Fear of the unknown informs this reaction; people get labelled and are treated differently. We need a different response, starting by listening to and learning from those who do hear voices. Many do have a different message, one that rejects or at least qualifies pathology, and considers issues like trauma and alienation in its stead. The workshop presenters will also address the practical dimensions of managing and adapting to the experience of hearing voices.

Friday, November 17, 2006 – Hart House at the University of Toronto

Workshop 7
9:00 am – 10:30 am
Recovery: Challenging the Power of Psychiatry
Location: Great Hall

Presenters: Phillip Thomas, Mary O'Hagan and Lana Frado
Facilitator: Chris Dowling

The consumer/survivor movement and recovery advocates have started a dynamic process that is taking people and the mental health system beyond maintenance and coping. Survivors now have a voice within the system, and with recovery, a platform for change. Providers of service and human service academics see the inherent value of the recovery model and are taking steps to work in accord with the model, in partnership with consumers/survivors. Psychiatry, however, seems unmoved by the paradigm shift that is underway. Will psychiatry move beyond defensiveness, examine its relationship with the pharmaceutical industry, acknowledge its intellectual isolation and take steps to learn from, and share power with the people in its care? Recovery is about having choices and making healthy decisions; this is true for all parties involved in the mental health system, including psychiatry.

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Workshop 8

9:00 am – 10:30 am

Changing Service Culture for Recovery

Location: East Common Room

Presenters: Steve Onken, Ann Thompson, Lucy Gudgeon and Anne Marie DiGiacomo
Facilitator: Tanya Shute

This workshop will be helpful for organizations and providers who are aiming to implement recovery concepts within their service setting. You will be encouraged to explore what you do well, where you could improve and ways to develop a plan to implement recovery values and principles throughout your organization. Evidence-based recovery programs will be introduced as well.

Workshop 9

9:00 am – 10:30 am

Trauma, Peer Support and Recovery

Location: Music Room

Presenter: Shery Mead
Facilitator: Theresa Claxton

“In trauma-informed peer support we come together around many shared experiences that may also include some negative mental health treatment issues”. (Shery Mead) This workshop will explore how peer support can provide opportunities to help us think about these experiences in new ways, as individuals, and collectively as advocates. As we unite in sharing our experiences, a collective healing begins to take place, opening the doors to real change in our lives.

Workshop 10

10:45 am – 12:00 Noon

Recovery: System-Wide Implementation

Location: Great Hall

Presenters: Steve Onken, Mary O’Hagan, Shery Mead and Robert MacKay
Facilitator: Brian McKinnon

Recovery is being implemented as the lead policy in certain state/national mental health systems. New Zealand, Ohio, Connecticut and others are leading the way. The presenters will offer their perspectives on the sweeping changes underway, addressing state-wide recovery implementation as it relates to innovation, as it affects what services are offered, enhanced and created, whether empowerment principles are being applied, and overall, whether it is leading to positive recovery outcomes.

Workshop 11

10:45 am – 12:00 Noon

Medication: Informed Choices and Challenges

Location: Music Room

Presenters: Phillip Thomas, Rufus May and Paddy McGowan
Facilitator: Mel Starkman

The recovery path is about choices, and that includes the difficult choices and issues attached to medication. Some of the questions to consider: do the medications help or hinder wellness/recovery? Are people making

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informed choices? Can people access the medication/treatment of choice? Is there help to withdraw from psychotropic medications? The presenters will address these and other issues to stimulate discussion about how these substances help and/or hinder the recovery process. The discussion will also address the problem of the pharmaceutical industry in respect of its huge profits, its exponential growth and the endemic medicalization of societal problems.

Workshop 12
10:45 am – 12:00 Noon
Creative Expression and Recovery
Location: East Common Room

Presenters: Judith Rosenberg (A Spark of Brilliance), Anita Aenishaenslin and Peter Smith from Workman Arts and Susan Schellenberg
Facilitator: Ruth Ruth

Creativity is frequently the hallmark of madness, and recovery. Many people with mental health challenges describe how artistic and creative expression is their way of expressing and sharing their inner life and vision. Creativity offers an interpretative path, and potentially the road to recovery. The presentations and discussions will provide for a better appreciation of the role and relationship between creativity and recovery.

Workshop 13
1:00 pm – 2:00 pm
Families: A Critical Role in Recovery
Location: Music Room

Presenters: Mary Lou Eaton, Paul Denison, Lionel Berger and Marian Dalal
Facilitator: Karyn Baker

Families and friends help to create an environment in which recovery happens. They can play key roles in terms of 'holding the hope' and promoting choice and self-determination. However, families are usually encouraged by psychiatry to adhere to the traditional treatment approach at home. This often creates power struggles and misunderstanding in the family. Education approaches that go beyond the medical model are crucial so that families learn about recovery from a critical perspective and understand the impact of their role in recovery. Presenters will share these innovative approaches.

Workshop 14
1:00 pm – 2:00 pm
Working Through Extreme States of Distress
Location: East Common Room

Presenters: Peter Sackaney, Rufus May and Anne Marie DiGiacomo
Facilitator: Lucy Costa

Mental health workers and peer support workers frequently respond to people who are in extreme states of distress (commonly described as 'psychosis'). This workshop will address some of the ways that workers can help people who are hearing voices that are dominating their lives, or who are in states of dissociation? It will also address how we help people spiritually when they are in great turbulence; or, how we assist people to make peace with their 'demons; and, how to really listen to people when they are sharing their unusual beliefs with us.

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Workshop 15

1:00 pm – 2:00 pm

Recovery is a Human Right

Location: Great Hall

Presenter: Laurie Ahern
Facilitator: Jennifer Chambers

Mental health recovery is a concept that is unheard of in many parts of the world. This is problematic because it is a person's human right to have the opportunity to recover. The presenter, Laurie Ahern, will speak to this topic from her perspective as the associate director of Mental Disabilities Rights International, and among other topics and issues she will address her work bringing the PACE (Personal Assistance in Community Existence) model and the message of survivor empowerment and self-determination to international mental health communities.

Closing Panel and Plenary Session

2:10 pm – 3:00 pm

Strategies for Recovery System Transformation

Location: Great Hall

Presenters: Shery Mead, Mary O'Hagan and Steve Onken
Facilitators: Brian McKinnon and Heinz Klein



Adjournment: 3:00