

*Our Place Wellness and Recovery at Charles County Freedom Landing, Inc.*

*and Charles County Core Service Agency*

*announce*

*Living with Wellness in Recovery*

*sponsored by the Mental Health Services Training Center, University of Maryland, Baltimore*

**AGENDA**

8:00a - 8:55a.....Registration

8:55a - 9:15a.....Opening Remarks

9:15a - 10:20a.....Keynote Speaker, *Lauren Spiro, M.A.*, **Achieving the Vision: Social Inclusion and Trauma - Informed Systems of Care - Participants will learn how to create an inclusive human services system and community, how to infuse Trauma Informed Care into our human service system, and the principles and practices to assist us move to empowering, hopeful, co-learning relationships in a system where everyone has a valued role. Lauren Spiro is a consultant and educator on the recovery process, peer support, systems transformation, and cultural competency.**

10:20a - 10:30a.....Break

10:30a - 12:00p.....Workshop I-A - **8 Dimensions of Wellness - An in depth review of the eight dimensions of wellness, a multi-dimensional approach to wellness, with the philosophy that attention to eight dimensions of wellness affect one's quality of life: physical, spiritual, social, vocational, intellectual, emotional, financial, and environmental. The eight dimensions act and interact to contribute to our quality of life. Lauren Spiro, MA**

**Workshop I-B - Co-occurring Disorders - Working with people who have co-occurring disorders is very different from working with those that are not experiencing both substance abuse and mental health issues at the same time. Which came first, which needs to be treated first or do both issues need to be addressed at the same time? This session will discuss the special needs of our clients and how to integrate services and the importance of communication between client, treatment providers and family.**

**Regina Turnbull, MA, CACAD**

12:00p - 12:45p.....Lunch

12:45p - 1:50p.....Keynote Speaker, **In Our Own Voice - A unique public education program developed by NAMI, in which two or more trained consumer speakers share compelling personal stories about living with mental illness and achieving recovery. Charlene Cummings and Charity Higgs**

1:50p - 2:00p.....Break

2:00p - 3:30p.....Workshop II-A - **Dialectical Behavioral Therapy (DBT) Ways to Increase Wellness and Decrease Vulnerability - DBT skills training includes a module on Emotion Regulation. This module includes skills that enable individuals to (1) understand their emotions, (2) learn how to manage their emotions and (3) learn how to reduce their vulnerability to negative emotions by taking care of their physical well being. This workshop will focus on two skills - The Story of Emotion and ABC Please -**

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**Living with Wellness in Recovery**

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2:00p - 3:30p.....Workshop II-A (continued) and participants in the workshop will understand how these skills can be used to help them effectively and safely manage their emotional lives. Pat Harvey, LCSW-C, ACSW, has facilitated trainings and provided consultations to consumers, family members, rehabilitation counselors, clinicians and other mental health professionals for a number of years.

2:00p - 3:30p.....Workshop II-B - Reflexology - Scientific energy work based on the principles that areas on the feet and hands correspond to each system of the body. Reflexology helps relieve stress and tension, increase energy and stamina, boost immune function, and more. Catherine Vestraci, RN, BC, is a local professional reflexologist who is active at the state, national and international levels.

3:30p - 4:00p.....Wrap-up

The Certificate for 6.0 Continuing Education Units, 6.0 Continuing Education Credit Hours of Category 1 or, 6.0 Continuing Education Credit Hours of Category A will be awarded upon completion of this training and of a completed evaluation. The Mental Health Services Training Services Center of the University of Maryland School Of Medicine Department of Psychiatry is authorized as a sponsor of Continuing Education Units. The Center maintains responsibility for this program. A Certificate Of Attendance will be made available for all other disciplines.

Location:

Jaycee Community Center

3090 Crain Highway

Waldorf, Maryland 20601

Directions: (301) 645-4546 or (301) 843-2233 (for the conference location only - please no calls regarding conference)

From points North: Take 495 S to Route 5 S (Branch Avenue/Waldorf) Follow Route 5 S which merges with Route 301 S in Brandywine. After merge drive approximately 2.8 miles to intersection where Route 5 S (Leonardtwn Road) turns to left. Make a U-turn at this intersection. Take your first possible right, stay right onto access road, turn left into the parking lot.

From Anne Arundel County: Route 3 S to Route 301 S. Follow 301 S to merge onto Route 5 S in Brandywine. Follow above directions.

From southern Calvert County: MD-231 to Hughesville. Turn right to merge onto Route 5 N (Leonardtwn Road) follow approximately 10 miles to right on US-301N. Take your first possible right staying to the right onto the access road , turn left into the parking lot.

From St. Mary's County: Route 235 N and/or Route 5 N (Leonardtwn Road) to right on US-301N. Take your first possible right staying to the right onto the access road , turn left into the parking lot.

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## ***Living with Wellness in Recovery***

sponsored by the Mental Health Services Training Center, University of Maryland, Baltimore

May 20, 2011

8:00a - 4:00p

### ***Conference Registration***

**\*\*Please complete entire form - one form per person\*\***

**\*\*Conference is free, however, pre-registration is required\*\***

Name: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Please indicate if special accommodations are needed (i.e. interpreter, special dietary needs, etc.) \_\_\_\_\_

Please indicate workshop(s) you plan to attend

Workshop I-A            or            Workshop I-B

and

Workshop II-A           or            Workshop II-B

Indicate the kind of attendance verification desired:

\_\_\_\_\_ Continuing Education Credit (social workers, psychologists, licensed professional counselors and therapist)

\_\_\_\_\_ Certificate of Attendance (nurses and all other disciplines)

**Mail registration to: Charles County Freedom Landing, P.O. Box 939, La Plata, Maryland 20646, or fax to (301) 932-2803.    \*\*\* (Please note: this form may be copied)\*\*\***

