Hosted By:
OhioACBHA
Association of County Behavioral Health Authorities

In Partnership With:

#RecoveryCon2019
Wellness and Recovery Room

**Location: Fayette (2nd Floor)**

Do you need to take a break? Visit the Wellness and Recovery Room throughout the conference to rest and recharge.

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*Friends In Recovery,*

Welcome to the 2019 Recovery Conference! On behalf of OACBHA, I am thrilled to be hosting the fourth annual recovery conference. I can hardly believe it’s been four years since we held the first conference. Each year this conference has gotten bigger and better.

This year’s conference has once again been designed to provide you with opportunities to strengthen your own personal recovery, to give you additional skills to help you support others in recovery, and to empower the recovery community throughout Ohio. Throughout the state, those of us in recovery must continue collectively to use our voice to defeat the stigma and discrimination that are still associated mental illness and addiction. We can show the world that those of us in recovery have much to offer, as we can and do make positive differences not only in our communities, but across the state and the nation. Each and every one of us can help individuals, families, and communities facing the daily challenges associated with mental illness and addiction to see and believe that there is **HOPE** for a better day in recovery!

I hope you take full advantage of the many educational and interactive sessions offered at this conference. There are many to choose from that will help you strengthen your recovery, build your advocacy voice, and advance the recovery movement throughout Ohio. These opportunities have once again been made possible by our partnership with the Ohio Department of Mental Health and Addiction Services and Director Lori Criss, who continues to support our endeavors to enhance Ohio’s recovery community.

We also want you to have fun and celebrate your recovery while you network with other individuals in recovery from across the state. As an individual in recovery, I know that my recovery is at its strongest when I am with others in recovery and share my story, hopes, strengths, challenges, and experiences. As we spend the next two days celebrating, promoting, and supporting recovery, we must energize ourselves so that we can leave the conference committed to championing recovery throughout Ohio; making sure that people know that treatment works, people recover, and **Recovery Is Beautiful!**

I sincerely hope that you enjoy Ohio’s 2019 Recovery Conference! I encourage you to take this opportunity to learn and grow in your recovery, and I look forward to celebrating our recovery together while we continue working collectively to promote recovery throughout Ohio!

Your Friend in Recovery,

Cheri L. Walter
Chief Executive Officer, OACBHA
The Ohio Association of County Behavioral Health Authorities extends a special thank you to the following conference sponsors:

**Recovery Sponsor**

PEG'S FOUNDATION

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DONATOS
The Ohio Association of County Behavioral Health Authorities (OACBHA) extends a special thank you to the following OACBHA Member Boards for their support of this event:

Adams, Lawrence, Scioto
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Columbiana
Crawford, Marion
Cuyahoga

Delaware, Morrow
Erie, Ottawa
Fairfield
Gallia, Jackson, Meigs

Geauga
Hancock
Huron
Jefferson
Ohio’s 2019 Recovery Conference Exhibitors

Please stop by and visit the conference exhibitors located in the hallways throughout the 2nd Floor.

Aetna Better Health
Anthem Blue Cross Blue Shield
Brightview Health
Buckeye Community Health Plan
CareSource
Crisis Text Line
Disability Rights Ohio
Footprints to Recovery
Mansfield Comprehensive Treatment Center
MeridianHealth
NAMI Ohio

OhioPRO
OhioMHAS
Ohio Suicide Prevention Foundation
Opioid Response Network
Recovery Institute of Ohio
Recovery Is Beautiful
SUN Behavioral Health
Thrive Peer Support
UnitedHealthcare
US Bank
WHPM Inc.
Woodhaven

Social Media

The Recovery Is Beautiful Twitter account will be live-tweeting conference activities. You can follow along @RIB_org, and you can join the conversation using the conference hashtag -

#RecoveryCon2019
CELEBRATION OF Recovery

October 14, 2019
6:00 PM - 9:30 PM

Join us with DJ Rockin’ Reggie in the Hyatt Regency Ballroom for dinner, dancing, and fun!

Activities at the Celebration of Recovery will include:

- Dinner and Snacks
- Music and Dancing
- DJ Rockin’ Reggie
- Corn Hole
- Limbo
- Prize Drawings
- Photo Booth
- Carnival Games

Costume Contest

Wear your best tropical hat and Hawaiian-decorated shirt to win a prize!

Special thanks to Donatos Pizza, the Ohio Beverage Association, and the Hyatt Regency for their support of the Celebration of Recovery!
October 14th Keynote Speakers:

The Honorable Rob Portman  
*United States Senator*

Rob Portman has been a United States Senator since 2010. Senator Portman now represents the entire state of Ohio, but until 2005, he represented southern Ohio in the United States Congress, where he became a leader in drug prevention, education, and treatment. He is the author of several anti-drug laws, which have led to millions of dollars to support community anti-drug coalitions around the country; drug and mental health treatment for people reentering society from prison; recovery programs to combat addiction; expanded access to treatment for opioid addiction; and the prevention of synthetic drug trafficking across U.S. borders. He continues to lead the national effort to combat the opioid crisis and champion recovery for Ohioans.

Improbable Players  
*Prevention Education Theatre Group*

Improbable Players was established in 1984 to set the stage for prevention by educating the public about addiction and recovery through dramatic performances and theater workshops – presented by actors in long-term recovery from addictions – that help people recognize situations in their own lives and seek the help they need. Their plays are based on true stories and performed by people in recovery. Improbable Players has touring troupes in New England, New York, New Jersey, and Cleveland, Ohio. Today’s performance *Stages* focuses on the misconceptions that lead to substance misuse. Actors will use satire, clowning, and humor to drive home important information about substance use disorders and skewer commonly held misconceptions.

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**Free Health Screenings and Trainings**

The Ohio Department of Health in partnership with the City of Columbus Department of Public Health will provide free general health screenings and Hepatitis C screenings, and free trainings on administering Narcan and on how to use Fentanyl test strips. These opportunities will be available on both Conference Days for all Conference Attendees in the Madison and Marion rooms on the second floor.

- **Health and Hepatitis C Screenings**  
  Located in Madison  
  October 14: 12:00 PM - 4:30 PM  
  October 15: 9:00 AM - 4:00 PM

- **Narcan and Fentanyl Test Strip Trainings**  
  Located in Marion  
  October 14: 12:00 PM - 4:30 PM  
  October 15: 9:00 AM - 4:00 PM
October 14th Recovery Conference Agenda

10:30 AM – 12:30 PM  Registration
Delaware Foyer

12:30 PM – 02:00 PM  Welcome and Opening Session
Regency Ballroom
*Welcome and Introductions*
Cheri L. Walter, CEO, OACBHA
Jerry Craig, President, OACBHA

*Individual in Recovery*
Wesley W.

*Keynote Presentations*
The Honorable Rob Portman
United States Senator
Improbable Players - Stages Performance
Prevention Education Theatre Group

02:00 PM – 02:30 PM  Break (Visit Exhibitors)
2nd Floor Hallways

02:30 PM – 03:15 PM  Breakout Sessions (A1-A9)
County Rooms

03:15 PM – 03:45 PM  Break (Visit Exhibitors)
2nd Floor Hallways

03:45 PM – 04:30 PM  Breakout Sessions (B1-B9)
County Rooms

05:00 PM – 06:00 PM  Wellness & Recovery Activities
Alcoholics Anonymous (Location: Franklin A)
Narcotics Anonymous (Location: Franklin B)
Gamblers Anonymous (Location: Franklin C)

06:00 PM – 09:30 PM  Celebration of Recovery
Regency Ballroom

Wellness and Recovery Room

Location: Fayette (2nd Floor)
Do you need to take a break? Visit the Wellness and Recovery Room throughout the conference to rest and recharge.
Session A1

**Having That Difficult Conversation About Suicide**
Tony Coder, Executive Director, Ohio Suicide Prevention Foundation

Suicide is a subject that is rarely spoken about, however, on average nearly five people in Ohio take their own lives every day. This session will look at the warning signs and how to talk to someone who you think might be thinking about suicide. There will also be an introduction to a free resource that a person can use to help practice those difficult conversations and how to assist someone in seeking help.

Session A2

**Faces of Recovery – Creating Recovery Art (Session repeated - see B2)**
Joey Supina, Executive Director, Sandusky Artisans Recovery Community Center
Mary Supina, Co-Director, Sandusky Artisans Recovery Community Center
Chris Ruff, Program Director, Sandusky Artisans Recovery Community Center

In this interactive session, attendees will participate in a guided lesson utilizing masks, paint, and other materials to create an expression of what their recovery looks like to them. *(This session is first come, first served)*

Session A3

**Mindfulness as a Catalyst for Behavioral Change (Session repeated - see B3)**
Daron Larson, Founder, Mindfulness Awareness Coach, Attentional Fitness Training

The research into mindfulness has exploded in recent years, but so has the marketing. While mindfulness isn’t a quick fix or a silver bullet, there is mounting evidence that it can help bolster other supports and interventions. Just as physical exercise strengthens the body, mindfulness practice strengthens attention. In this session, participants will discover how training your attention - with or without meditation - can develop capacities for responding to habits and addictions.

Session A4

**How to Be an Effective Board Member**
Joe Trolan, Executive Director, Mental Health and Recovery Services Board of Richland County
Kym Lamb, Board Chair, Mental Health and Recovery Services Board of Richland County

In this session, attendees will learn the basics about becoming a board member for a community mental health and/or addiction organization (ADAMH Board, treatment agency, peer run organization, etc.). The session will discuss the qualities a board member should have; the roles, rights, and responsibilities of a board member; the process of becoming a board member; and more.

Session A5

**A Creative Writing for Recovery Initiative, Grounded in Peer Support**
Diana Spore, PhD, MGS, Recovery Consultant for the Mental Health and Recovery Board of Ashland County

This session will address the history and implementation of a “writing for recovery” program, grounded in peer support; suggest a curriculum of activities designed to reach individuals in recovery; identify approaches to encourage collaboration, cooperation, and cohesiveness; and provide information about the development of an anthology of written works of art developed by individuals in recovery. Attendees will walk away with tools and ideas for making creative writing part of their individual recovery plans and for developing programs that make a difference.
Session A6
Recovery Bracelets - Spreading the Message of Recovery (Session Repeated - see B6, C6, D6)
Sue Shultz, Executive Director, ADAMHS Board of Adams, Lawrence, and Scioto Counties
Michele Bower, Program Coordinator, ADAMHS Board of Adams, Lawrence, and Scioto Counties
In this interactive session, attendees will learn about how they can spread hope about recovery. During the session, attendees will use beads to create bracelets, keychains, or other works of art, and leave with an understanding of how to spread hope about recovery in their own communities. (This session is first come, first served)

Session A7
Finding Relief Through Reiki (Session repeated - see B7)
Kaye Smith, RMT, The Reiki Center
A Japanese technique for pain and stress relief called Reiki is gaining in popularity around the world for its ability to reduce or eliminate physical, emotional, or spiritual (finding peace and meaning in your life) discomfort. Practitioners use a very light touch, about the weight of a nickel, on a fully clothed body to assess the flow of energy throughout your body. This session will provide an overview of Reiki and discuss common responses to treatment including deep relaxation and feeling lighter, more peaceful, and more empowered. (This session is first come, first served)

Session A8
Peer Recovery Support in Unique Situations
Jody Morgan, Director, Special Projects, Thrive Behavioral Health Center
Brian Bailys, Founder, Ascent and CEO, Thrive Behavioral Health Center
This session will outline how peer recovery support can be effective in unique situations, including virtual peer support, peer support in emergency departments, peer support within community settings, and within other institutional settings. There will be a presentation on supervision of peer recovery supporters and how to incorporate continuing education for peer recovery supporters.

Session A9
Recovery Through the Art of Movement and Mindful Practice (Session repeated - see B9)
Lynette Cashaw-Davis, MA, OPRS, Certified Dancing Mindfulness Facilitator
Dancing Mindfulness is an expressive art experience open to everyone regardless of previous experience with dance, yoga, music, meditation, or spiritual practice. This practice uses the art form of dance as the primary medium of discovering mindful awareness, and will allow the participant to tap into their body’s own healing resources and realize that we all have a unique creativity just waiting to be cultivated! Dancing Mindfulness honors the invitation to “come as you are.” If you are the kind of person who likes to dance likes no one is watching, or at least would like to try, the Dancing Mindfulness experience is for you!

Share Your Recovery Story!
On October 14 and 15, recovery stories will be filmed by a professional videographer. Visit the Morrow room on the second floor to record your story and have it shared on RecoveryIsBeautiful.org
As harm reduction-informed methods for drug users become more widely accepted and utilized, the families, friends, and loved ones of these clients are frequently left with traditional self-help and anonymous groups encouraging the “rock bottom,” “tough love,” “codependency,” and “detachment” approach. This session will give families and loved ones the harm reduction tools to assist them in making healthy choices for themselves, counteract the culture of codependency, and provide alternative approaches to what has traditionally been the norm.

In this interactive session, attendees will participate in a guided lesson utilizing masks, paint, and other materials to create an expression of what their recovery looks like to them. *(This session is first come, first served)*

The research into mindfulness has exploded in recent years, but so has the marketing. While mindfulness isn’t a quick fix or a silver bullet, there is mounting evidence that it can help bolster other supports and interventions. Just as physical exercise strengthens the body, mindfulness practice strengthens attention. In this session, participants will discover how training your attention - with or without meditation - can develop capacities for responding to habits and addictions.

Ethical considerations and healthy boundaries are critically important in all professions, especially when the services are Health and Human Services related. Peer Support services in Ohio are no exception. Ohio Peer Supporters provide a vast array of services to clients and have a unique role in the management and care of their clients; they should have a solid understanding of the ethical implications of their role with the clients they serve. Peer Support Specialists must also have a good understanding of the benefits of having healthy boundaries in their work with others. This training will provide a better understanding of the Ohio Code of Ethics and the development of Healthy Boundaries for Peer Supporters.
Session B5

Recovery Panel: Perspectives on Recovery
Coral C.
Jackie D.
Tabatha B.
John S.

This session will offer the firsthand perspectives of individuals in recovery. Attendees will learn about these individuals’ personal journeys and how they are able to successfully maintain their recovery.

Session B6

Recovery Bracelets - Spreading the Message of Recovery (Session Repeated - see A6, C6, D6)
Sue Shultz, Executive Director, ADAMHS Board of Adams, Lawrence, and Scioto Counties
Michele Bower, Program Coordinator, ADAMHS Board of Adams, Lawrence, and Scioto Counties

In this interactive session, attendees will learn about how they can spread hope about recovery. During the session, attendees will use beads to create bracelets, keychains, or other works of art, and leave with an understanding of how to spread hope about recovery in their own communities. (This session is first come, first served)

Session B7

Finding Relief Through Reiki (Session repeated - see A7)
Kaye Smith, RMT, The Reiki Center

A Japanese technique for pain and stress relief called Reiki is gaining in popularity around the world for its ability to reduce or eliminate physical, emotional, or spiritual (finding peace and meaning in your life) discomfort. Practitioners use a very light touch, about the weight of a nickel, on a fully clothed body to assess the flow of energy throughout your body. This session will provide an overview of Reiki and discuss common responses to treatment including deep relaxation and feeling lighter, more peaceful, and more empowered. (This session is first come, first served)

Session B8

How to Tell Your Recovery Story
Amy Parker, Community Outreach Manager, OPRS, BrightView Health

In this session, participants will learn about how to most effectively share their recovery stories and how to make an impact on others by sharing their journeys to recovery. The presenter will share the best techniques for telling your recovery story and the most appropriate ways to reach different audiences. Participants will come away from this session inspired and excited to craft their own recovery story messages and to begin sharing it in their own unique ways.

Session B9

Recovery Through the Art of Movement and Mindful Practice (Session repeated - see A9)
Lynette Cashaw-Davis, MA, OPRS, Certified Dancing Mindfulness Facilitator

Dancing Mindfulness is an expressive art experience open to everyone regardless of previous experience with dance, yoga, music, meditation, or spiritual practice. This practice uses the art form of dance as the primary medium of discovering mindful awareness, and will allow the participant to tap into their body’s own healing resources and realize that we all have a unique creativity just waiting to be cultivated! Dancing Mindfulness honors the invitation to “come as you are.” If you are the kind of person who likes to dance likes no one is watching, or at least would like to try, the Dancing Mindfulness experience is for you.
October 15th Keynote Speakers:

Mingle with Zoo Animals

October 15th 8:15 AM - 9:15 AM Delaware A/B

Enjoy an up-close look at some of the Columbus Zoo and Aquarium's animal ambassadors!

Photo Credit: Graham S. Jones, Columbus Zoo and Aquarium

The Honorable Cheryl Brooks Sullivan
Franklin County Treasurer

Treasurer Brooks Sullivan is an avid community volunteer, public servant, and veteran. She is proud to be the first African American Franklin County Treasurer and the only African American elected County Treasurer in Ohio. In her first term, she has prioritized new initiatives and partnerships to expand and modernize the tools available to taxpayers, streamline processes, and provide support to populations at risk of losing their home. Treasurer Brooks Sullivan is a dedicated advocate for her constituents, including Franklin County’s under-served populations, individuals in recovery, and those involved with the criminal justice system.

Lori Criss
Director, Ohio Department of Mental Health and Addiction Services

In January of 2019, Governor Dewine appointed Lori Criss to serve as the Director of the Ohio Department of Mental Health and Addiction Services. Criss has over 20 years of experience with addiction and trauma treatment. She has extensive experience in policy related to recovery housing, opiate addiction, and integrated physical and behavioral healthcare. She is an active member of the recovery community, including sitting on the National Alliance of Recovery Residences (NARR), an organization dedicated to supporting individuals in recovery from substance use disorders. She resides in suburban Columbus with her husband, Scott, and their two daughters.

She’s Crazy: Mental Health & Other Myths!
An Interactive, Entertaining Musical

Performers Sherry, Cathy, and Erin have been educating audiences on what mental health issues are really like since 2015. They discovered if they wanted audiences to open up, reduce the stigma, and start the healing, they would have to set the example by telling their own personal stories. Since the show was written, these three women have used their personal stories and songs to educate, uplift, and inspire audiences throughout Ohio, Kentucky, and Pennsylvania to reduce the stigma around mental illness and addiction. They are dedicated to changing minds and changing the conversation about mental health issues and addiction.
October 15th Recovery Conference Agenda

07:00 AM – 08:00 AM  Wellness & Recovery Activities
Alcoholics Anonymous (Location: Franklin A)
Narcotics Anonymous (Location: Franklin B)
Gamblers Anonymous (Location: Franklin C)

08:00 AM – 09:30 AM  Registration  Delaware Foyer

08:15 AM – 09:15 AM  Mingle with Zoo Animals  Delaware A/B

09:30 AM – 10:30 AM  Morning General Session  Regency Ballroom
Welcome
Cheri L. Walter, CEO, OACBHA
Announcement
Ohio Peer Recovery Organizations (OhioPRO)
Keynote Presentations
The Honorable Cheryl Brooks Sullivan
Franklin County Treasurer
Lori Criss
Director, Ohio Department of Mental Health and Addiction Services

10:30 AM – 11:00 AM  Break (Visit Exhibitors)  2nd Floor Lobby

11:00 AM – 11:45 PM  Breakout Sessions (C1-C9)  County Rooms

12:00 PM – 01:00 PM  Lunch & General Session  Regency Ballroom
Introduction
Cheri L. Walter, CEO, OACBHA
Keynote Presentation
She’s Crazy: Mental Health & Other Myths!

01:00 PM – 01:30 PM  Break (Visit Exhibitors)  2nd Floor Hallways

01:30 PM – 02:30 PM  Breakout Sessions (D1-D9)  County Rooms

02:30 PM – 03:00 PM  Break (Visit Exhibitors)  2nd Floor Hallways

03:00 PM – 04:00 PM  Breakout Sessions (E1-E9)  County Rooms
Session C1  
**Rights and Duties of Ohio Landlords and Tenants**  
*Ben Horne, Managing Attorney - Housing Team, Legal Aid Society of Columbus*

This session will explain the responsibilities of landlords and tenants in Ohio. Participants will learn what their options are if their landlord is failing to make repairs, exterminate pests, or uphold other legal responsibilities. Participants will walk away from this session with useful information and tips on how to be a successful tenant in the state of Ohio.

Session C2  
**Sealing/Expungement and Life After Conviction**  
*Joe Medici, Chief Counsel - Legal Department, Ohio Public Defender’s Office*

This session will focus primarily on sealing and expunging criminal convictions. Specifically, the presenter will explain the legal mechanisms related to sealing or expunging a record, the best ways to present these issues to a court, and ways people can increase their odds of cleaning their record. Participants will also learn about the variety of issues that impact people once a criminal conviction is on their record, and the benefits to pursuing expungement.

Session C3  
**Work Incentives and Benefits Planning**  
*Kelly Malek, Employment Trainer and Consultant, Bureau of Recovery Supports, OhioMHAS*
*Felicia Billups, Mental Health Administrator, OhioMHAS*

Close to 85% of people with a mental illness want to work, but are afraid to lose their disability status and healthcare. In this session, participants will learn about professionals and programs throughout the state of Ohio that provide planning services and guidance to individuals who are returning to the workforce, but need to retain their benefits. The presenters will also explain work incentives, why they are important, and how they can be crucial for people entering or re-entering the workforce. Participants will leave with helpful resources and a better understanding of how working with a disability can be made possible.

Session C4  
**Self-Advocacy and Self-Determination**  
*Jason Boylan, Staff Attorney, Disability Rights Ohio*
*Walter Asbury, OCPS, Chairperson, PAIMI Council*

This session will explore self-advocacy and self-determination, and why these traits are particularly important for individuals in recovery. Participants will hear stories and thoughts from a self-advocate’s perspective and learn practical tips to empower themselves and others from a professional’s perspective. The presenters will also provide a brief overview of Disability Rights Ohio, Ohio’s protection and advocacy system for people with disabilities, and the statewide Protection and Advocacy for Individuals with Mental Illness (PAIMI) Advisory Council.

Session C5  
**Family Panel: Discussing the Supportive Role of Family Members**

In this panel discussion attendees will hear from family members of individuals with lived experience with mental illness and/or substance use disorders. The panel members will share their unique perspectives about the role that family members can play to provide support to individuals on their recovery journey and to other family members of individuals with lived experience.
Session C6
Recovery Bracelets - Spreading the Message of Recovery *(Session Repeated - see A6, B6, D6)*
Sue Shultz, Executive Director, ADAMHS Board of Adams, Lawrence, and Scioto Counties
Michele Bower, Program Coordinator, ADAMHS Board of Adams, Lawrence, and Scioto Counties
In this interactive session, attendees will learn about how they can spread hope about recovery. During the session, attendees will use beads to create bracelets, keychains, or other works of art, and leave with an understanding of how to spread hope about recovery in their own communities. *(This session is first come, first served)*

Session C7
Peer Supports Building Community - It Takes a Village
Julie Hardle, Vice President, Consumer Affairs - Recovery and Resiliency, Optum
Important to carving a pathway of recovery is building a community that supports recovery. Peer Supporters hold the key to establishing a strong recovery community which strengthens them and those they are supporting. An emphasis on using lived experience gives rise to fulfilling and creative ways to do this. In this session, attendees will explore some of that creative process and its results. Having positive relationships and social networks of supporters, along with finding purpose, friendship, love, and hope keep a person grounded in recovery and giving back to their community. It takes a village. Let’s create one.

Session C8
Advocacy Workshop - Making Your Voice Heard
Jenny Camper, Partner and President, Lesic & Camper Communications
In this session, participants will learn how to use their personal stories and unique experiences to advocate for issues they care about. The presenter will share important information on how to research an issue, build a network, and communicate your story through a variety of channels. Participants will leave with an understanding of how to use their stories to make an impact on public policy.

Session C9
Activate Family Resilience
Bobbi Beale, Senior Research Associate, Center for Innovative Practices, Case Western Reserve University
Clinicians have become increasingly aware of the impact that trauma and traumatic stress has on the children and the youth that we serve in our communities, but often struggle to recognize and deal with the impact that the parents’ trauma has on their parenting. Although we’ll never erase their trauma, we can facilitate their resilience. Too often we think of resilience as an individual characteristic, but we need to broaden our focus and support resilience across the whole family. In this session, participants will explore family interventions to activate and strengthen parents’ innate resilience and teach them new skills to co-regulate within their family.

Share Your Recovery Story!
On October 14 and 15, recovery stories will be filmed by a professional videographer. Visit the Morrow room on the second floor to record your story and have it shared on RecoveryIsBeautiful.org
Session D1
Recovery Ornaments - Celebrate the Spirit of Recovery (Session repeated - see E1)
Deanna Vietze, Executive Director, Brown County Board of Mental Health and Addiction Services
This session will remind participants that recovery should be celebrated year-round, even in some of life’s most difficult seasons. Attendees will decorate a holiday ornament to keep as a lasting reminder of the beauty and hope recovery brings to our lives.

Session D2
Recovery for ALL
Dontavius Jarrells, Chief of Communication, Franklin County Treasurer’s Office
“E pluribus unum” (Out of many, one) is more than the motto of the United States: it is an essential part of honoring the ever-changing diversity of our nation. Unfortunately, there are still significant barriers to treatment and recovery supports within diverse populations. This presentation will highlight some of the various challenges diverse populations face on their journeys to recovery, as well as highlight various strategies that can be employed by individuals, organizations, and communities to enhance cultural competence within the behavioral health system.

Session D3
Drumming: Promoting Healing through Therapeutic Rhythm (Session repeated - see E3)
Warren Hyer, Executive Director, The Central Ohio Symphony
Drumming can lead to life improvements through stress relief, self-esteem building, and empowerment. Through drumming, participants can express themselves, engage in group participation, and be acknowledged for who they are. In this session, everyone will quickly learn to drum and be transformed and energized by rhythm. (This session is first come, first served)

Session D4
Practical Integration of Faith-Based Recovery Offerings into Community ROSCs
Pastor Greg Delaney, Outreach Coordinator, Woodhaven Ohio
Attendees of this session will learn how and why faith-based recovery offerings should be integrated into the broader construct of community recovery-oriented systems of care. The presenter will share current examples of integrating faith-based recovery offerings into ROSCs and best practices for doing so in your own community. Participants will leave with practical “first steps” for beginning implementation in their communities.

Session D5
Cultural Support for Your LGBTQ+ Community: Straight from a Queen’s Mouth
Ben Hippensteel, OCPRS, Program Manager, FOCUS: Recovery and Wellness Community; SoberDragQueen - Candi, Wantsome?
In this session, participants will hear Ben’s personal journey from small town roots, to a career as a drag queen in the club scene and life as an addict, to now working to support others in recovery. Ben will share his experience of recovery as a gay man navigating the systems of support, therapy, and rehab, and his transition to working in the recovery industry. Attendees will learn how Ben created and sustained an LGBTQ+ recovery support group from the ground up and how he uses his artistic passions to raise money and awareness for his community. Ben will give tips on developing a working plan for your own LGBTQ+ community, no matter where you’re from.

Session D6
Your Board: What is Its Role and How Can You Supports its Success?
Jacqui Romer-Sensky, Founder and President, JRS Group
For your organization to succeed, your Board must succeed. In this session, participants will learn about appropriate board roles and responsibilities and explore practical ways to staff Board members to improve their chances of success. Time will be reserved for a robust question-and-answer session to assist with issues that are front-of-mind for participants. All participants will walk away with a Board Meeting Toolkit.
**Session D7**

**Recovery Bracelets - Spreading the Message of Recovery** *(Session Repeated - see A6, B6, C6)*

Sue Shultz, Executive Director, ADAMHS Board of Adams, Lawrence, and Scioto Counties
Michele Bower, Program Coordinator, ADAMHS Board of Adams, Lawrence, and Scioto Counties

In this interactive session, attendees will learn about how they can spread hope about recovery. During the session, attendees will use beads to create bracelets, keychains, or other works of art, and leave with an understanding of how to spread hope about recovery in their own communities. *(This session is first come, first served)*

**Session D8**

**Trauma Sensitive Yoga** *(Session repeated - see E8)*

Kate O’Hara, Certified Trauma Sensitive Yoga Facilitator, Founder, Thriving Tree Yoga

Trauma Sensitive Yoga offers an approach that seeks to reduce triggers related to the yoga practice while safely building awareness and empowering choice. Participants will have the freedom to make choices through yoga forms, breath awareness, and at times, awareness of interoception, the ability to feel sensation within one’s body. There is no expectation to look or feel a certain way - all experience levels are welcome.

**Session D9**

**Ohio Peer Supporter Statewide Survey Results**

Gary Gonnella, President, Ohio Citizen Advocates for Addiction Recovery

Participants in this session will learn about the statewide survey administered to Ohio Certified Peer Supporters, administered by Ohio Citizen Advocates for Addiction Recovery. The presenter will discuss the results with the group, the implications the results could have on the future of the peer supporter field, and the benefits of engaging certified peer supporters within the recovery community.

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**Event Materials**

All conference presentations and resource materials will be available on the OACBHA website following the conference at: [www.oacbha.org](http://www.oacbha.org)

**Photography**

OACBHA and OhioMHAS will have photographers and videographers on-site throughout the conference documenting the event and reserve the right to use photos and videos collected for promoting and marketing the organizations.

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**Questions/Assistance**

If you have any questions or need assistance at any point throughout the conference, staff members in pink or green shirts will be able to help. Staff will be available throughout the event. During conference hours, there will be staff at the registration desk who can provide assistance.

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**Thank you, volunteers!**

This event would not be possible without the tremendous support we receive from our volunteers. OACBHA would like to thank all of the conference volunteers for their efforts to help ensure the success of this event!
Session E1
Recovery Ornaments - Celebrate the Spirit of Recovery (Session repeated - see D1)
Deanna Vietze, Executive Director, Brown County Board of Mental Health and Addiction Services

This session will remind participants that recovery should be celebrated year-round, even in some of life’s most difficult seasons. Attendees will decorate a holiday ornament to keep as a lasting reminder of the beauty and hope recovery brings to our lives.

Session E2
Understanding and Reporting Human Trafficking in Ohio
Maria Busch, Anti-Trafficking Program Specialist, Office of Criminal Justice Services, Ohio Department of Public Safety

Human trafficking is a crime in which people profit from the control and exploitation of others. It is occurring in every region of the state, and is difficult to identify by the untrained eye. Participants of this session will gain an in-depth understanding of the crime of human trafficking, review relevant data and trends, and walk through sample cases of both sex trafficking and labor trafficking. The presentation will also include guidance on how to identify potential victims of human trafficking and connect them with care. Lastly, attendees will learn about Ohio’s response to human trafficking and how to get involved.

Session E3
Drumming: Promoting Healing through Therapeutic Rhythm (Session repeated - see D3)
Warren Hyer, Executive Director, The Central Ohio Symphony

Drumming can lead to life improvements through stress relief, self-esteem building, and empowerment. Through drumming, participants can express themselves, engage in group participation, and be acknowledged for who they are. In this session, everyone will quickly learn to drum and be transformed and energized by rhythm. (This session is first come, first served)

Session E4
The Impact and Correlation of Trauma and Substance Abuse
Pastor Greg Delaney, Outreach Coordinator, Woodhaven Ohio

This session will demonstrate the link between trauma and substance abuse disorders. Attendees will be given an in-depth look at the influence of Adverse Childhood Experiences (ACEs) on addiction. This session will also provide attendees with some practical and applicable tools to help serve those suffering from both trauma and substance use disorder via a “body/mind/spirit” approach to intervention, counsel, treatment, and recovery.

Session E5
Ohio Legal Help: New Free Mobile First Website for Legal Information
Susan Choe, Executive Director, Ohio Legal Help
Rachel Harris, Content Manager, Ohio Legal Help

Do you or someone you know need easy to understand legal information, assistance finding legal information, or access to legal forms? Ohio Legal Help is a new free mobile first website with material vetted by attorneys and guided by authoritative organizations, including the Ohio Supreme Court, the Alliance of Ohio Legal Aids, and the Ohio State Bar Association. Ohio Legal Help has a user-friendly guided process to help users find the information, forms, and local resources they need. In this interactive session, participants will learn how Ohio Legal Help can be used to help address a variety of legal issues.
October 15 - Breakout Sessions
3:00-4:00 PM

Session E6
CQE - Removing Barriers to Employment
Judge Jim Slagle, Former Judge, Prosecuting Attorney, and Criminal Justice Chief for the Ohio Attorney General
In this session, a former judge and criminal justice expert will explain to participants how to apply to the court, without an attorney, to obtain a Certificate of Qualification for Employment (CQE). The Judge will explain how obtaining a CQE will lift most licensing restrictions resulting from a criminal conviction and can be a beneficial tool to returning to employment for justice-involved individuals.

Session E7
How to Prepare for a Job Search
Debbie Davis, Trainer and Consultant, Office of Treatment and Recovery, OhioMHAS
Alyse Adler-Smith, Trainer and Consultant, Office of Treatment and Recovery, OhioMHAS
Are you searching for a job, but unsure where to begin? In this session, participants will learn how to identify possible occupations and employers, utilize Ohio’s employment services, practice and prepare for interviews, write a resume and cover letter, and follow-up after an interview. The presenters will address issues specific to individuals in recovery and will provide participants with useful resources for their job search.

Session E8
Trauma Sensitive Yoga (Session repeated - see D8)
Kate O’Hara, Certified Trauma Sensitive Yoga Facilitator, Founder, Thriving Tree Yoga
Trauma Sensitive Yoga offers an approach that seeks to reduce triggers related to the yoga practice while safely building awareness and empowering choice. Participants will have the freedom to make choices through yoga forms, breath awareness, and at times, awareness of interoception, the ability to feel sensation within one’s body. There is no expectation to look or feel a certain way - all experience levels are welcome.

Session E9
Recovery Bill of Rights - Demand the Care and Access You Deserve
Gary Gonnella, President, Ohio Citizen Advocates for Addiction Recovery
Ohioans in or seeking recovery from a substance use disorder must be guaranteed basic rights and should be informed of such rights when inquiring about or accessing services. Public policy and funding should not only follow, but also help bolster these rights. In this session, participants will learn about the 10 basic rights guaranteed to individuals in recovery from substance use disorder. Equipped with this knowledge, participants can ensure that their recovery is treated in the same way that other chronic, healthcare conditions are treated, and that the recovery community’s unique perspective is included in discussions about public policy and access to resources.
Changing the Conversation!

1. Mental illness and addiction are *chronic diseases*.

2. Both mental illness and addiction can be successfully treated: *Treatment Works and People Recover.*

3. *Recovery is to be celebrated.* Individuals in recovery become active and contributing members of their communities.

For more information, visit: www.RecoveryIsBeautiful.org

Follow Recovery Is Beautiful on Twitter: @RIB_org
Our mission is to improve the lives of people with serious mental illness by investing in innovative projects in Northeast Ohio having national transformational impact.
We are proud to partner with the Ohio Association of County Behavioral Health Authorities to help build healthier communities.
Crisis Text Line is there anytime, day or night, to help with whatever is hurting you.

TEXT 4HOPE TO 741-741

FREE SUPPORT AT YOUR FINGERTIPS, 24/7.
Disability Rights OHIO

We have the legal right of way.

614-466-7264 or 800-282-9181
TTY 614-728-2553 or 800-858-3542

200 Civic Center Drive, Suite 300
Columbus, OH 43215-5923

disabilityrightsohio.org
facebook.com/DisabilityRightsOhio
Twitter: @DisabilityRtsOH

The National Alliance on Mental Illness of Ohio (NAMI Ohio) helps individuals and families affected by serious biological brain disorders. NAMI Ohio is comprised of families, persons diagnosed with mental illness, advocates and mental health professionals working together to ensure that Ohioans with mental illness and their loved ones receive the treatment and support they need.

The mission of NAMI Ohio is to improve the quality of life, ensure dignity and respect for persons with serious mental illness, and to support their families.

For more information on NAMI Ohio’s programs and services, visit www.namiohio.org and like us on social media.

Building a community of possible.

U.S. Bank is proud to support
2019 Recovery Conference
Columbus, Ohio

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164902 (4/19)
The Ohio Peer Recovery Organizations (OhioPRO) believes that people – our friends, families, and neighbors – should live with hope, health, a sense of belonging, and purpose. We know that our empathetic peer and recovery support involvement leads to better quality-of-life outcomes for people in recovery such as self-direction, personal relationships, housing, social integration, and employment.

• OhioPRO shall serve as a unifying force for Ohio peer-recovery organizations and programs to speak with one voice in all aspects of the mental health and substance use disorder systems.

• Speak with a unified voice for addressing state, county, and community leaders to secure support and funding for peer-recovery organizations and programs.

• Promote anti-stigma education and peer-support.

• Provide information on peer-support best practices and offer technical assistance, including but not limited to:
  
  I. W.H.A.M training;
  
  II. Effective methods for engaging and motivating individuals in recovery; and
  
  III. Collecting, synthesizing, and analyzing data to share impact and to promote continuous improvement.

• Build relationships between peer-recovery organizations and other community partners providing peer services.

Join Us.

www.facebook.com/OhioPeerRecoveryOrganizations
Conference Location Information

Registration
General Sessions
Breakout Sessions
Breaks (Visit Exhibitors)
Wellness & Recovery Activities
Celebration of Recovery
Recovery Conference Job Fair
Wellness & Recovery Room

Delaware Foyer
Regency Ballroom
County Rooms
Hallway
Franklin Rooms
Regency Ballroom
Delaware A/B
Fayette

2nd Floor
3rd Floor
2nd Floor
2nd Floor
2nd Floor
2nd Floor
2nd Floor
2nd Floor