

# REGISTRATION FORM

Name: \_\_\_\_\_  
Street: \_\_\_\_\_  
City: \_\_\_\_\_  
State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

You may also register via e-mail:  
amy.rushton@dbhds.virginia.gov

### Fee Schedule:

No fee, **FREE** for all!

### Special Meal:

- I would prefer a vegetarian lunch
- I would prefer a gluten free lunch

### Parking:

- I am a consumer or family member and request reimbursement for parking.  
(parking will cost \$1 per hour)

**DIRECTIONS TO THE  
RICHARD J. ERNST  
COMMUNITY CULTURAL CENTER  
At NVCC, ANNANDALE CAMPUS  
8333 Little River Turnpike  
Annandale, VA 22003**

**From The Capital Beltway:** Take exit 52-A, Little River Turnpike, west towards Fairfax. On Little River Turnpike make a left at the third traffic light, which is Wakefield Chapel Road. Once on Wakefield Chapel Road the campus will be on your left.

**From I-95:** Take I-495 toward Tyson Corner, then exit 52-A, Little River Turnpike, west toward Fairfax. On Little River Turnpike make a left turn at the third traffic light, which is Wakefield Chapel Road.

**From Route 66:** Exit onto the Capitol Beltway (I-495—towards Richmond), use exit 52-A which is Route 236 west. After approximately one half mile, the college will be visible on the left hand side.

**From Route 50:** Take Route 50 to Route 236/Little River Turnpike. On Little River Turnpike, turn right on Wakefield Chapel Road. Once on Wakefield Chapel Road the campus will be on your left.

**Public Transportation, Via Metro Bus:** The Annandale campus of NVCC is served by two metro bus lines, Rt. 29K, 29N Alexandria-Fairfax Line and Rts. 29C, 29E, 29X Annandale Line.

**Parking—**Parking garage, \$1 per hour.

Northern Virginia Mental Health Institute  
3302 Gallows Road  
Falls Church, VA 22042  
Attn: Amy Rushton



**Recovery  
Partnerships**

*Building Bridges to Personal Safety*

**The Regional Community Support Center at  
Northern Virginia Mental Health Institute  
Proudly Presents:**

***Bragging Rights:  
Highlighting and Celebrating  
Northern Virginia's  
Recovery Based Programs***

**June 23, 2010  
10 am – 3 pm**

**Ernst Community Cultural Center  
Northern Virginia Community College  
Annandale, VA**

**Box Lunch Included**

**Questions Call: 703-207-7130**

# Welcome

## Bragging Rights: Highlighting & Celebrating Northern Virginia's Recovery Based Programs

Dear Consumers, Family Members and Providers

The Regional Community Support Center (RCSC) at Northern Virginia Mental Health Institute is proud to announce its fourth annual conference. This conference, to be held on June 23, will focus on the achievements of eight of Northern Virginia's Recovery Based Programs.

During this conference we will provide important education and awareness regarding both the challenges and the success encountered during the development and running of these programs. Furthermore, speakers will share the ways in which their programs have promoted the recovery of the individuals they serve.

Sincerely,

*The Regional Community Support Center Advisory Committee  
Mary Ann Beall, Fairfax/Falls Church CSB • Lauren Davis, RN, BSN, NVMHI • Wendy Gradison, LCSW, CPRP, PRS, INC • Judy Hines, Friends of Loudoun Mental Health, Loudoun County • Steve Hornstein, Arlington County • Jennifer Kane, LCSW, Alexandria CSB • Luis Marcano, LPC, Arlington County CSB • Violet Taylor, Peer Bridger, NVMHI • L. William Yolton, Fairfax County • and Amy Rushton, RN, MSN, PMHCNS-BC, Director, Regional Community Support Center at NVMHI.*

The Regional Community Support Center at NVMHI is dedicated to:

- \* *The safety of consumers, families and service providers*
- \* *The elimination of the need for coercion and the use of seclusion and restraint*
- \* *The full integration of trauma-informed care in all care settings*
- \* *Positive partnerships between consumers and service providers*
- \* *Healing treatments that inspire hope and make recovery possible*

Conference Inquiries:

Amy Rushton (703) 207-7130 or [amy.rushton@dbhds.virginia.gov](mailto:amy.rushton@dbhds.virginia.gov)

### Conference Schedule

<b>10:00-10:45</b> Keynote Speaker—Commissioner James Stewart
<b>10:45-11:00</b> NVMHI Peer Support—Violet Taylor
<b>11:00-11:15</b> Consumer & Family Affairs—Dave Mangano
<b>11:15-11:30</b> Break
<b>11:30-11:45</b> Safe Haven—Judy Carter
<b>11:45-12:00</b> ACDF Peer Support—Suzanne Somerville
<b>12:00-12:15</b> Healing Garden—Ric Knight
<b>12:15-1:00</b> Lunch (box lunches provided) Informal Round Table Q&A Discussion
<b>1:00-1:15</b> Little Jack Horner's Corner Bakery—Angela Clark
<b>1:15-1:30</b> Laurie Mitchell Employment Center—Kirsten Kaiser
<b>1:30-1:45</b> On Our Own—Bill Yolton
<b>1:45-2:00</b> Break
<b>2:00-3:00</b> Closing Remarks by CSB Executive Directors

## The following Northern Virginia Recovery Based Programs will be featured:

### Safe Haven in Alexandria

The Safe Haven provides permanent housing and supportive services for homeless people with mental illness and/or other disabling conditions, who are on the streets and who cannot or do not use existing shelters. The Safe Haven is a nationally recognized program model that incorporates several effective strategies to serve its intended population, including outreach, a low demand structure, a housing first approach, and support services.

### Arlington County Detention Facility Peer Support

Suzanne Somerville and Officer Kristen Kane are integral parts of "Project Justice" in the ACDF. This program has hired a Certified Peer Specialist to lead WRAP groups and to work with the incarcerated population who have mental health issues. Peer support, recovery information and community resources are part of this project to address the increasing numbers of incarcerated persons with mental health issues and recidivism.

### Consumer and Family Affairs in Fairfax

David Mangano, Program Director, was hired to receive and coordinate information from consumers of the Fairfax County CSBs, their families and others, and begin to use this information to make positive change inside the system. His position includes assisting the public and consumers with resources, information, as well as creating channels of communication where none have existed before.

### Healing Garden/Friendship House in Loudoun

Ric Knight is the director of the Friendship House, Loudoun County's structured day program for persons with mental health issues. Part of the Friendship House is a geodesic dome where people who attend the Friendship House raise herbs for sale at a local farmer's market.

### On Our Own in Fairfax County in Fairfax

Rev. L. William Yolton has been a care giver, refuge provider, observer, recorder, student, advocate, skeptic, teacher, organizer, commissioner, administrator, human rights champion, collaborator and friend of consumers for over fifty years. And he has become a nuisance on behalf of consumers. Bill was voted an honorary consumer by NVMHCA, and knows his best learning has been from listening to consumers, especially his wife, Diane Engster. Helping with consumer groups such as NVMHCA and the Regional Recovery Work Group, working with Agape Reservoir, and the half-dozen consumer run drop in programs that were pioneered in the region by LMEC has convinced him that this is the way to go. He volunteers as administrator of the drop-in center on Route One, On Our Own of Fairfax County. It provides hot meals, laundry, showers, clothing, health checks, support and referral to consumers including people who are homeless... and friendship.

### NVMHI Peer Support in Falls Church

From a pilot project as a peer bridge, M. C. Violet Taylor, and the recovery champs found opportunities that would not only be considered therapeutic, but would promote recovery through giving people the chance to empower themselves. Consumers inside NVMHI now enjoy a variety of outings to consumer-operated organizations, but also lead over 15 successful and well-attended groups inside NVMHI. "Mental health recovery is possible - full recovery is possible for many." (Mary Ellen Copeland, [www.copelandcenter.com](http://www.copelandcenter.com)) is her motto!

### Little Jack Horner's Corner Bakery in Prince William

Little Jack Horner's Corner Bakery is a non-profit bakery with the mission of offering bakery products to the public while creating a nurturing atmosphere for consumers. They teach mental health consumers baking skills, build their confidence, and promote their integration into the community by helping them find employment and become independent, contributing members of society. They specialize in making and selling brownies, cookies, and muffins... seeking to gain patronage by providing the best products and service possible.

### Laurie Mitchell Employment Center in Fairfax

The Laurie Mitchell Employment Center (LMEC) was established as a consumer-operated drop-in center in 1995 by a group of people with mental health issues who wanted to support other people in their situation with increased opportunities for socialization and potential employment in the competitive marketplace. The center offers training to people with mental health issues, other disabilities and those who have other barriers to socialization and employment including language and being economically disadvantaged. Anyone who comes through LMEC's doors is welcome to our services.