



NATIONAL CONSENSUS CONFERENCE ON PERSON/FAMILY-CENTERED PLANNING

THURSDAY, DECEMBER 8, 2005
DoubleTree Hotel • Washington, DC

AGENDA

The conference goal is to identify the key elements comprising person/family-centered planning in mental health and best practices for implementing such approaches.

8:30 A.M.

Terrace Foyer

REGISTRATION

9:00 A.M.

Terrace Ballroom

WELCOMING REMARKS

A. Kathryn Power, Center for Mental Health Services

THE PROMISE OF PERSON/FAMILY-CENTERED PLANNING

Linda H. Rammler, Rammler & Wood, Consultants, LLC

MEETING OVERVIEW AND INTRODUCTION TO FACILITATORS

Dick Dougherty, DMA Health Strategies

Laura Van Tosh, Western State Hospital

9:30 A.M.

Terrace Ballroom

PERSON/FAMILY-CENTERED PLANNING: KEY PRINCIPLES AND ELEMENTS

MODERATOR:

Neal Adams, California Institute for Mental Health

PANELISTS:

MODELS, PRINCIPLES AND VALUES

Diane Grieder, AliPar, Inc.

PLANNING OWNERSHIP

*Jessica A. Jonikas, UIC National Research and Training Center on
Psychiatric Disability*

THE IMPACT OF CULTURE ON PLANNING

Sade' Humphrey, Cenikor Foundation

CHILDREN, ADOLESCENT AND FAMILY ISSUES

John VanDenBerg, Vroon VanDenBerg, LLP

PANEL HIGHLIGHTS:

This panel will help to define person/family centered planning, and identify a core set of promising practices and the principles and values upon which they should be based. This includes examining: the roles and responsibilities of consumers, families, and providers; lessons from other disability and children's communities; and how planning can satisfy systems requirements while promoting recovery. The presentations and discussion will provide a basis for the work of break-out groups.

AGENDA

10:30 A.M.

Terrace Foyer

BREAK

10:45 A.M.

BREAKOUT GROUPS

DISCUSSION HIGHLIGHTS:

Five breakout groups will convene to review the findings presented at the morning's panel to identify the key principles, elements, and approaches which should be considered best practices in the area of person/family-centered planning.

GROUPS:

RED – Terrace Ballroom

BLUE – Cabinet Room

ORANGE – Chairman's Room

YELLOW – Director's Room

GREEN – Congressional Room

12:00 P.M.

LUNCH – ON YOUR OWN

Please refer to the "Restaurant Listing" enclosed with the materials

1:00 P.M.

Terrace Ballroom

PERSON/FAMILY-CENTERED PLANNING:

IMPLEMENTATION AND ADAPTATION

MODERATOR:

Wilma Townsend, WLT Consulting

PANELISTS:

IMPLEMENTING PERSON/FAMILY-CENTERED PLANNING

Janis Tondora, Yale University Medical School

LEARNING FROM OTHER COMMUNITIES

Carol Blessing, Cornell University

ADDRESSING ADMINISTRATIVE, REGULATORY AND REIMBURSEMENT ISSUES

Virginia Selleck, Minnesota Department of Human Services

PLANNING WITHIN MANDATED TREATMENT SITUATIONS

Nirbhay Singh, ONE Research Institute

PANEL HIGHLIGHTS:

This panel will focus on the practical steps necessary to truly implement person/family-centered planning including its adaptation with various communities, cultures, ages, and settings. The presentations and discussion will provide a basis for the work of break-out groups which follow.

AGENDA

2:00 P.M.

BREAKOUT GROUPS

Five breakout groups will convene to review the findings presented at the afternoon panel to identify the key principles, elements, and approaches which should be considered best practices in the area of person/family-centered planning.

GROUPS:

RED – Terrace Ballroom
BLUE – Cabinet Room
ORANGE – Chairman’s Room
YELLOW – Director’s Room
GREEN – Congressional Room

3:15 P.M.

Terrace Foyer

BREAK

3:30 P.M.

Terrace Ballroom

WORKGROUP FINDINGS SYNTHESIS REPORT AND CONSENSUS DEVELOPMENT

FINDINGS HIGHLIGHTS:

Using assistive technology, findings from the workgroups will be mapped and reported on – followed by facilitated discussion.

4:45 P.M.

Terrace Ballroom

CLOSING REMARKS

Paolo del Vecchio, Center for Mental Health Services

5:00 P.M.

ADJOURN

THANK YOU FOR YOUR PARTICIPATION!



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Mental Health Services
www.samhsa.gov



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BREAKOUT GROUP INSTRUCTIONS

You will break into five different groups after both the morning and the afternoon panel discussions of the different papers. Groups (Red, Blue, Orange, Yellow, Green) have been assigned at random to ensure a cross section of individuals and skills in each group.

The following are questions that will be the focus for each break out group. Each group will have a facilitator and recorder. The facilitator has been assigned to facilitate the discussion and support the discussion, ensure that everyone has an opportunity to participate, clarify points made and seek to improve the specificity of responses. The Recorder will be responsible for taking notes during the breakouts on a laptop with a projector for display to the group and using the collaborative software to facilitate the development of a summary at the end of the meeting.

A.M. Break-Outs - Principles

- 1) What essential principles and values need to be adopted in Person Centered Planning?
- 2) What are the unique considerations for special populations?
- 3) Plan ownership rests with the individual. What are the changes needed to support the principle of individual plan ownership?

P.M. Break-Out - Implementation

- 1) What are the most promising practices in person centered planning?
- 2) What are the barriers and obstacles to implementing person centered planning in clinical and community-based settings?
- 3) What steps can be taken now to begin to address ownership issues and other barriers?

For both Break-Out sessions, please be as clear and specific as possible. Identify or prioritize the most important issues if you can during the discussion. Make sure that your responses are as complete as possible to each of questions above.

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A. KATHRYN POWER, M.ED. is Director of the Center for Mental Health Services (CMHS), Substance Abuse and Mental Health Services Administration (SAMHSA), an operating division of the US Department of Health and Human Services (DHHS). CMHS provides national leadership in mental health promotion, mental illness prevention, and the development and dissemination of effective mental health services. Director Power leads a staff of 126 professionals in facilitating the transformation of our nation's mental health care system into one that is recovery-oriented and consumer-centered. In 2005, Director Power received the U.S. Department of Health and Human Services Secretary's Award for Distinguished Service for spearheading the Federal Mental Health Transformation Team, an unprecedented interdepartmental coalition that produced the first ever Federal Action Agenda for Mental Health Transformation.

Prior to her appointment as Director of CMHS, Ms. Power served for over 10 years as the Director of the Rhode Island Department of Mental Health, Retardation and Hospitals (DMHRH), a Cabinet position reporting to the Governor. The Rhode Island DMHRH is responsible for four systems of care serving individuals with mental illnesses, substance abuse disorders, developmental disabilities, and long-term medical needs requiring hospital-level service. During her tenure, the Department gained a national reputation for leadership and innovation that produced real and often dramatic improvements in the quality of life for the people it served. Director Power was a powerful force in helping the State of Rhode Island embrace a focus on recovery, promote deinstitutionalization, reduce the use of seclusion and restraint, adopt behavioral health approaches, implement trauma-informed services, advance an emotional competency agenda, develop mobile treatment teams, and expand supported employment to competitive employment opportunities. The Department had an annual budget of over \$480 million and more than 2,000 employees. Ms. Power previously directed the Rhode Island Office of Substance Abuse, the Governor's Drug Program, the Rhode Island Anti-Drug Coalition, and the Rhode Island Council of Community Mental Health Centers.

Earlier professional experiences include teaching at elementary and secondary schools; providing counseling, leadership and advocacy for rape crisis and domestic violence agencies; and working as a computer systems analyst for the Department of Defense.

In 1997, Director Power served as President of the National Association of State Mental Health Program Directors (NASMHPD) where she led the organization to embrace principles of recovery and trauma-informed care as linchpins of the public mental health system. She has also been recognized locally and nationally for her leadership and advocacy on behalf of individuals with disabilities by organizations such as the Center for Performance Excellence, the Rhode Island Protection and Advocacy System, and the National Organization for Victim Assistance. In addition, Ms. Power has served on the boards of directors of over 100 non-profit agencies, commissions, and task forces in both the public and private sectors.

Director Power received her Bachelor's degree in education from St. Joseph's College in Emmitsburg, Maryland, and her Master's degree in education and counseling from Western Maryland College. She is a graduate of the Toll Fellowship program of the Council of State Governments, which promotes the development of State leaders through intensive work in

SPEAKER BIOS

policy, management, and executive decision making. She has also completed programs in senior executive leadership development, mental health leadership, and substance abuse leadership at the Harvard University John F. Kennedy School of Government. In addition, she has extensive training and teaching experience in leadership, ethics, public service, policy development, and program implementation.

Ms. Power is currently a Captain serving in the U.S. Navy Reserve.

NEAL ADAMS, MD, MPH, currently serves as Director of Special Projects for the California Institute for Mental Health. As a senior member of the staff Dr. Adams is involved with and responsible for a wide range of projects focused on quality improvement and systems transformation through technical assistance, consultation, training as well as liaison and facilitation and research. Primary projects include consultation with the County of Santa Cruz, leadership in several evidence based practice initiatives as well as implementation of the Mental Health Services Act.

Immediately prior to his current position, Dr. Adams served three and one-half years as Medical Director for Adult Services with the California Department of Mental Health. In that role he was actively involved in a range of clinical, administrative and policy related activities providing consultation to county operated mental health systems and the State operated hospitals as well as headquarters staff and related state agencies. Key activities included work as Principle Investigator on a SAMHSA Toolkit implementation grant for Integrated Dual Diagnosis Treatment and his role as Chair of the CalMAP medication algorithm project's fidelity committee as well as leadership on pharmacy purchasing and quality of psychopharmacotherapy in the state's mental health system.

Previously he was Director/Medical Director for Santa Cruz County Mental Health and Substance Abuse Services. He has also served as Medical Director for the New Mexico Division of Mental Health and Medical Director for Southern Nevada Adult Mental Health Services in Las Vegas. In these roles Dr. Adams has functioned as a clinical administrator involved in program and policy development as well as quality management and daily operations.

Dr. Adams received his Bachelor's degree from the University of California at Santa Cruz, his MD from Northwestern University and his MPH from Harvard. He completed his psychiatry residency at Stanford where he also served two years as a Robert Wood Johnson Clinical Scholar. Dr. Adams is as Fellow of the APA, is board certified in general psychiatry and holds sub-specialty certification in addiction psychiatry. Currently he is a fellow in the California Health Care Foundation's Leadership Program.

Following several years of service on the board of directors, Dr. Adams has recently served as President of the American College of Mental Health Administration and served for 2 years as Chair of the College's Accreditation Organization Workgroup, and has also served as President

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of the ACMHA Foundation. Dr. Adams is a member of the executive committee for the Annapolis Coalition on Training and Education of the Behavioral Health Workforce, is co-author of an ACMHA/SAMHSA monograph exploring implementation of the IOM Quality Chasm framework for behavioral health, and co-facilitator of a SAMHSA sponsored workgroup to develop outcome data standards for the field.

Dr. Adams has served on a number of workgroups, committees and commissions including the National Association of State Mental Health Program Directors (NASMHPD) President's Task Force on Performance and Outcome Measures Technical Workgroup and has worked with CARF as an accreditation surveyor as well as a member of the Advisory Council on Performance Measurement. Currently he is a member of the California Department of Mental Health's Statewide Quality Improvement Committee, is part of a SAMHSA sponsored workgroup developing a set of common performance indicators for the field, and is a member of the MHSIP Policy Advisor Group. Currently he serves as Chair of the Santa Cruz Coalition for Mental Health.

Dr. Adams' writings include a recently published book on Person Centered Treatment Planning for Metal Health and Addiction Recovery. He also has coauthored a chapter in a recently published book on quality management in managed care as well as several journal articles and book reviews. He is a frequent speaker at local and national conferences and provides training on treatment plans, clinical outcomes management and evidenced based practice. In addition, he maintains a limited clinical practice providing psychopharmacotherapy for adults, adolescents and children for a range of psychiatric and substance abuse disorders.

CAROL BLESSING, LMSW currently serves on the faculty with Cornell University's Employment and Disability Institute. As a faculty member she currently serves as Project Director for the NYS Office of Mental Health Career Development Initiative, a project working within NYS psychiatric centers, and with inmates who have developmental disabilities for the NYS Developmental Disabilities Planning Council project "From Inmate to Citizen." Each of these initiatives places a spotlight on person-centered practices as the primary means for supporting the inclusion of all people in community living, learning and earning.

Carol has an extensive background in teaching and in facilitating person-centered planning processes and practices. She began her study and practice of person-centered work in 1995 and is well-versed in the application of all of the prevalent tools and methods available to date. Carol has developed a tool for person-centered planning called "A Framework for Planning," that has been used with great success across the state and serves as the template for the Foundations in Person-Centeredness training program project dissemination in New York. She has several publications spanning a range of person-centered practices across a myriad of disability communities, including training curriculum, train the trainer and resource guides.

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Over a span of 15 plus years in her previous employment with the Rensselaer County Chapter, NYSARC, Troy, NY, she was responsible for the coordination of all of the employment services provided by the agency, including competitive and supported employment, community-based assessment, transition from school to work, and community volunteerism. Carol was instrumental in initiating career transition partnerships between the agency and school districts within the local community that have been identified as best practice.

Carol served as the chairperson for the New York State Rehabilitation Association's Partnership with Schools Committee between 1998 – 2000. She is a current member of the National Association for Person's in Supported Employment (APSE) and TASH (formerly known as The Association for people with Severe Handicaps).

In addition to her work with the University, Carol operates the Blessing Consulting Group, a private consulting firm whose mission is to provide resources, support and assistance to organizations, families and people who are living with disabilities to promote, build and live within inclusive natural communities. Currently, in addition to directing a number of person-centered projects, Carol is working with a village in Uganda to cultivate two projects connecting communities in New York with the village of Bigodi. The focus of the project, "Cultivating a World of Difference," is to forge alliances that promote self-determination, cultural awareness and appreciation and which foster the exchange of ideas and the development of sustainable economic enterprises. Project partners to the village include a day services program for people with severe cognitive disabilities and an elementary school in an urban environment.

PAOLO DEL VECCHIO, is currently the Associate Director for Consumer Affairs within the Office of the Director at the Federal Center for Mental Health Services (CMHS) of the Substance Abuse and Mental Health Services Administration in the U.S. Department of Health and Human Services. In this capacity, he manages the Center's precedent-setting activities in addressing: consumer participation and education, issues of discrimination and stigma, consumer rights, and others.

Previously, Mr. del Vecchio was the CMHS Acting Director for the Office of External Liaison where he coordinated the Center's communications and knowledge dissemination activities and was a Senior Policy Analyst who assisted in the development of national mental health policy and programs to improve the lives of people with mental health problems. This activity included emphasis on a wide-range of issues including consumer rights protections, restraint and seclusion, managed care, homelessness, alternative services, older adult mental health, cultural competence, and others.

Mr. del Vecchio was the first Consumer Affairs Specialist hired by this Federal agency. In this capacity, he promoted consumer/survivor participation in all aspects of the Center's policies and operations ranging from public education to efforts at researching effective strategies to address the needs of persons with mental illnesses. Those efforts included initiating historic dialogue

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meetings between consumers and practitioners, regional consumer meetings, anti-stigma efforts, training programs, and grant development.

Mr. del Vecchio worked for the Philadelphia Office of Mental Health in the areas of policy formulation and the planning of a comprehensive system of community-based mental health services addressing homelessness, HIV/AIDS, and many other issues.

A self-identified mental health consumer/survivor, Mr. del Vecchio has been involved in the consumer/survivor self-help movement for over a decade. A published author and a national and international speaker, he has been involved with many organizations and efforts including the Mental Health Statistics Improvement Project Ad-Hoc Advisory Committee, the Federal Advisory Planning Board for the Surgeon General's Report on Mental Health, and numerous others.

RICHARD H. DOUGHERTY, PH.D., for more than 20 years, has assisted the public and private sectors in managing change including quality improvement, organizational development and strategic initiatives. Examples of key projects include: strategic planning for the Massachusetts Department of Mental Health and Bureau of Substance Abuse Services; lead contractor for the SAMHSA Consumer Directed Services Initiative; the design, development and later expansion of the Massachusetts Medicaid Mental Health and Substance Abuse managed care program; and the procurement of an Administrative Services contractor in San Diego County. Dr. Dougherty also spent more than two years providing extensive organizational consulting to several divisions of Corporate Finance in the General Electric Company as a part of the nationally recognized Work-Out! Project. Prior to forming DMA in 1987, Dr. Dougherty was a Senior Manager at BDO/Seidman where he helped build a regional non-profit consulting practice. Other positions include Finance Manager and member of the Board of Directors of National Mentor, Inc. and Program Manager for the Department of Social Services, in charge of residential procurement. Dr. Dougherty has an A.B. with honors from Colgate University, an A.M. in Social Service Administration from the University of Chicago and a Ph.D. in Applied Social Psychology at Boston University. He is currently Treasurer and member of the Board of the American College of Mental Health Administration and ACMHA Foundation and holds several other board positions in his local community.

DIANE GRIEDER is the owner of Quality Behavioral Health Resources/AliPar, Inc., a behavioral health consulting firm committed to improving organizational performance, and co-author of Treatment Planning for Person-Centered Care: The Road to Mental Health and Addiction Recovery, a textbook with Elsevier/Academic Press with Neal Adams MD, published in late 2004. Diane is a National Council Consultant.

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Diane's experience includes work with Northrup Grumman IT's national evaluation of opioid accreditation, through a contract awarded by SAMHSA, as the "accreditation advisor." Ms. Grieder is also working with Danya International under the auspices of a NIDA grant to develop a "Performance Measurement for Treatment Improvement" website. AliPar, Inc. has recently been awarded a SAMHSA small business grant to create four person and family centered training guides to be disseminated by SAMHSA. Her work with SAMHSA includes assisting with planning SAMHSA's Consensus Conference on Person and Family Centered Planning in December 2005, along with presenting a white paper on the topic at the consensus meeting.

She has also been an accreditation surveyor with CARF for more than 16 years, and has conducted at least 65 accreditation surveys, served on several CARF National Advisory Committees to develop and revise standards, and provided training at four CARF International Conferences on Behavioral Health. From January 1999 to May 2000, she was selected by CARF to assume the role of project director for the CSAT Methadone/LAAM Accreditation Demonstration Project. Ms. Grieder has consulted with more 75 organizations to prepare them for CARF accreditation, providing training on standards, medical records reviews, mock surveys, policy and procedure development, implementation of quality improvement systems, board of director and staff orientation and role plays, and the like.

Ms. Grieder regularly conducts trainings throughout the country on strategic planning, performance improvement and clinical documentation and a person-centered/recovery oriented approach to treatment planning.

Area of Expertise: performs clinical audits and medical records review; develops curriculum and delivers training on person-centered treatment planning; In-depth knowledge about CARF accreditation and co-occurring and substance abuse disorders; advises about creating quality improvement systems, operational efficiency and documentation.

SADE' HUMPHREY, M.A., LCDC, ADC, CCS, is a Licensed Alcohol and Drug Counselor and a Certified Clinical Supervisor. She is the Vice President of Program and Government Affairs for the Cenikor Foundation. For the past ten years, Ms. Humphrey has been on the faculty of the New England Institute of Addiction Studies. She is a member of the faculty of Brown University's Addiction Technology Transfer Center where she provides education on Culturally-competent Recovery Planning and Working with Indigenous Healers in the African-origin, Native American and Latino Communities. Ms. Humphrey is also a member of the faculty of the Austin, Texas (TCADA) Summer Institute. She has published her thesis and other articles on culturally competent treatment and its efficacy in the field. Ms. Humphrey has planned and developed peer services that have drawn national recognition and she has been in the field of Behavioral Health Treatment for over 35 years. Ms. Humphrey holds a Bachelor of Arts in Counseling Psychology and a Master of Arts in African Psychology and is presently enrolled in a doctoral program for a PhD in Health Psychology. Additionally, she holds a certificate of Clinical Pastoral Counseling and is a Chaplain.

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JESSICA A. JONIKAS, M.A., is the Managing Director of the University of Illinois at Chicago (UIC) Center on Mental Health Services Research and Policy, as well as a Research Specialist in Health Systems Research for the UIC Department of Psychiatry. She holds a masters degree from the University of Chicago, School of Social Service Administration and Center for Health Administration Studies. Ms. Jonikas manages several projects to promote self-determination for people with psychiatric disabilities, evidence-based practice and research translation in public mental health, and behavioral healthcare systems transformation. She has authored articles, commissioned papers, client/provider tools, and manuals on mental health rehabilitation and self-directed care, and has been involved in federally-sponsored initiatives to advance trauma-informed services, self-determination, person-centered planning, and recovery models in mental health. Ms. Jonikas also designed and facilitated a local client-driven crisis management project for psychiatric inpatients and a national needs assessment project for women with mental illnesses. She has been involved in mental health and human services research projects for the past 17 years, and has published many articles, book chapters, monographs, manuals, and curricula, while providing national training and technical assistance on topics such as provision and outcomes of psychiatric and disability rehabilitation services, person-centered treatment, self-directed care, crisis and risk management, special needs of women with mental health issues, trauma treatment and personal safety of people with psychiatric disorders, assertive community treatment among individuals who are homeless, partnerships with families, and peer-delivered services in community-based programs.

LINDA H. RAMMLER, M.ED., PH.D., has been had more than 30 years of experience in the human services field. For the last 20 years, she has been involved primarily with inclusive education for students with disabilities of all ages – including those with psychiatric labels. Her activities include conducting and directing transdisciplinary evaluations in which supported inclusive programs and placements are recommended, providing training and technical assistance to school and agency staffs throughout Southern New England and beyond in effective inclusive practices, consulting to teams and families about individual students, and working with administrators and others to effect systems changes that support inclusion for all.

Dr. Rammler's special areas of interest are in positive and inclusive behavior supports, working with students who have labels of autism spectrum disorders or exhibit challenging behaviors, curricular and instructional accommodations and modifications that reflect best practices such as Multiple Intelligences theory and Brain-Based Learning, building Circles of Friends/Circles of Support and communities of learners, person- and family-centered planning, and the transition of youth with disabilities from their fully inclusive secondary education to meaningful and self-directed lives as adults with disabilities. She has testified as an expert witness on behalf of children and adults with disabilities in administrative hearings and in state and federal courts and regularly presents at local, state and national conferences on numerous topics. Dr. Rammler's publications include journal articles and reports (e.g., on deinstitutionalization and Real Choice), training manuals (e.g., for paraprofessionals and as a contributing author to Eric Jensen's handbook on the fragile brain), and, most recently, two entries for an encyclopedia on Learning

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and the Brain which is currently in press. Dr. Rammler's on-going projects, in addition to ongoing consultation, include writing two books – "MACS Attacks: The Way to Look at Autism" and "Inclusive Education in the Unified Arts," directing a Developmental Disabilities Council project on Inclusive Recreation, and collaborating with such agencies as the Connecticut Office of the Child Advocate on issues related to children's mental health and other concerns. She is Vice President of the New England Chapter of TASH, an international disability rights organization, and is involved with numerous other organizations at the local, state, and national level.

Dr. Rammler received her Master in Education with special education certification from the University of Hartford and earned her doctoral degree in developmental psychology at Yale University. She is the adoptive mother of four, two of whom have had IEPs, and has seven cats. Dr. Rammler is married to Mark Partin, Esq., who specializes in disability rights law.

VIRGINIA SELLECK, PH.D. has worked in the rehabilitation field for over 25 years. She has experience in psychiatric rehabilitation program development and implementation, and has worked in both rural and urban environments.

Virginia is a Supervisor in the Adult Mental Health Division with the Minnesota Department of Human Services. Her responsibilities include supervision of the Adult Mental Health Initiative, a systems change process that has created a more robust community service system for adults with serious mental illness. She also supervises staff who work in program areas such as housing, homelessness, supported employment, case management, and community supports. Her current priority concerns moving the state system to support Evidence Based Practices in order to support the recovery of people with serious mental illness. She is also the liaison to Minnesota's TANF program, and has spent considerable time working across agency boundaries on the issues of the "hard to serve" welfare population.

Prior to moving to Minnesota in 1992, Virginia worked at Thresholds in Chicago, Illinois in a variety of capacities, most recently as an Associate Director. Thresholds is a psychiatric rehabilitation program that seeks to enable people with serious mental illness to live and work in the community by pursuing goals in the areas of prevention of unnecessary hospitalization, work and social rehabilitation, independent living, education, and physical wellness. Virginia worked in all facets of the program during her tenure at Thresholds, as well as supervising Thresholds' federally funded research and training institute.

Her early career was spent in Southern Illinois as a community mental health counselor with the Egyptian Public and Mental Health Department.

Virginia has extensive speaking, training, and consulting experience in a number of states about various issues germane to psychiatric rehabilitation and systems change. She has a Ph.D. in Counseling Psychology from the School of Education and Social Policy, Northwestern

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University, and a Masters Degree in Rehabilitation Counseling from the Rehabilitation Institute, Southern Illinois University.

DR. NIRBHAY N. SINGH is a Senior Scientist at ONE Research Institute, a non-profit company that is devoted to services, training, research and consultation focused on people who are disabled or disenfranchised. Prior to his retirement from formal academia in 2002, he was Professor of Psychiatry, Pediatrics, and Clinical Psychology at the Medical College of Virginia, Virginia Commonwealth University, Richmond, Virginia.

He is the author of over 370 publications, including a dozen books, about 40 book chapters, and over 300 research papers. In addition, he is on the editorial boards of several international journals and is the founding editor of the Journal of Behavioral Education and the Journal of Child and Family Studies. His best-selling book on services for people with developmental disabilities, *Prevention and Treatment of Severe Behavior Problems*, was published by Brooks/Cole, and his latest book *International Perspective in Child and Adolescent Mental Health, Volume 2* was published by Elsevier Science. He has made over 500 presentations and given 60 Keynote presentations nationally and internationally, including the U.S., New Zealand, Australia, Fiji, United Kingdom, Canada, Mexico, India, Malaysia, Hong Kong, and Italy.

Dr. Singh has been an expert consultant in psychology, psychopharmacology and mental health with regard to the care of people with disabilities for the Civil Rights Division (CRIPA), Department of Justice (DOJ) in Washington, DC, since 1989 and has investigated numerous institutions in this country. He has been an expert witness in landmark cases, such as in *Wyatt v Stickney* (currently *Wyatt v Sawyer*), and *Haldeman v Pennhurst*. In addition, he has assisted several hospitals meet DOJ constitutional standards. Recently, as an expert consultant for the Commonwealth of Virginia, he assisted the Commonwealth to meet federal compliance standards in four adult psychiatric hospitals. At present, Dr. Singh is assisting the California Department of Mental Health to enhance its state mental health service system and align inpatient service delivery with a recovery model of care. He is the Independent Expert (Court Monitor) for two developmental disability facilities in Louisiana and one in Kentucky. As an expert on disability and mental health issues, Dr. Singh has written, presented, and provided legal/court testimony for about 30 years. Further, Dr. Singh is an international consultant in developmental disabilities, mental health and mindfulness for people in mental health and business. He is a noted advocate for people who are disabled or disenfranchised.

Dr. Singh's research and views have been cited in the popular print media (e.g., *Wall Street Journal*, *Washington Post*, *Glamour*, *McCalls*, *GreatLife*, *Redbook*, *Health*, *Nutrition Action Health Letter*, *The Nutritional Gazette*, *New Woman*, *Let's Live*, *Consumer Reports*, *Good Housekeeping*, *InPharma*, *APA Monitor on Psychology*), radio (CBS Radio, *Radio News*, *UPI News*), and TV (CBS, *E!*, *New York 1 News*). In addition, he has been a consultant to a number of national TV programs (e.g., *20/20*, *60-Minutes*, *Dateline*, *CBS News*).

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JANIS TONDORA, PH.D. is currently an Assistant Clinical Professor in the Department of Psychiatry at the Yale University School of Medicine. Based at the Program for Recovery and Community Health, Dr. Tondora's primary role is as Project Director for an NIMH-funded R-01 study titled Culturally Responsive Person-Centered Care for Psychosis.

Her professional interests focus on the design, implementation, and evaluation of services that promote self-determination, recovery, and community inclusion among individuals diagnosed with serious behavioral health disorders. In addition to her role at PRCH, she works closely with the Connecticut Department of Mental Health and Addiction Services (DMHAS) to promote the transfer of academic research into the public-sector behavioral health system. She is involved in coordinating a number of statewide training, technical assistance, and consultation initiatives regarding the provision of recovery-oriented care, person-centered planning, and best-practice employment supports. In this capacity, she has collaborated with PRCH faculty and DMHAS leadership to develop a series of practice guidelines, program standards, and recovery-specific provider competencies. Prior to her involvement in behavioral health, she worked as a consultant providing services to public and private agencies, school districts, families, and individuals with disabilities. These services were designed to promote the full inclusion of individuals in all aspects of classroom and community life — an objective that remains at the core of her current work in behavioral health.

WILMA TOWNSEND is a nationally recognized expert on consumer focused recovery and on cultural competence. Ms. Townsend has extensive experience in consultation to states, local government entities, managed care organizations, and consumer and family organizations in the areas of consumer recovery and recovery oriented services, peer operated services, consumer outcomes, consumer involvement, and cultural competence. Ms Townsend is involved in a research project on Actualization of Best Practice Model System-Wide: Examination of Recovery-Oriented Services and Outcomes. Ms. Townsend has recently contributed issue papers to the President's New Freedom Mental Health Commission on both consumer recovery and cultural competence. She has also prepared and disseminated monographs and training materials on consumer-operated supports and business development, cultural responsiveness and recovery, and the development of person-centered care roadmaps to bring recovery alive in treatment planning with case managers and therapists.

Prior to becoming the President of WLT Consulting, LLC, Ms. Townsend was the Senior Program Manager with Technical Assistant Collaborative, and chief of the office of Consumer Services, for the State of Ohio Department of Mental Health (ODMH) for over 15 years. In that role, she was the state's liaison with the statewide consumer and family organizations. She also worked with the culturally diverse communities of Ohio in developing culturally diverse programs and culturally competent systems of care. She was instrumental in ODMH funding of a Diversity Resource Center, which serves as a statewide clearinghouse for cultural diversity materials, as well as providing resources and training for the Ohio Mental Health System and other state and local entities.

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JOHN VANDENBERG is a partner with Dr. James Rast in Vroon VanDenBerg, LLP, an international company which develops innovative training materials and trains across North America and other countries. John managed the first demonstration of cross-agency state wide wraparound process, the Alaska Youth Initiative. He has been a major innovator and pioneer in development and improvement of the wraparound process, which now reaches over a half million families worldwide. He has delivered over 2,000 on-site training and consultation days in communities across North America. He has been honored with many national and international awards and recognitions for his ground-breaking work to improve the field of human services.

Dr. VanDenBerg has consulted with the federal government, state and local departments of child welfare, juvenile justice, mental health, education, including special education, and developmental disabilities, as well as with private foundations and private agencies around the U.S. and Canada. He is internationally recognized as a leading authority on innovative services applications, and on system of care and wraparound process development for persons with complex needs and their families.

Dr. VanDenBerg is focused on the gradual world-wide reform of human services for children and their families. In particular, he is interested in assessing the quality and integrity of the wraparound process and in assisting communities to develop and to use more informal resources and strengths-based planning methodologies when developing individualized service and support plans. He is also involved with efforts to mesh the wraparound process with the faith community. Dr. VanDenBerg is currently leading an effort to use the wraparound process as a reentry strategy for adult prisoners being released from prison.

Dr. VanDenBerg lives in Parker, Colorado. He is married to the watercolor artist and printmaker Janene Parks VanDenBerg, and has three children: Will, age 20; Maggie, age 22; and Rain, age 34. He is adored by Grover, a twelve year old yellow Lab. When not in an airplane traveling to lecture somewhere, he is a writer, an organic farmer, a halibut and salmon fisherman, and a woodworker. He is a member of the Unitarian Universalist Church, where he has been a Youth Group organizer and advisor for many years. An active volunteer in his own community, John does over fifteen days per year of pro-bono consulting to family organizations who are organizing to support youth with complex needs and their families. He is a board member of the Colorado Federation of Families for Children's Mental Health.

LAURA VAN TOSH is the director of Consumer Affairs at Western State Hospital in Tacoma, Washington. Ms. Van Tosh serves on the hospital's Executive Management Team and is responsible for program development to increase patient opportunities that promote recovery and community integration. Previously, Laura was an independent consultant and provided expertise in mental health policy development, analysis, and services research to a variety of organizations including, government agencies; public and private healthcare organizations; university and research institutions; and, national advocacy organizations. Ms. Van Tosh is the founder of the

SPEAKER BIOS

Mental Health Policy Roundtable - an interactive educational forum that was funded by the John D. and Catherine T. MacArthur Foundation (1999-2004).

Ms. Van Tosh has written on health and mental healthcare consumer issues such as evidence based practice, homelessness, quality and accountability. Ms. Van Tosh served as contributor and peer reviewer to the *Surgeon General's Report on Mental Health* (1999).

Laura has worked in the mental health field for nearly 20 years and has held various director-level positions in direct service and mental health policy settings. Ms. Van Tosh has provided consultation services to a number of services research institutions including Abt Associates, Inc., Dartmouth University's National Evidence-Based Practice Project, the Substance Abuse and Mental Health Services Administration, and the University of Maryland Center for Mental Health Services Research.

Laura has received the Consumer Advocate Award from the International Association of Psychosocial Rehabilitation Services in 1997, and in 2001; she received a "Mothers & Shakers" Award from *REDBOOK* magazine for her work in the mental health field.



Soups and Salads

- Duo of Soups Made with Market Fresh Vegetables 7
- Spinach Salad Grilled Chicken Breast, Roasted Peppers, Red Onions, Balsamic Dressing 14
- Baby Arugula with Fuji Apples, Goat Cheese and Candied Pecans 8
- 15 Ria Cobb Salad Ham, Tomatoes, Avocado, Bacon, Eggs, Avocado, Blue Cheese Dressing 11
- Jumbo Lump Crab Cakes Tangy Cabbage Slaw 10/19

15 RIADAILYBLUE PLATE

Chef Troy's Fare stay's true to Fresh and Creative American Cooking
Utilizing the Bounty of Fresh and Local Products whenever possible.
Your Server will be delighted to inform you of our Today's Special

Entrees

- Half Grilled Organic Chicken with Virginia Shiitake Mushroom Risotto, Buttered Asparagus 14
- Grilled Rockfish Wild Rice, Braised Autumn Greens and Beurre Blanc 17
- Pan Roasted Salmon Smoky Grits, Sautéed Spinach, Roasted Tomato Butter 16
- Grilled New York Steak House Cut Fries 19
- Butternut Squash Risotto Candied Pecans, Hazen Blue Cheese, Cremini Mushrooms 13

Sandwiches

All Sandwiches are Served with a Choice of Fries or Side Salad and Quick Pickles
Sandwiches are Available in Regular and Half Sizes or Try a combination of a Sandwich with Soup

- Grilled Chicken Club 10/6
Served on a Brioche Roll with Tomato, Avocado and Bacon with a Basil Mayonnaise
- Roast Beef Sandwich 8/5
Served on Whole Wheat Bread, Swiss Cheese, Crispy Lettuce
- Turkey and Swiss 8/5
Served on Whole Wheat, Lettuce, Tomato and Onions
- Hamburger Fresh Ground Beef 11
Sautéed Onions, Mushrooms, Bacon, Cheddar or Blue Cheese
- Grilled Vegetable Wrap 9/6
Grilled Yellow Squash, Zucchini, Roasted Tomatoes in a Soft Flat Bread and Balsamic Mayonnaise

Wines by the Glass

Domaine St. Michelle Brut, NV	8	Pinot Noir, Heron, Napa County 2002	7
Chardonnay-Semillon, Rosemount, Australia 2003	7	Cabernet Sauvignon, Morro Bay, Central Coast 2000	8
Chardonnay, DeLoach, California 2001	8	Merlot, Cartledge Brown, Napa County 2003	7
Riesling, Montinore Estate, Willamette Valley 2004	8	Shiraz, Ferngrove, Australia 2002	7
Sauvignon Blanc Buena Vista, Napa Valley 2002	7	Zinfandel, Rosenblum, California Vintner Cuvee XXV	8
Pinot Grigio, Kris, Italy 2003	8	Malbec, Terrazas Des Los Andes, Argentina 2003	7

Our menu celebrates the farmer's market,
using organic produce whenever possible.

Brought to you by
Executive Chef Troy Walker

20% Gratuity May Be Added for Parties of 6 or More

Restaurants and Services within Walking Distance of the Hotel

Restaurants

15 Ria – 202-RIA-0015

Washington Terrace Hotel, 1515 Rhode Island Avenue, NW (Southern inspired/American; Price range - Entrees: Breakfast \$6 - \$14; Lunch \$8 - \$22; Dinner \$12 - \$26)
Casual to Formal Attire.

Galley Café (Carry-out & Eat-in) – 202-939-0263 (Hot and Cold Sandwiches made to order \$3.25 - \$5.00)

1625 Massachusetts Avenue, NW (Serves Breakfast and Lunch -- located in the Air Line Pilots Association building – lobby level)

Beacon Bar & Grill – 202-872-1126 (All American fare - Price range \$7.00 – \$22.00)

Beacon Hotel, 1615 Rhode Island Avenue, NW - Casual Attire.

SOHO Café/Buffer – 202-463-3911 (Hot/cold sandwiches, hot/cold buffet. Food weighed by the pound @ \$4.59/lb. Serve Breakfast and Lunch) 1501 M Street, NW - Casual Attire.

Hamburger Mary's – 202-232-7009 (American Hamburgers - Price range \$5.95 – \$9.95)

1337 14th Street, NW - Casual Attire.

Whole Foods – 202-332-4300 (Grocery Store: hot buffet, soups, salad bar, sandwiches, deli)

1440 P Street, NW

Hours of Operation: 8am – 10pm 7 days a week

Thai Tanic – 202-588-1795 (Asian - Price range \$3.95 – \$10.95)

1326-A 14th Street, NW - Casual Attire

Hours of Operation: Lunch 11am – 3pm, Dinner 5pm – 10:30pm. Closes at 11pm at Fridays and Saturdays.

Caribou Coffee – 202-232-4552 (Coffee House w/ fresh desserts and daily pre-packaged sandwiches and salads) 14th & Rhode Island Avenue, NW (Logan Circle)

Hours of Operation: Mon. – Fri. 5:30am – 10pm, Sat. 6:30am – 10pm, Sun. 7am – 9pm

Hours of Operation: Mon. – Fri. 5:30am – 10pm, Sat. 6:30am – 10pm, Sun. 7am – 9pm

Starbucks Coffee – 202-462-9717

1429 P Street, NW (between 15th and 14th Streets)

Washington, DC 20005

Hours of Operation: Sunday – Friday 6am – 9pm, Saturday 6am – 9:30pm

Subway Sandwich Shop (Fast Food) – 202-588-8255

1339 14th Street, NW

Hours of Operation: 10am – 11pm 7 days a week

Popeyes Chicken and Biscuits (Fast Food) – 202-462-0695

1315 14th Street, NW

Hours of Operation: 10am – 11pm Mon – Sat; Closes at 9pm on Sundays

Services / Convenience Stores

Post Office Information 1- 800-275-8777

7/11 Convenience Store (24 Hours)

14th & Rhode Island Avenue, NW

CVS/Pharmacy – 202-939-5734

1418 P Street, NW

Hours: Mon. – Sat. 8:00am – 10:00pm; Sun. 9:00am – 9:00pm

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