

Edwards and Enders / Career Chat

13th Annual NYC Conference for Working Peer Specialists
NYU Kimmel Center
Thursday, July 18, 2019

Call for Proposals -- Workshop Submission Template

To submit a Workshop Proposal, please complete and save items 1-7 below as a Word document, be sure your name is on each page and that your pages are numbered. You may email the Word document, fax it, or mail it to the addresses below by close of business on **January 7, 2019**.

Proposals may be submitted by email, fax or mail:

E-mail: NYPeer@omh.ny.gov

Fax: Attn: Deborah Mizell 212-330-6359

Or mail to: The New York State Office of Mental Health NYC Field Office
330 Fifth Ave., 9th floor New York, NY 10001
Attn: Deborah Mizell

All workshop proposals must be received no later than close of business day on **January 7, 2019**. Be sure to keep a copy for your files.

PLEASE FILL OUT COMPLETELY! MISSING INFORMATION WILL DELAY CONSIDERATION OF YOUR PROPOSAL. You will be notified about the status of your proposal by email in early Spring 2019.

1. Presenter/Co-Presenters' contact information

Jonathan P. Edwards, LCSW, ACSW, M.Phil., CPS
Program Consultant, Recovery Unit, Office of Programs and Planning
Bureau of Alcohol and Drug Use Prevention, Care & Treatment
NYC Dept. of Health and Mental Hygiene
42-09 28th Street, CN #19-76 Queens, NY 11101
jedwards4@health.nyc.gov
(347) 396-7243 – office; (917) 214-1519 - mobile
Presenter identifies as a peer in both mental health and substance use disorder

Gita Enders, LMSW, MA, CPRP, CPS
Director
NYC Health + Hospitals, Office of Behavioral Health
125 Worth Street, Room 424 New York, NY 10013
gita.enders@nychhc.org
(212) 788-3524 – office; (928) 301-4789- mobile
Presenter identifies as a peer in mental health

2. Workshop Title:

Career Chat: Sharing Tips and Strategies for Pursuing Professional Development and Personal Goals through Education and Life Experience

3. Workshop Description and Objectives:

Career Chat is a facilitated dialogue in which workshop facilitators offer their experience and perspective on pursuing higher education and meaningful activities in the face of challenges, setbacks, stigmatizing beliefs, and other structural barriers that often stand between individuals and attainment of their goals. Consistent with the values of hope, identification, and mutuality, one person's account of overcoming feelings of fear can ignite another person's courage and determination. We have found that many of our colleagues experience the ageing process as another barrier to pursuing personal goals, higher education and career advancement. Common themes that have emerged from previous Career Chat workshops include: 1. It's never too late to go back (to school or work); 2. All you need is one drop of hope; 3. Going back to school gave me options, but I am happiest when I am doing peer work; 4. I want to get certified and stay in peer services, but

how can I also obtain the skills to be a supervisor; 5. I want to learn how to talk about the gaps in my resume; 6. I want to enhance my personal growth through learning.

Career Chat draws upon and advances three National Practice Guidelines for Peer Support Specialists, namely:

TO SHARE HOPE: By telling strategic stories of their personal recovery and helping others reframe life challenges as personal opportunities for growth, Career Chat encourages dialogue about how life experiences impacted goals and opportunities and how lessons gleaned from those situations can become cornerstones of present and future success. Facilitators and participants can discover in a supportive environment how resilience and self-determination needed to navigate previous challenges can inform strategies for addressing current concerns.

SEE WHAT'S STRONG NOT WHAT'S WRONG: Career Chat provides a strength-based, supportive and respectful setting where participants are asked to be present for each other and honor each other's experiences through active, non-judgmental listening and by showing compassion when elicited. Simply hearing that one is not alone in contemplating change (or working around fear of change) can be a major element in facilitating change. Choosing not to change is also an option and not indicative of being wrong, but indicative of personal autonomy, choice, and self-determination. Career Chat is not a forum in which to assess, diagnose, prescribe or give advice. Rather, it is an opportunity to share about where one might be in their career development or process, where they might like to be, and what steps might be necessary or recommended to achieve a goal. It is important to stipulate that the concept of education is applied broadly across the scope of this discussion; it is not necessarily about achieving academic degrees but more about the value of learning and how learning enhances our range of choices.

FOCUS ON THE PERSON, NOT THE PROBLEMS: Dignity, respect and positive regard are essential in peer support relationships, whether dyadic or in group settings. Career Chat, as stated earlier, is strengths-based and provides opportunities to affirm each other for merely exploring career change/growth. Past decisions, experiences and consequences are not viewed here as problems but as resources in one's toolkit. People are valued

for being present and their experiences, albeit informative, educational and identifiable, are secondary to the living person in the room.

Learning Objectives and Actionable Plans

After attending this workshop, participants will be able to:

- Discuss at least one career-building strategy or action step
- Reframe a personal setback or circumstance in a strength-based context
- Identify a specific resource or pathway (e.g., person, place, concept, process, training) that supports attainment of a career goal
- Identify opportunities for pursuing personal fulfillment and exchanging mutual support in their workplace and other communities

4. Have you presented this workshop before?

- 5th Annual Substance Use Mental Health Peer Conference, Silberman School of Social Work, New York, NY, December 7, 2018.
- 12th Annual International Association for Peer Supporters Conference, Orlando, FL., December 3, 2018
- 12th Annual NYC Conference for Working Peer Specialists, NYU Kimmel Center, New York, NY, July 19, 2018.
- 4th Annual Substance Use Mental Health Peer Conference, Silberman School of Social Work, New York, NY, December 1, 2017.

5. Biography:

Jonathan Edwards, LCSW, ACSW, M. Phil., CPS is a Program Consultant in the Recovery Unit for NYC Department of Health and Mental Hygiene, Bureau of Alcohol and Drug Use Prevention, Care and Treatment where he provides guidance and technical assistance to substance use treatment programs to advance a person-centered and public health approach in reducing risk and improving health outcomes for people impacted by substance use and mental health issues. Jonathan also consults locally, nationally, and internationally on peer workforce implementation and supervision and contributes to advancing peer specialist certification in New York State. He is a Ph.D. candidate in Social Welfare at CUNY Graduate Center, has a Master's degree in Social Work, a Bachelor's degree in Psychology, and is licensed as a clinical social worker and certified as a Peer Specialist in New York State.

Gita Enders, LMSW, MA, CPRP, CPS currently holds the position of Director in the NYC Health + Hospitals / Office of Behavioral Health, where she oversees numerous health care delivery system activities and concerns impacting individuals who use mental health, substance use, and co-occurring treatment services. Gita has presented locally and nationally on programming and supervision. She has a Master's degree in English (Creative Writing), and a Bachelor's degree in Psychology as well. She serves as supervisor to the Peer Advisor Program as part of the Public Psychiatry Fellowship of Columbia University and New York State Psychiatric Institute.

6. Presentation Aids Required:

All presentation rooms at the Kimmel Center are equipped with laptops and projectors. Do you need additional equipment?

- TV monitor, DVD player
- Flipchart - Yes
- Wi-Fi - Yes, for possible inclusion of video

Presenters are required to supply their own handouts.

7. Presenter's acknowledgement of responsibilities:

I acknowledge that I understand if my proposal is accepted I am required to submit any necessary handouts, biographical information, audiovisuals, and other required information by the deadlines established by the planning committee. I will inform my assigned committee liaison of any changes to my workshop (additional co-presenters, equipment needs, etc.).

Name:

Jonathan P. Edwards / *Jonathan P. Edwards*

Gita Enders / Gita Enders

Date: January 7, 2019