

Community Integration News

THE UPENN COLLABORATIVE... Working to understand barriers, develop supports and impact policy to promote community integration and equal participation at every level of society.

"To live fully and securely, every human being needs specificity, the social and political status that comes with full membership in a community."

- Hannah Arendt

January 2009

Newsletter Spotlight

Happy New Year to Our Friends and Colleagues!

In this issue of our Community Integration News e-newsletter, we are happy to report on the exciting activities and new resources and products of the UPenn Collaborative. During this first year of new NIDRR funding, we are working hard to build upon past research and trainings to create new and exciting research projects and technical assistance. We are already working on our first year research projects, studying:

- The effectiveness of supported education programs for postsecondary students with psychiatric disabilities;
- The community living and employment needs of individuals with psychiatric disabilities who are newly released from prisons and jails;
- The impact of an Internet-based support group and parenting skills education program for mothers with psychiatric disabilities;
- The environmental influences on community participation of individuals with psychiatric disabilities; and
- The reliability of three measures of community participation, so that they can be used in the Center's - and others' - future community participation research.

To learn more about these research studies contact Pamela Cousounis at pamelac2@mail.med.upenn.edu or by phone at 215-746-1950.

This issue includes information about new and upcoming CI Tools and Resources developed by the UPenn Collaborative. You will also find important information about new happenings at the UPenn Collaborative, including new publications and presentations from UPenn Collaborative faculty and staff.

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Contact Information

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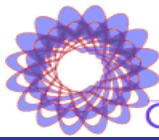
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New Community Integration Tools and Resources

Suggestions to Prevent Custody Loss and Keep Your Family Whole

The best way to prevent custody loss is to have a plan that helps you improve your parenting skills while managing your mental health challenges. This CI Tool includes suggestions on how to create a plan to protect the best interests of the child and to demonstrate your maturity as a parent. To download this new CI Tool visit: http://www.upennrrtc.org/resources/view.php?tool_id=205. Additional parenting resources can be found at: <http://www.upennrrtc.org/resources/list.php?catid=14>.

COMING SOON! New Resources!

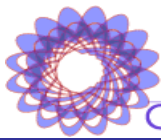
"A Mental Health Recovery and Community Integration Guide for GLBTQI Individuals: What You Need to Know" and *"GLBTQI Mental Health: Recommendations for Policies and Services"*. Look for both of these guides to be available on the UPenn Collaborative (www.upennrrtc.org) and NAMI (www.nami.org) websites in the coming months! Hard copies may also be ordered through the bookstore on the NAMI website.

Key Resources to Help You Take Action in Your Community - The UPenn Collaborative currently offers more than twenty Community Integration (CI) Tools that address a variety of topics and help you to get involved. For a complete list of CI Tools, please visit: <http://www.upennrrtc.org/resources/list.php?catid=6>.

Promoting Community Integration: Examples From The Field *The Pottstown (PA) Community Integration Task Force*

The Pottstown (PA) Community Integration Task Force was established by the UPenn Collaborative on Community Integration and is composed of county mental health officials, mental health treatment and rehabilitation agencies, consumers, and families. Meeting once a month, The Task Force has developed several effective strategies to improve the visibility of mental health providers and consumers. One of the Task Force's most encouraging accomplishments is the development of new ties between the Consumer Center and the Performing Arts Center, leading to an ambitious practical and dramatic partnership. To learn more about this innovative community integration program visit: http://www.upennrrtc.org/resources/view.php?tool_id=207.

Help the UPenn Collaborative Identify Unique Community Integration Efforts and Promote Your Program! Please contact Pamela Cousounis (pamelac2@mail.med.upenn.edu) if you represent or know of an organization that has developed and utilized an innovative community integration initiative and would like to share this information with the UPENN Collaborative.



New Happenings at the UPenn Collaborative!

The UPenn Collaborative is Working with Centers for Independent Living to develop Technical Assistance to better meet the needs of individuals with physical and psychiatric disabilities:

The UPenn Collaborative seeks to provide the national network of Centers for Independent Living (CILs) with targeted training and technical assistance. This training and technical assistance is designed to improve the ability of CILs to provide effective evidence-based services to people with psychiatric disabilities.

Staff at the Centers for Independent Living - although firmly grounded in a community integration approach - often feel unprepared to respond to those with psychiatric disabilities and unaware of the treatment and rehabilitation options available. To help the UPenn Collaborative better understand the issues CIL staff face and the training they need, we are partnering with Independent Living Research Utilization (ILRU - a national scope resource center for CILs) to field a national survey of several hundred Centers for Independent Living that asks CILs to: a) identify the problems they face in meeting the needs of consumers with psychiatric disabilities; b) describe the services they provide to this population (including peer-based services); and c) delineate their future training and technical assistance needs in this arena. **Independent Living Centers interested in participating in this survey can contact Katy Kaplan at: katykap@mail.med.upenn.edu; Phone: 215-746-6713**

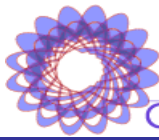
UPenn Collaborative a Partner in Post-Doctoral Research Fellowship Opportunities

The University of Medicine and Dentistry of New Jersey Department of Psychiatric Rehabilitation, in partnership with the UPenn Collaborative on Community Integration, offers three post-doctoral fellowships funded by the National Institute on Disability and Rehabilitation Research. Research can focus on a full-range of topics associated with community participation, including employment, education, natural supports, peer support, spirituality/religion, citizenship, leisure/recreation, etc. Fellowships are 1-2 years long. Qualifications - Eligible applicants are individuals who have earned a doctoral degree in any other field with applications to psychiatric rehabilitation. Salary and Benefits - Salaries are per NIH/NRSA guidelines Benefits include health insurance and life insurance. Inquiries and application - Inquiries should be addressed to Kenneth J. Gill, Ph.D. by e-mail kgill@umdnj.edu <<mailto:kgill@umdnj.edu>> . Interested applicants should send cover letter & CV.

Free and Low-Cost Technical Assistance and Training Available

The UPenn Collaborative is interested in providing a wide variety of free or low-cost Technical Assistance & Training Programs for organizations that want to enhance their movement toward community integration and the recovery model. Areas in which assistance is available include: Introduction to Community Integration Framework and Principles; Utilization of Employment Services and Supports; and Social Roles.

For more information about how your organization can benefit from these trainings and technical assistance please contact Katy Kaplan (katykap@mail.med.upenn.edu or 215-746-6713).



UPenn Collaborators...News and Selected Highlights

UPenn Collaborative staff have been working hard to promote Community Integration through presentations all over the region. Most recently, Mark Salzer, Ph.D., director of the UPenn Collaborative on Community Integration was interviewed for a story on Mental Disability and Voting Access. Dr. Salzer was also interviewed for a story about the barriers college students with mental illnesses face. To listen to these interviews please visit: <http://www.upennrrtc.org/news/view.php?id=50>.

Mark Salzer, Ph.D. and Richard C. Baron, M.S., also visited Kingston (Ontario), Canada where they gave a presentation to the Frontenac, Lennox & Addington Mental Health Vocational Task Force on Community Integration and heightening the priority attached to employment in local programs.

Phyllis Solomon, Ph.D., recently attended the Society for Social Work and Research Conference where she was part of a special symposium titled "Voices of Case Managers: What is Helpful, Unhelpful and Desirable in the Client/Case Manager Relationship". In addition to this special symposium, Dr. Solomon also presented "Primary

Prevention in Persons with Severe Mental Illness: A Case Manager Delivered Intervention". In addition to these two presentations at the SSWR annual conference, Dr. Solomon also did Psychiatric Grand Rounds at the Institute of Living in Hartford, Connecticut, titled "Recovery and Ethics in Mental Health Services" in December.

The UPenn Collaborative also continues their ongoing efforts to equip service providers with the tools and resources they need to effectively support parents with psychiatric disabilities. To support this effort, Katy Kaplan, M.S.Ed. and Edie Mannion, M.F.T, gave a presentation titled "Strategies for Supporting Parents with Psychiatric Disabilities" to child welfare workers and attorneys who represent parents. This presentation was part of a statewide training effort by the American Bar Association to reduce barriers to permanency in child welfare cases.

Richard C. Baron, M.S., gave a presentation to a group of residential treatment staff as part of a training program designed for individuals preparing to take USPRA's Certified Psychiatric Rehabilitation Practitioner (CPRP) Exam.

New Publications from the UPenn Collaborative Faculty

Plotnick, D.F., Salzer, M.S. (2008). Clubhouse Costs and Implications for Policy Analysis in the Context of System Transformation Initiatives. Psychiatric Rehabilitation Journal, 32 (2).

Schmidt, L., Gill, K., Solomon, P., Pratt, C. (2008). Comparison of Service Outcomes of Case Management teams with and without a consumer provider. American Journal of Psychiatric Rehabilitation, 11(4), 310-329.

Solomon, P., Cavanaugh, M., Draine, J. (2009). Randomized Controlled Trials.: Design and Implementation for community-based Psychosocial Interventions. New York, Oxford University Press.

Wong, Y.-L. I., Poulin, S., Lee, S., Davis, M. & Hadley, T. R. (2008) "Tracking residential outcomes of supported independent living programs for persons with serious mental illness." Evaluation and Program Planning, 31(4): 416-426.

For more Research Papers and Reports from the UPenn Collaborative visit: <http://www.upennrrtc.org/project/products/index.php>.