



The Recovery House is pleased to offer
Its 1st Annual Psychiatric Rehabilitation Conference

In partnership with Col USA & Col Pakistan Trust

“Recovery” – The Bridge between Illness & Wellness

A Mental Health Conference

February 4, 2018

The Avari Towers, Fatima Jinnah Road, Karachi

9 am - 5 pm



Col –USA is an approved provider of trainings by the Psychiatric Rehabilitation Association of the USA

Conference Agenda

8:00 am to 8:45 am Registration & light breakfast

9:00 am to 9:50 am Conference welcome- Imran Mateen , President Col Pakistan Trust
Dr. Nazila Khalid, Conference Moderator ; Dr. Shahida Mirza , CEU Monitor
Presentation: The Col History: Who we are, What we do & Why?
Presenter: Shaheen S. Ahmed , Founder Col- USA & Col Pakistan Trust

10:00 am to 11:30 am

Plenary Session

Session Room:

Khorshed Mahal

Title: *Illness Rehabilitation & Recovery: Evolution of A Client Centered Paradigm*

Length: 90 Minutes

Presenter: Dr. Anthony M. Zipple, Sc.D., MBA

Panelist : Dr. Nazila Khalid, MBBS, MCPS

CEU- 1 Credit hour

Workshop Abstract: As recently as 100 years ago, the nearly universal response to severe mental illness (SMI) was shame, fear, and institutional care. Better treatment has led to a radically new understanding of the treatment and prognosis for people with SMI. This workshop will describe the evolution of services for people with SMI and discuss the implications of our current best practices for recovery and their ability to help people with SMI to have full lives, jobs, and independence.

11:30 am to 11:45 am

Break

11:45 am to 1:00 pm

Parallel Sessions (select one A or B)

Session - A



Title: *The Role of the Family in Recovery: Practical Strategies for Family Involvement*

Length: 75 minutes

Presenter: Dr. Anthony M. Zipple, Sc.D., MBA ; **Panelist :** Khusro Elley, Trustee COL

Session Room:

Khorshed Mahal

CEU- 1 Credit hour

Workshop Abstract: The person with the most contact and deepest relationship with a person with severe mental illness (SMI) is often a family member. Despite their central importance, families of individuals with SMI have often been blamed for the illness, ignored, and shut out of the treatment process. This workshop will discuss the value of embracing families as partners in the recovery process and practical strategies for supporting and involving families.

Session - B



Title: *Integration of primary health into psychiatric rehabilitation programs*

Length: 90 minutes

Presenter: Dr. Catherine L. Batscha, DNP, PMHNP-BC, Dr. Nazila Khalid, MBBS, MCPS
Director of TRH

Session Room:

The Falcon

CEU- 1 Credit hour

Workshop Abstract: People with serious mental illness have shortened lives because of undiagnosed and untreated medical illnesses. Despite clear recommendations, monitoring is often not performed consistently in the United States. This workshop will talk about recommendations for monitoring and discuss the process of setting these into place in TRH in Karachi.

01:45 pm to 03:00 pm

Parallel Sessions (select one C or D)

Session - C

Title: *Working towards recovery: Integrating recovery principles into professional practice*

Session Room:

Length: 75 minutes

Khorshed Mahal

Presenter: *Dr. Catherine L. Batscha, DNP, PMHNP-BC*

CEU- 1 Credit hour

Workshop Abstract: Psychiatric professional training teaches practitioners specific skills to use in their work with patients. This workshop will focus on strategies for integrating evidence based practices such as CBT, MI, medications and peer support) into a psychiatric rehabilitation setting to improve outcomes. Topics include:

- Developing treatment relationships
- Collaborative goal setting
- Working with groups
- Medications: strategies for when medications don't work

OR

Session - D

Title: *Challenges in Psychiatric Rehabilitation: Workforce, Community & Culture*

Session Room:

Length: 75 minutes

The Falcon

Presenter: *Scott Graham, MBA, MA, Panelist : Dr Uzma Ambareen, MBBS BC*

CEU- 1 Credit hour

Workshop Abstract: This workshop will present current challenges encountered in the United States and Pakistan. Challenges include workforce development and challenges in working within and with a community. Issues that affect access to care, such as ability to pay, stigma and self-stigma, and willingness to seek help will also be addressed.

03:00 pm to 03:15 pm

Break

03:15 pm to 05:00 pm

Plenary Session

Session Room:

Title: *Building a Contemporary Recovery Framework: The Four Core Elements*

Khorshed Mahal

Length: 75 minutes plus 15 minutes for Q&A

CEU- 1 Credit hour

Presenters: *Anthony M. Zipple, Sc.D., MBA*

Catherine L. Batscha, DNP, PMHNP-BC

Scott Graham, Ph.D.

Workshop Abstract: Psychiatric rehabilitation and recovery are built on more than 50 years of experience and research and have become global forces shaping the treatment of individuals with severe mental illness (SMI). This workshop will discuss the four core elements of any effective recovery oriented system of care and describe the current "state of the art" in these four areas. Topics covered will include:

- Community integration rather than segregation
- Integrating physical health care with mental health care
- Peer services
- Client choice and control

REGISTRATION FORM

Registration Deadline Jan 20th, 2018

Col -USA is an approved provider of trainings by the Psychiatric Rehabilitation Association of the USA

"RECOVERY-The Bridge between Illness & Wellness"

Registration Information

First Name: _____ Last Name: _____

Address: _____

Cell Number: _____ Email: _____

Date submitted: _____

Are you a/an (Check all that Apply):

Professional _____ Field of Profession _____

Caregiver or Family member Student: University? _____

Grade/Year _____

Other _____

Registration Fee includes: Light Breakfast, Lunch & Refreshments during Breaks

Fee Structure	Early Bird Discount before JAN. 7, 2018	Payment received by Jan. 20, 2018	Payment Received after Jan. 20, 2018
Registration Fees	Rs. 1500	Rs. 1700	Rs. 2000
Students Undergraduates & Graduates (only)	Rs. 750	Rs. 1000	Rs. 1500
Special Student rates For Groups of 4	Rs. 2000	Rs. 2400	N/A

Registration Fee Submitted All Registrants: Before Jan, 7th Before Jan. 20th After Jan. 20th

Amount Paid: Rs _____

Name of students:

1. _____ 3. _____

2. _____ 4. _____

Workshops:

Circle Two from the Parallel Sessions you are planning to attend:

- A. *The Role of the Family in Recovery: Practical Strategies for Family Involvement- OR***
- B. *Integration of primary health into psychiatric rehabilitation programs***
- C. *Working towards recovery: Integrating recovery principles into professional practice- OR***
- D. *Challenges in Psychiatric Rehabilitation: Workforce, Community & Culture***

All workshops will start promptly on time.

Your active participation & timely seating will be appreciated.

Continuing Education (CE) Information

Attendees are eligible to earn 6 CEU's of continuing education credits, towards Certification of Psychiatric Rehabilitation Practitioners (CPRP)

* Please indicate if you have a Continuing Education Request: **Yes** **No**

To obtain CE credit, you must :

- Affix the address sticker provided to you at registration
- Sign in at each session
- Complete the evaluation for each session.
- Complete the CE tracking form for each session & turn in form at registration desk at the end of the conference to receive credit
- Certificate will be mailed to you 3 weeks after the conference at the address provided.

In view of The participation of International Presenters, we expect a large turn out and encourage you all to avail of the Early Bird Registration & be assured of confirmed registration

For all inquiries please email: Conf2018@CaravanOfLifeTrust.org

Call : 922134546364 /5/6

Registration Form must be filled in entirety to be processed

Fully completed Forms & payment (cash or money order) may be dropped off at The Recovery House -156 Tipu Sultan Road, Bangalore Town –Karachi OR sent by TCS.

For more information, please visit our website: www.caravanoflifetrust.org