

Conference Agenda

8:00 am to 8:45 am	Registration & light breakfast
9:00 am to 9:50 am	<p>Conference welcome- Imran Mateen , President Col Pakistan Trust Dr. Nazila Khalid , Conference Moderator ; Dr. Shahida Mirza , CEU Monitor Presentation: <i>The Col History : Who we are, What we do & Why?</i> Presenter: <i>Shaheen S. Ahmed , Founder Col- USA & Col Pakistan Trust</i></p>
10:00 am to 11:30 am	Plenary Session
Session Room: Khorshed Mahal CEU- 1 Credit hour	<p>Title: <u><i>Illness Rehabilitation & Recovery: Evolution of A Client Centered Paradigm</i></u> Length: 90 Minutes Presenter: <i>Dr. Anthony M. Zipple, Sc.D., MBA</i> Panelist : <i>Dr. Nazila Khalid, MBBS, MCPS</i> 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.</p>
11:30 am to 11:45 am	Break
11:45 am to 1:00 pm	Parallel Sessions (select one A or B)
Session - A <input type="checkbox"/> Session Room: Khorshed Mahal CEU- 1 Credit hour	<p>Title: <u><i>The Role of the Family in Recovery: Practical Strategies for Family Involvement</i></u> Length: 75 minutes Presenter: Dr. Anthony M. Zipple, Sc.D., MBA ; Panelist : Khusro Elley, Trustee COL 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. Title: <u><i>Integration of primary health into psychiatric rehabilitation programs</i></u> Length: 90 minutes</p>
Session - B <input type="checkbox"/> Session Room: The Falcon CEU- 1 Credit hour	<p>Presenter: Dr. Catherine L. Batscha, DNP, PMHNP-BC, Panelist: <i>Dr. Saima Hirani Ph.D</i> 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.</p>

01:00 – 01:45 pm

Lunch & Prayer Break

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

Khorsheed Mahal

Presenter: *Dr. Catherine L. Batscha, DNP, PMHNP-BC* ; **Panelist** *Zainab F. Zadeh, PhD.*

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*

Length: 75 minutes

Session Room:

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

The Falcon

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.

CEU- 1 Credit hour

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*

Khorsheed Mahal

Length: 75 minutes plus 15 minutes for Q&A

CEU- 1 Credit hour

Presenters: *Anthony M. Zippel, 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