

**Peer Networking Meeting: Getting Involved and Bi-County Empowerment Conference with Cory Muraglio**

1 message

Rita Cronise <rmc277@shp.rutgers.edu>

Mon, Oct 18, 2021 at 10:25 AM

To: "academy.virtual.community" <academy.virtual.community@gmail.com>



Long Island Peer Networking Meeting

PEER NETWORKING MEETING

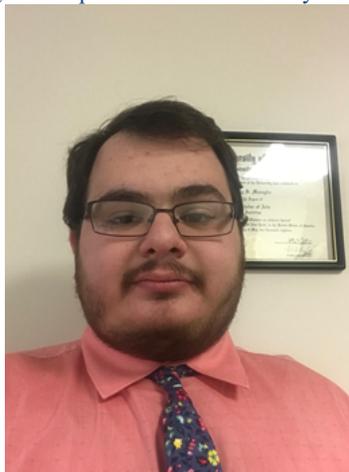
Thursday, October 21st
from 3:30-5:00 pm.

hosted by
Eppie Madonia, Outreach and Training Peer Specialist

What is the Office of Consumer Affairs?: Getting Involved in Policy Advocacy Offered by Cory Muraglio

All mental health programs and agencies have policies and procedures by which they operate and through advocacy we can often encourage these agencies to change their practices to be more recovery-oriented and person-centered. Policy advocacy takes this a step further and seeks to advocate directly to the Office of Mental Health which sets policies for mental health programs across the entire state. Advocating at this level can be difficult and overwhelming to assist with this, this workshop aims to show how the Office of Consumer Affairs can serve as an avenue to engage in this type of advocacy. The Office of Consumer Affairs or OCA is an entirely peer-run office within OMH that seeks to bring the voices of those being served to those directly making policy decisions and by the end of this workshop the hope is that you will be able to connect with OCA to engage in policy advocacy and make your voice heard.

Image description: headshot of Cory Muraglio



Cory Muraglio is the Long Island Regional Advocacy Specialist for OMH's Office of Consumer Affairs. His personal life experiences dealing with mental health challenges and his passion for advocacy led him to his role at OMH. During the four years Cory has spent working for OMH he has strove to bring his belief that all people deserve to be treated with dignity and respect to every aspect of the work he does within OMH.

Join here:

Click here to join this meeting!

Or

Call in:

+1 929 205 6099 US (New York)

Meeting ID: 805 602 794

Find your local number: <https://zoom.us/j/ab49ZfkmGG>

Email crwtrainingcenter@mhaw.org

or call 631-471-7242 ext. 1217

for more information,

to share a topic of interest, and

to receive detailed announcements.

Feeling stressed by the COVID-19 pandemic? You are not alone. Call the NY Project Hope Emotional Support Helpline 7 days a week, 8am-10pm at 1-844-863-9314 or visit <https://nyprojecthope.org>

----- Forwarded message -----

From: Bi-County Empowerment Conference Steering Committee <evaianella@hali88.org>

To: "Bakr, Jamie" <jbakr@mhaw.org>

Cc:

Bcc:

Date: Thu, 30 Sep 2021 15:53:14 +0000

Subject: REGISTER NOW! Bi-County Empowerment Conference

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"Peace for Now, Hope for Tomorrow"

Friday, October 22nd
and Friday, October 29th
9:30 am - 1:00 pm

This conference will be held virtually, over zoom

[Click to register!](#)

Now in its 28th year, the *Bi-County Empowerment Conference* is an annual gathering produced by – and for – people who experience emotional distress, voices and visions, altered and extreme states of consciousness, labels of psychiatry, substance use, and trauma/trauma responses.

Meet our Keynote Speakers!

Friday, October 22nd

Vesper Moore (They/Elle), COO, Kiva Centers



Vesper Moore is a mad liberation activist, trainer, writer, and psychiatric survivor. They have been advocating as a part of the mad movement for several years and have been the recipient of many social justice and diversity awards.

Vesper has brought the perspectives of mad people, disabled people, and psychiatric survivors to national and international spaces. They have experience working as a consultant for both the United States government and the United Nations in shaping strategies around trauma, intersectionality, and disability rights. They have been at the forefront of legislative reform to shift the societal paradigm around mental health. Vesper as a mad queer indigenous person has made it their life's mission to rewrite the narrative psychiatry has enforced on our society.

Friday, October 29th

Liz Breier (She/Her/Hers), MAHAP, CPRP, Deputy Director of the NYS OMH Office of Consumer Affairs



Liz Breier holds a Master of Arts in Health Advocacy from Sarah Lawrence College, is a Certified Psychiatric Rehabilitation Practitioner from The Psychiatric Rehabilitation Association, and a Certified Health Coach with The Functional Medicine Coaching Academy. Liz has worked in the field of Behavioral Health in a variety of leadership and supervisory roles in the states of Florida, New Jersey, and New York. Since 2000 Liz has been actively involved in supporting individuals in creating and sustaining their personal vision of healing

and wellness, as well as helping to create and shape a service system that is person-centered, anti-oppression, collaborative, wellness-focused, and consistent with the principles of psychiatric rehabilitation. Additionally, Liz uses her personal lived experience as a part of her advocacy and work around individual self-determination and healing from trauma.

[Click to register!!](#)

Introducing our Workshops!

Understanding Self-Injury

Billy Gamble and Emily Vaianella

Self-Injury is the intentional injuring of one's body as a means of coping with severe emotional and/or psychic stressors. The primary purpose is to provide a way of coping with what feels intolerable.

In this workshop we will seek to understand self-injury from the trauma survivor's perspective. We will learn non-coercive coping strategies for self-injury. We will

explore how to better support ourselves and love ones who self-injure.

(Re)defining and (Re)imagining through Memoir: A Story-Shaping Workshop

Jessica Lowell Mason and Janelle Gagnon

The goal of this workshop is to demonstrate and explore how memoir writing can be an act of resistance, (re)definition, exploration, and healing for those who experience emotional distress, psychiatrization, and trauma. We will begin the workshop by having a reader or two from our ongoing memoir-writing workshop (described in question 4 of this application) share excerpts of their memoirs. Following the readings, we will facilitate a discussion with the readers from our group and the audience members about how we use writing and what it does for us and allows us to do. We have found memoir writing to be liberating as we share our experiences of the world with others, empowering as we define our own narratives, and healing as we have our stories heard in community. Finally, we will lead an exercise in which we ask the audience to imagine the first page of their memoir and describe it out loud, and provide affirmative feedback for how they can further develop that image and continue writing their story.

Through the Looking Glass

Kris Bly

A reflective discussion surrounding the moment and/or moments that people realized they were a peer.

Purpose: To allow for the reflection, sharing, and discussion around individual moments that people came to the realization that they were and are a peer. Goal: Realization that everyone's journey to becoming and recognizing they are a peer is different, but also that there are similarities in everyone's journey that unites us as a community.

Creative Connections Campaign

Em Vaianella

During this workshop, we will explore the unique ways we can connect with our community when feeling isolated; we have all faced loneliness and isolation during a global pandemic, and many of us may have experienced these feelings long before the world shut down.

Our community in psychiatric institutions has been isolated, disconnected from the community, and without basic human rights; because of this, we imagined the Creative Connections Campaign at Hands Across Long Island. The purpose of the Campaign is to reach our community in institutions through letters and art to express that we love, we care, and we stand with our community; to reimagine the ways we can connect with others, and bring awareness to the challenges our community faces.

After exploring and navigating these barriers our community faces, we will create inspiring messages that will be delivered to someone held in an institution. Come prepared with materials you can use to collage such as magazines, glue, and markers!

Maximizing Ability to Achieve a Better Life Experience for Savings Goals or Retirement

Regina Shoen

At the end of the workshop attendees will understand:

1. The purpose of ABLE savings plans, how they work, and who qualifies
2. The use of ABLE savings plans for savings goals such as a car, homeownership or retirement
3. How to utilize an ABLE savings plan with SSA Work Incentives to protect benefits

For years, reliance on Social Security benefits has institutionalized and marginalized people with disabilities by keeping them in a cycle of services so they didn't lose a means of stable income. They were told that work would endanger their benefits and they would lose the most important service they receive, Medicaid.

Through legislation, in the recent past, ABLE savings plans have made it so individuals on SSI can now save up to \$100,000 before losing the SSI check while maintaining eligibility and still receiving Medicaid. This enables people to work and save at a much higher rate, having the ability to live in communities they choose and save towards goals unheard of in the past. People on SSI can now become homeowners, own a new car, or attend college. People have not just a choice but a voice in what they choose to do with their earnings and savings. Having a savings account offers peace of mind and hope for a better tomorrow.

The New York City Justice Peer Initiative: A Model For Activating Justice Involved Peers In Our Communities

Helen 'Skip' Skipper

In the landscape of needed Criminal Justice reform – a movement has started in NYC focusing on the need for Justice Peers. Currently, peer support workers are firmly integrated into mental health and behavioral health systems in NYC (and

the workforce has been growing at a steady pace since certification and Medicaid reimbursement began in 2012), but peer support workers are underutilized within the justice system. The time is now in NYC - We have an initiative working towards 3 separate but cohesive priorities designed to increase inclusion for Justice-involved peers.

The goal of the NYC Justice Peer Initiative is to help establish & grow a strong justice peer workforce in New York City by building off of the successes and lessons learned from the broader peer worker movement. The initiative is just beginning, but we believe it to be a critical component to successful criminal justice reform. In order for New York City to reimagine the justice system and refocus on rehabilitation and recovery, a new workforce is needed.



Register today!

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