

# 2025 Oregon Peer Workforce Conference Presentations list

## Keynote

### **Connection is the Future: Leading with Integrity in a Disconnected World**

*Moe Carrick, MS - CEO/Founder Moementum, Inc., Consultant, Bestselling Author*

Peer workers know something the rest of the world is just discovering: authentic connection saves lives. In a world where loneliness has become a public health crisis and disconnection costs organizations billions in burnout and turnover, your lived experience and commitment to integrity aren't just personal strengths—they're professional superpowers. This keynote explores why the qualities peers bring naturally—resilience, perseverance, vulnerability, and integrity—are exactly what behavioral health organizations need to thrive in our increasingly disconnected world. You'll discover how your authentic leadership and connection skills position you not just as support providers, but as the future of healing-centered care. Because when you lead with connection, you don't just change lives—you model what connection looks like for everyone around you.

## Keynote

### **Anxiety & Avoidance, Signs + Solutions**

*Charle Peck, M.Ed., MSW - Keynote Speaker, Author, School Mental Health Consultant*

Why does anxiety seem to be so prevalent these days? What is it and how does it show up? Avoidance is a typical response (for both staff + students) which becomes unproductive and further overwhelms us. In this presentation, we will demonstrate the stress process in the brain and body, explain the difference between anxiety and anxiety disorder, and offer practical strategies to mitigate this common issue to benefit staff, students, and caregivers.

Key Takeaways:

1. Gain tools + strategies to effectively manage anxiety responses.
2. Understand the brain-body connection to reduce reactivity to stress + anxiety.
3. Integrate simple strategies into daily practice for a more stable learning environment where students more confidently engage.

## Keynote

### From the Margins to the Table - Peers Shaping Systems

*Kati Jokinen, CADC II, QMHA - SUD Coordinator, GOBHI*

*Cheristy Anderson, AA, CADC I, PSS (MH) - THW Liaison,*

Peer workers bring hope, trust, and lived wisdom into spaces where traditional services alone often fall short. Yet peers are often misunderstood, underutilized, or left out of decision-making. This keynote will focus on the power of self-advocacy—equipping peers with tools to claim their value, establish professional boundaries, and elevate their voices within systems of care. Through real-world examples, interactive activities, and practical strategies, participants will learn how to stand strong in their roles, influence workplace and policy change, and remind systems that peer expertise is essential to recovery, health, and community well-being.

## Workshops

### Behavioral Health 101

*Chris Bouneff, BS - Executive Director, NAMI Oregon*

A question commonly asked of NAMI Oregon is: Why do things seem so bad? Behavioral Health 101 is a 60-minute introduction to the challenges individuals, families, and communities face in addressing behavioral health disorders. The presentation covers accessible resources for Oregonians, NAMI's free education and support programs, and ways to support loved ones experiencing mental health symptoms.

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### Breaking The Wall: Partnering with Youth & Families for Real Change in Your Community

*Chris Barnes, BS - Children & Families Systems Director, GOBHI*

*Ashley Collier, YSS - Youth & Family Peer Support Specialist, GOBHI*

Every system has walls—some visible, others hidden—that prevent youth and families from accessing the support they deserve. In this interactive session, we'll explore what these barriers really look like, how they form, and—most importantly—how to break them down. Together, we'll define what a “barrier” is, and work through a step-by-step process to identify, analyze, and challenge these obstacles. Using real-life examples and collaborative discussion, participants will gain practical tools to move from problem identification to actionable advocacy. This session will help you become a more effective partner in creating systems that are inclusive, responsive, and rooted in the lived experiences of you and the people you serve.

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# Workshops

## Challenges of Caring: Navigating Boundaries, Burnout & Imposter Syndrome - Youth Era

*Mordekai Tawney, YSS-Training Program Manager, Youth Era*

*Crissy Oyervides, CDE - Training Program Director, Youth Era*

Caring for others is meaningful work, but it also comes with challenges. This workshop explores how personal values and experiences shape our boundaries, the impact of burnout and compassion fatigue, and how to recognize and respond to imposter syndrome. What We'll Cover:

- Recognizing when professional boundaries aren't being upheld
  - How our values, beliefs, and lived experiences shape the boundaries we set
  - Understanding burnout, compassion fatigue, and vicarious trauma—what causes them and how they show up
  - Prevention & recovery strategies to maintain well-being
  - What imposter syndrome is, why it happens, and its connection to oppression and cultural identity
  - Practical tools to combat self-doubt and build confidence
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## Choosing Community: Inclusive Engagement for Collective Impact

*Kimberly Macklin, CADCI, QMHA I - Program Director, Morrison Child & Family Services*

*Miranda Mitchell - Morrison Child & Family Services*

We will be discussing the impact of cross sector partnerships, partnership development, information management, and community involvement.

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## Communication: From Messy to Masterful!

*Kala R. Linville, BSN, RN, NC-BC - CEO, Kala Linville Consulting*

This presentation will delve into the DISC Communication styles and their vital role in fostering effective relationships within the workplace. Attendees will discover how different communication styles can influence team dynamics and collaboration. The DESC Script, and evidence-based Team STEPPS tool, will be showcased for its effectiveness in addressing behavioral changes and promoting a positive work environment.

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## The Connection Advantage: How Peer Teams Build Trust, Energy, and Engagement - Even on the Hard Days

*Moe Carrick, MS - CEO/Founder Moementum, Inc., Consultant, Bestselling Author*

The hardest days in behavioral health work can either break teams apart or bind them together—and peer workers often hold the key to which direction things go. In this hands-on workshop, you'll explore practical strategies for building and maintaining team connection when the work is heavy, resources are stretched, and everyone is running on empty. Through real-world scenarios and peer-to-peer problem-solving, you'll learn how to create psychological safety within your teams, support colleagues through secondary trauma, and maintain the energy and engagement that makes your work sustainable. You'll leave with specific tools for fostering trust, managing conflict with compassion, and building the kind of team culture where everyone—including you—can bring their whole selves to the healing work. Perfect for peer specialists, supervisors, and anyone who understands that strong teams create better outcomes for the people you serve.

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# Workshops

## Criminal Record Expungement

***Sarah Kolb - Paralegal, Owner of Signs of Hope***

This workshop will provide guidance on the criminal record expungement process, how easily accessible it is for clients in Oregon, and how organizations can implement a system to refer clients for our services in a streamlined way.

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## Culture. Connection. Collaboration

***Lorenzo Perez, CRM, PSS - Executive Director, First Light Recovery***

First Light's 3 C's "Culture, Connection, & Collaboration" is a holistic approach for wellness that is committed to nurturing the whole person by addressing interconnected mental and physical needs. In this workshop we will discuss:

- Culture - Shared values, inclusivity, & resilience promote healthy habits and personal growth.
  - Connection - Connectors link individuals to resources and support systems, strengthening the community.
  - Collaboration - Teamwork amplifies impact and fosters lasting change, improving care & promoting healing, growth, & resilience.
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## Dual Diagnosis Anonymous (DDA) - Peer Efficacy to Self-Efficacy

***Carolyn Persang, PSS - Assistant Director, DDA***

This presentation will highlight the benefits of Dual Diagnosis Anonymous Groups, and how DDA can fit into everyday peer work. We will highlight collaboration between DDA, community-based organizations, treatment centers, and peer workers. DDA will discuss the history of our program, and how DDA groups benefit, empower, and provide hope and the promise of recovery to meeting attendees through peer support in a group setting.

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## EASA Peer-Delivered Services and Addressing First-Episode of Psychosis

***Tim Casebeer, CPSS, QMHA, THW - Young Adult Engagement Specialist, EASA Center for Excellence***

***Lauren Riddle, CPSS - Peer Support, EASA***

This workshop shares the perspectives and practices we find most effective in producing good clinical outcomes for young adults 15-25 following a first episode of psychosis as they receive treatment from a trans disciplinary team that also includes psychiatrist, nurse, occupational therapist, case manager, supported employment specialist, and therapist. As peers with vastly different lived experiences, personally and professionally, we will highlight different approaches that we each have used with varying degrees of effect.

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## Empowering Families with Real Hope for the Future

***Melinda Brummett - Statewide Trainer and Peer Coach, OFSN***

This OFSN workshop will discuss the role of Family/Peer Support Specialists in promoting hope and healing to families, how strengths-based support assists in building trust and reducing shame, and how hope motivates action and resilience. We will identify the different types of Family Strengths, the importance of using reflective listening and non-judgmental curiosity, and supporting families in naming their own strengths by Empowering vs. Fixing.

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# Workshops

## Empowering Inclusive Teams

**Nicole Thompson, PWS, PSS - Operations & Policy Analyst 3, Oregon Health Authority**

**Cypress Clark (they/them)**

What does it look like when we pair resilience with respect, perseverance with perspective, and integrity with inclusion? How do we do better collaborating and leading diverse teams and ensure peers thrive given interpersonal challenges, differences, and values? Join us as we embark on an interactive experience that gets participants up and moving and gain insights and skills to be authentic and awesome in the workplace—led by local peers for all Oregon peers!

This is not your typical workshop! This workshop is interactive and welcomes participants from all backgrounds. The workshop will engage different forms of interaction including presentation slides, music, movement, listening, and speaking.

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## Flying Starfish, Broken Jars, and Puppies in the River - Beyond ACE's to Resilience

**Michael Bricker, MS, CADC-2, NCAC-2, LPC - Consultant, STEMSS Institute**

This interactive presentation explains how Peer Support Workers can inspire hope in their clients and support Trauma-responsive treatment. Our clients' spirit has been shattered by addiction and mental distress, and protective factors against current trauma have proven inadequate. But like the ancient Japanese art of Kintsugi, the strengths built in Recovery are like the seams of gold that restore the shattered vessel to wholeness. PSWs will be better able to nurture Hope in their clients.

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## Forensic Peer Support

**Ladji Ruffin - Forensic Peer Mentor Trainer and Liaison, Georgia Department of Behavioral Health and Developmental Disabilities**

This workshop explores the vital role of Forensic Peer Support in helping individuals with behavioral health challenges who are involved in the criminal justice system. It emphasizes recovery principles such as self-advocacy, hope, and wellness, and highlights the importance of peer-led support in navigating legal systems, meeting parole or probation requirements, and promoting successful reintegration into the community. Participants learn how forensic peer specialists advocate for those unable to speak for themselves, educate stakeholders about behavioral health recovery, and use wellness tools like WRAP, SMART goals, and crisis plans to support long-term recovery. The workshop also addresses reducing incarceration linked to a lack of community resources, housing, and support, while focusing on the needs of individuals with serious psychiatric and co-occurring disorders through compassionate, knowledgeable care.

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## How To Be an Effective Advocate for the Veteran Population

**Debbie Nieradka - Veteran BH Peer Support Specialist, Deschutes County BH Adult Outpatient Programs**

In this workshop, I will talk about using a peer lens when working with veterans as well as tangible veteran resources. We will cover topics around VA healthcare, Veterans Court, homeless veterans, how to help a veteran file a disability or pension claim, how to connect and communicate effectively with the veteran culture. We will also cover MST and PTSD for veterans.

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# Workshops

## IRL Social Skills: A Model That Works

*Mara McLoughlin, SLP - Founder and Program Director, IRL Social Skills*

*Thomas Murphy, MA, CCC-SLP - Speech Language Pathologist, Reynolds High School*

Autistic and other neurodivergent individuals face increased risks associated with differences in their own neurology AND due to societal norms. Understanding what neurodiversity IS—and ISN'T—is the foundation of a truly informed and sensitive neurodiversity lens. In fact, participants can expect improved communication and relations with co-workers, supervisors, employers—even personal relationships as a result of this workshop.

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## Leveraging Youth Consumers in Service Design to Increase Engagement

*Dr. Nick Crapser, Ph.D., LPC, LMHC, CADC-III, SUDP, CGAC-R, CRM-II, NCC, MAC, ACS, CSC - Director of Behavioral Health and Recovery Services, 4D Recovery*

This session will explore how 4D Recovery's Youth Peer Campus model increases engagement by involving young people directly in the design and delivery of services. Built around best practices for Transition Age Youth (TAY) peer support, the model centers youth voice in every layer of programming—from leadership roles and branding to event planning and service structure. We'll highlight how creating youth-led spaces, prioritizing social connection, and fostering shared ownership can strengthen recovery outcomes. Participants will learn practical ways to integrate youth perspectives into their own programs to build authentic connection and a strong sense of belonging in recovery.

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## MHACBO Forensic Peer Credentialing

*Eric Martin - Director of Policy & Legislation MHACBO*

This workshop will explain MHACBO's Forensic Peer Endorsement. We will review the requirements, the process, prerequisite training, the Forensic Peer Psychometric Exam, and how Endorsements work, along with new upcoming Endorsements for peers. This workshop will also cover the future and growth of the forensic peer field.

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## Motivational Interviewing

*Kimberly Candrila, SPC, SHRM-SPHR, CHC, CPC - Candrila Consulting/NEON*

This training will introduce Motivational Interviewing as a collaborative, person-centered approach that leads towards behavior change. The training will also explain and show how to apply the OARS skills (Open-ended questions, Affirmations, Reflections, and Summarizing) to build rapport, enhance motivation, and support clients in their recovery journeys.

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# Workshops

## Peer Support Documentation in Clinical Settings

*Karen Cady, Cynthia Levesque, Cheristy Anderson, & Kati Jokinen - GOBHI*

Join us for an engaging and practical workshop designed specifically for peers in the behavioral health workforce, focused on strengthening documentation skills to support quality care, compliance, and effective communication. This session will clarify the differences between clinical and nonclinical documentation, outline the do's and don'ts of accurate and ethical recordkeeping, and provide guidance on how to keep chart notes in compliance with organizational and regulatory standards. Participants will also learn how to incorporate peer core competencies into documentation of interventions. This workshop includes hands-on practice to help build confidence and competence in crafting clear, meaningful, and appropriate documentation aligned with the peer support role.

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## Peer Support Ethics and Personal Disclosure

*Michelle Brandsma, MS, CADC III, MAC, QMHP - Director, Oregon Center on Behavioral Health and Justice Integration*

This training focuses on the ethics of peer support work and how personal disclosure should be used in an effective manner. Peer Support is a process where individuals who share similar experiences or challenges provide encouragement, advice, and emotional help to each other, fostering connection and empowerment through mutual understanding and shared expertise. We will discuss: Ethical risks of peer work Unique boundaries in the peer workforce Practice effective self-disclosure Scope of practice within an integrated team.

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## Professional Resilience (SelfCare - Autocuidado)

*Juan Pablo Villalobos, CRM, PSS - Director, LatinX Recovery*

This workshop is focused on presenting information on self-care practices and techniques, both professional and personal, based on limits on the management of work and personal tasks, including the recognition of negative cognitive states (Burnout).

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## Supervising Peers Through Rural Helping Relationships

*Kimberly Candrila, SPC, SHRM-SPHR, CHC, CPC - Candrila Consulting/NEON*

Peers often face messy boundary, relationship, and ethical situations while on the job due to the unique nature of their profession and their relationships within their communities. During this training we will explore tools to help supervisors address boundaries and dual relationship in small communities in rural settings.

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## Triple P Positive Parenting Program; Parenting Through Difficult Times

*Chelsea Maranville - Triple P Program Manager, GOBHI*

GOBHI's Triple P Positive Parenting Program will offer an introduction to the program, what's available in your community, and an overview of strategies. This presentation will discuss coping with stress and anxiety and detail Triple P's Pathway variation which addresses parents struggles with difficulty regulating emotions, parent traps, understanding and coping with anger, and addressing unhelpful thoughts.

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# Workshops

## Working Together to Provide the Best Outcomes for Parents and Children

***Cindi Benschung - ODHS Child Welfare Social Service Specialist 2, Recovery Support Team Lead***

This workshop will discuss how to assist parents in navigating the ODHS Child Welfare system, and why peer mentors are an integral part of the team.

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## Yoga for Stress Relief

***Kai Nichols - Certified Yoga Instructor, Yoga Alliance***

- Learn 2 ways breathing can regulate CNS (Central Nervous System)
- Learn 3 mindfulness techniques
- Learn accessible Yoga poses (asanas) for stress relief
- Practice accessible Yoga poses
- Please bring yoga mat if you have one; some will be provided
- Wear comfortable clothing