2016 Recovery Workforce Summit

Presented by PRA & PRF, in partnership with MassPRA

The State of Recovery in the World of Psychiatric Rehabilitation:

Our Collective Vision Put into Action

CREATING EXTRAORDINARY RESULTS FOR RECOVERY:

CUTTING EDGE RESILIENCE TOOLS & TECHNIQUES

Allie Middleton JD LCSW E-RYT

PRA Psychiatric Rehabilitation Association | PRF Psychiatric Rehabilitation Foundation

May 22-25, 2016 · Sheraton Boston Hotel · Boston, Massachusetts

AWARENESS-BASED PRACTICES

help us

GENERATE CAPACITY

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SPARKING our AWARENESS

COMPASSION as our *FIRST* RESPONSE

to CULTIVATE WELLBEING

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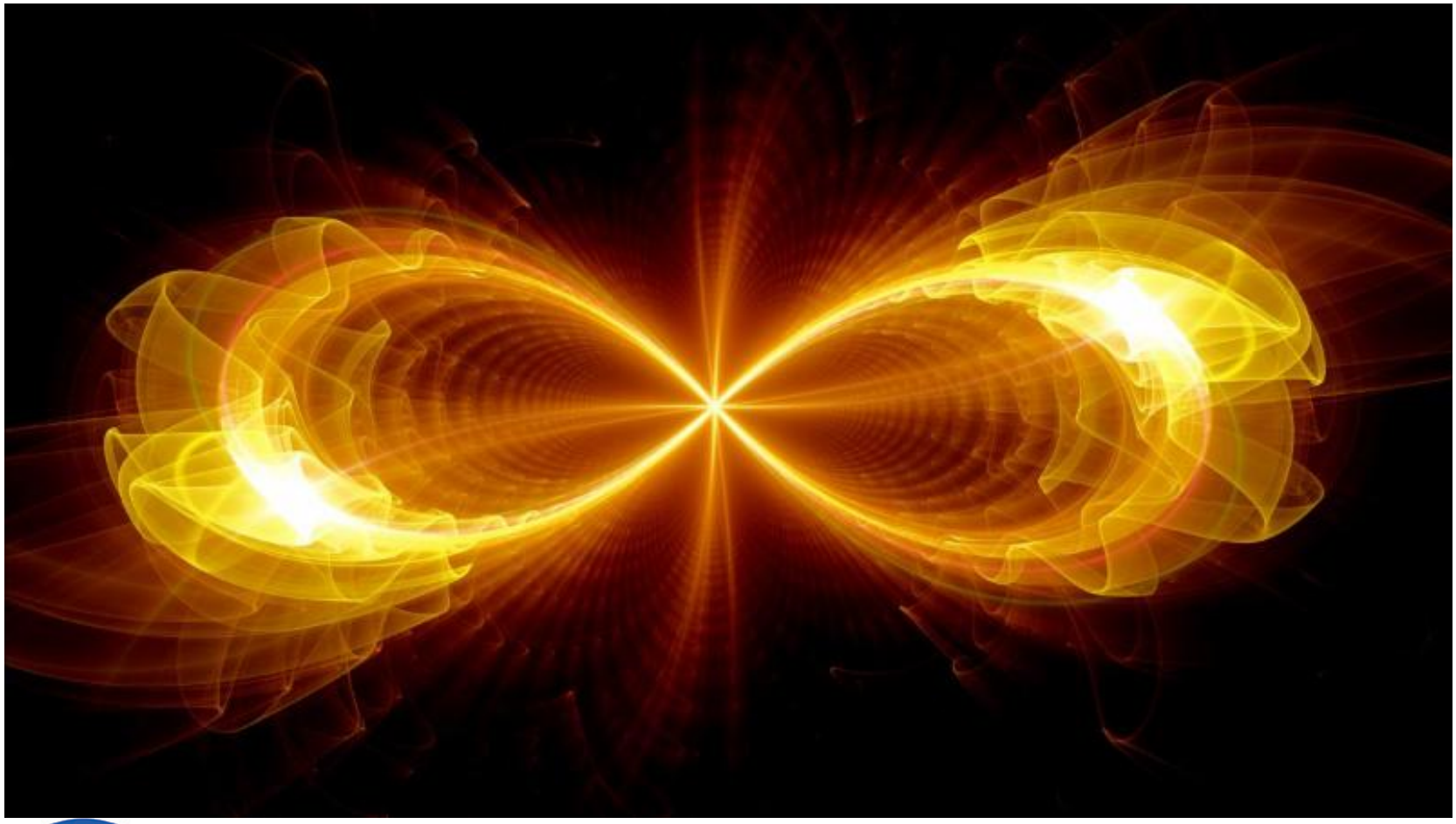

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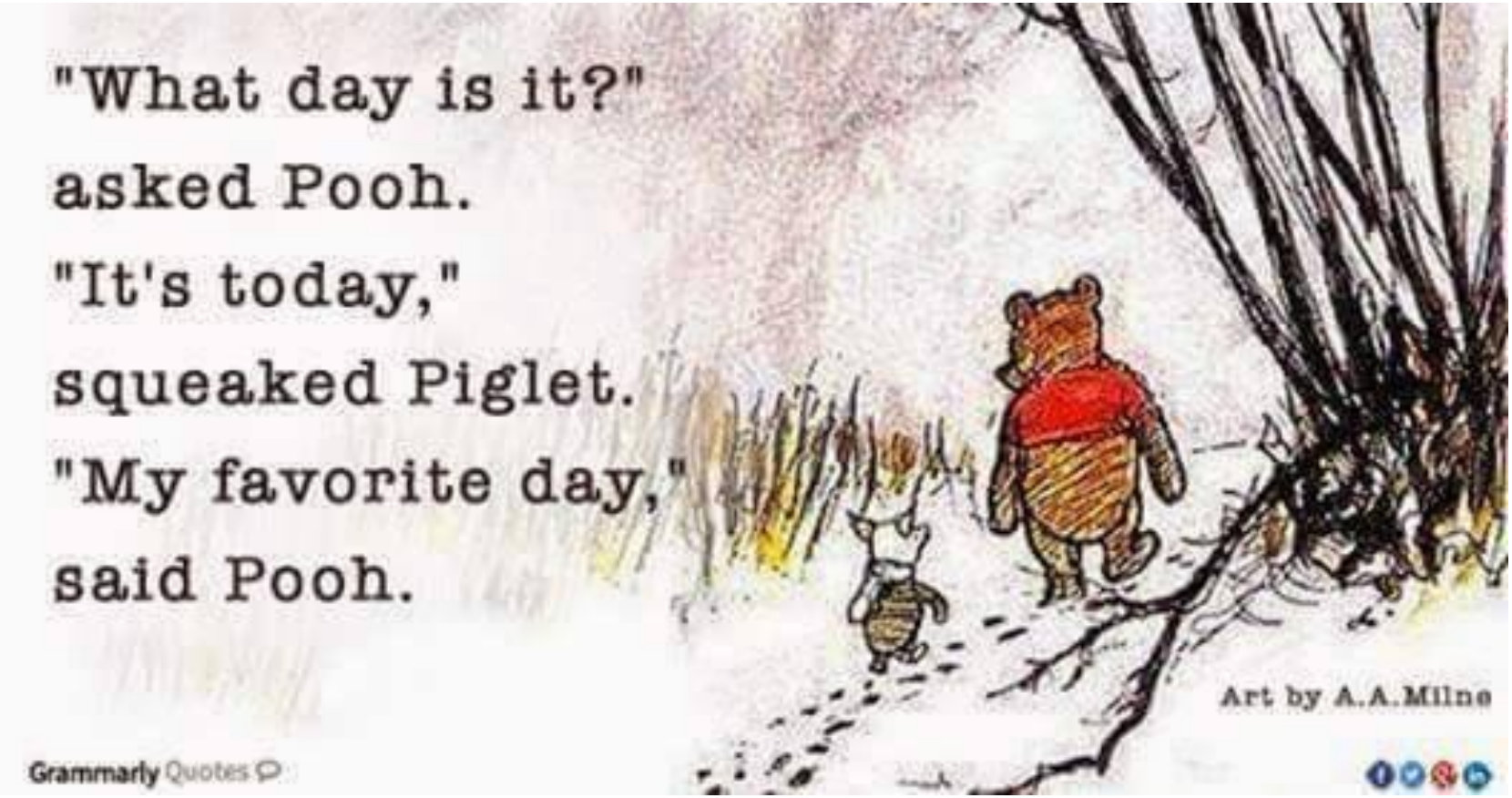

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INSPIRING

YOUR

NATURAL CREATIVITY!

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MINDFULNESS REVOLUTION

- *How might we become more present?*
  - –Thinking
  - –Feeling
  - –Sensing
  - –EMBODIED PRESENCE PRACTICES

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Awareness - Based Practices - PRESENCING.COM

Observe, observe, observe

Act in an instant

Retreat and reflect: Allow the inner knowing to emerge

ACTIVATING COLLECTIVE INTELLIGENCE

- **Moving from "ME" to "WE"**
- ***Mind-Body INTEGRATIVE PRACTICES*** **to enable and *activate***
  - ***Cognitive intelligence***
  - ***Emotional intelligence***
  - ***Somatic intelligence***

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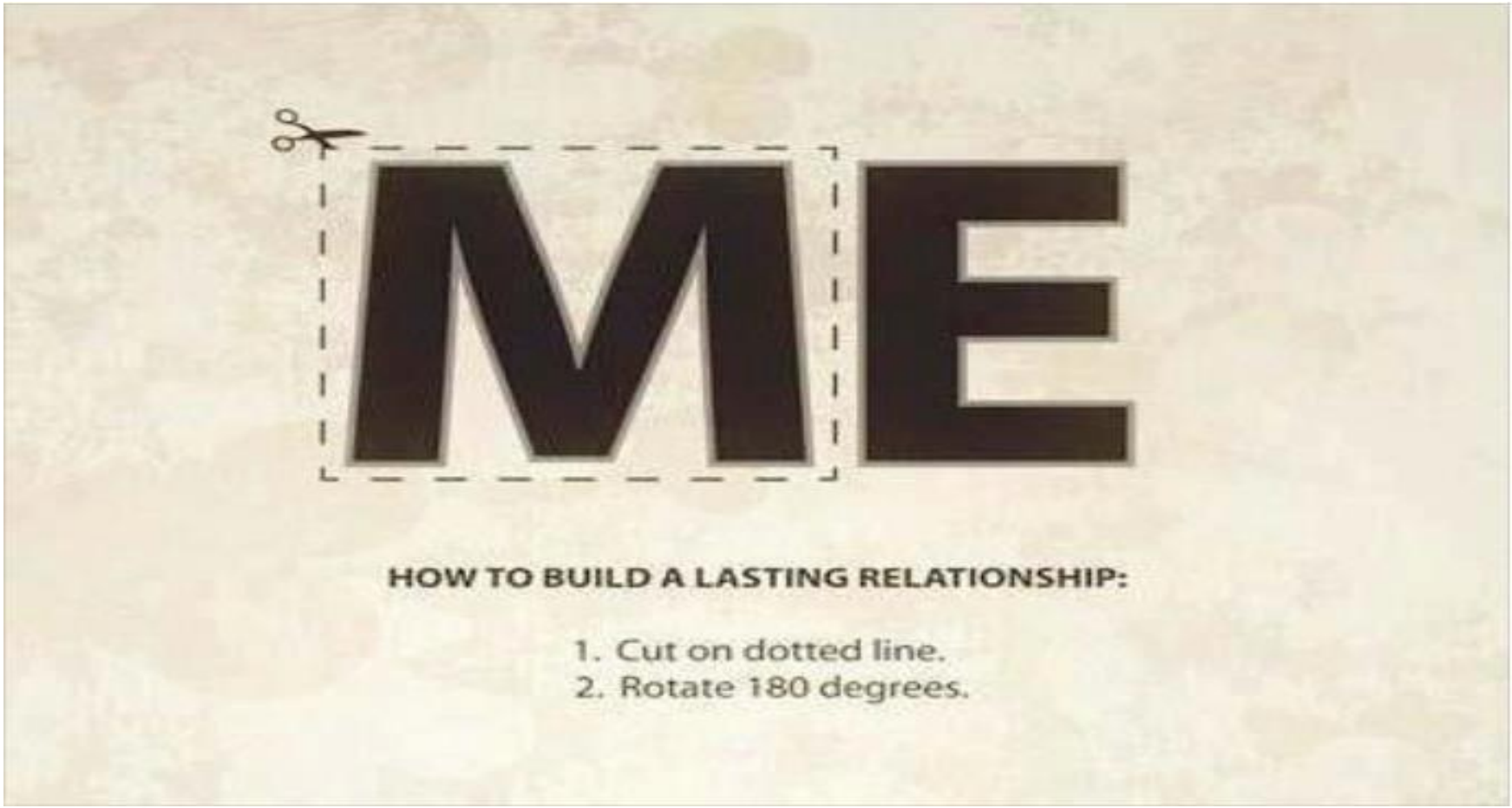

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Connecting with Others

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IT'S NOT MY DOING … IT'S MY BEING…

that makes a difference.....

Please turn to someone next to you and ask

? what is unique about the way you connect with others …

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NOW … SHARE WITH A GESTURE

How do you connect with others?

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Where the magic happens
Your Comfort Zone

WHERE TO START?

- Relationship with my self, my family
- Relationship with my colleagues
- My organization
- Our communities
- Our aspirations & dreams
- For the sake of our planet
- ..SHARING OUR STORIES...

Recovery & Resilience Practices

As we learn to be present to our selves each moment we can be more present to others.

Integrating our mind and our body with awareness-based practices helps develop

SOCIAL INTELLIGENCE

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WHY BE MORE PRESENT?

- Leaders pay attention to change before it becomes a crisis and they cultivate
  - *Facilitation skills*
  - *Creativity skills*
  - *Strategic thinking*

Activating Purposeful Innovation

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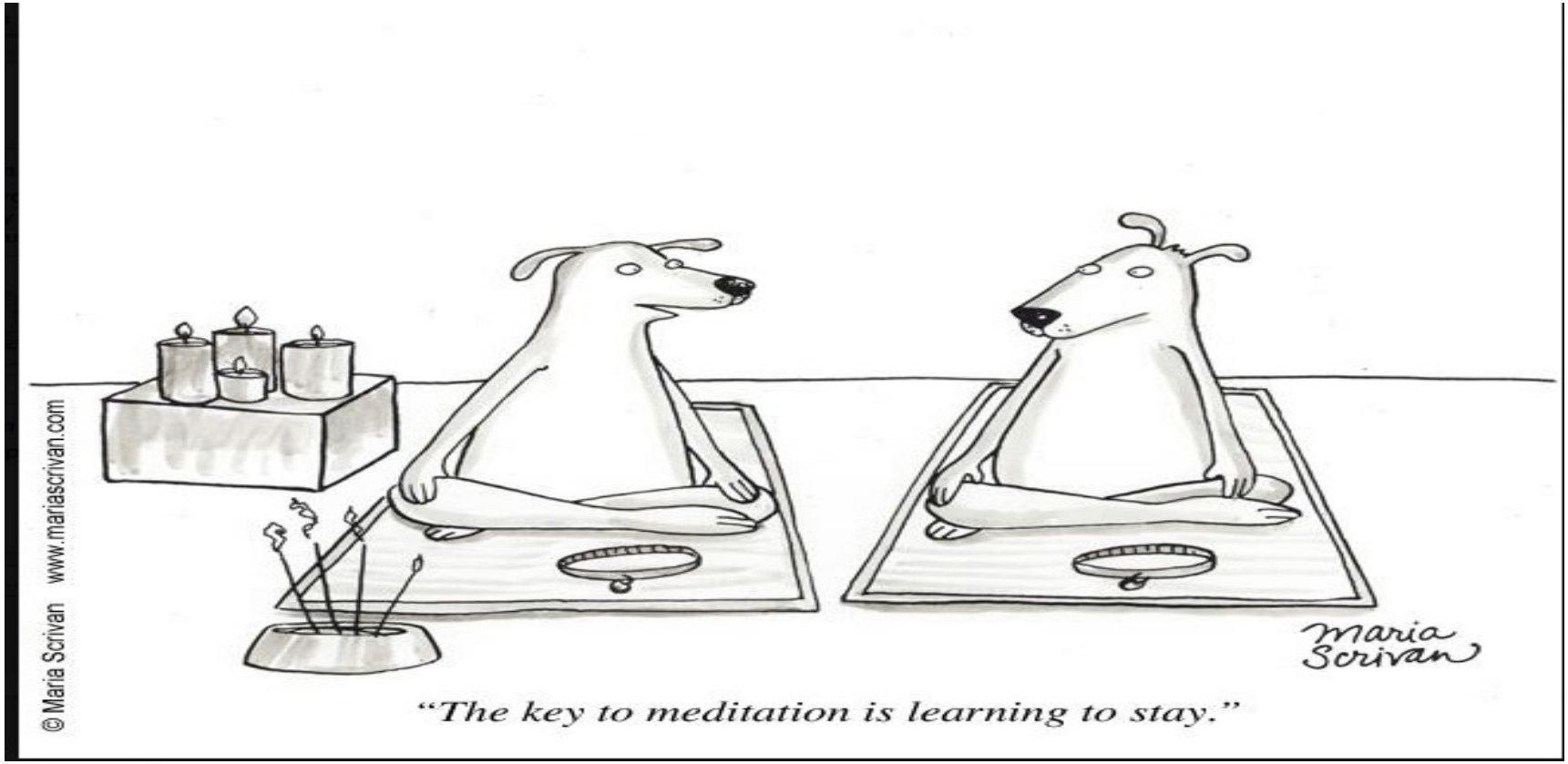

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Trusting and Taking Healthy Risks

- **Ask your true self:**
  - *Who am I really?*
  - *Why am I here?*
  - *What do I really want?*
  - *For the sake of what?*
  - *What is my biggest dream?*
  - *Where am I STUCK?*

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The Spark of Creative Leadership

- What are you enabling or activating as a recovery and resilience practitioner?

  - ***Probability***.... *that things will happen*
  - ***Possibility***.... *that it might happen*
  - ***Potential***... *that I can help make it happen*

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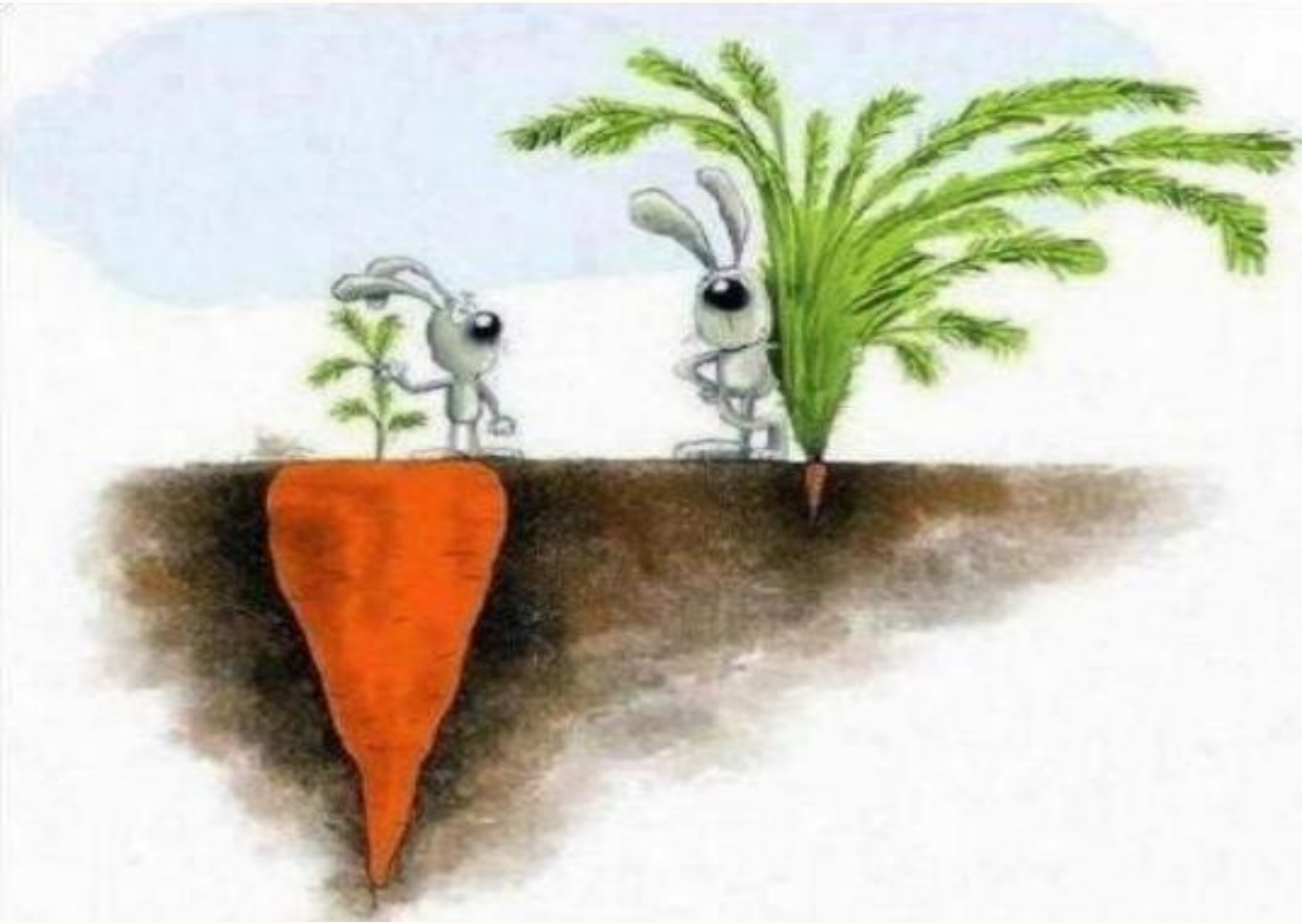
PARTICIPATORY

Leadership Competencies

that will help

Transform our System



Mind-Body Practices

- **Open mind** *(deferring judgement)*
- **Connected** *(compassionate in your heart)*
- **Present** *(resting your mind in your body)*

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Responding, not Reacting

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"SEEING FROM THE WHOLE"

360o AWARENESS

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WHAT DO WE REALLY WISH TO CREATE TOGETHER HERE?

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Individual & Team Practices

- What are you doing to cultivate positive energy and well-being?
- Commitments and promises you make are based on your deepest cares.

- **ATTENTION FOLLOWS ENERGY**

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The Anatomy of Action

- Cares / Concerns
- Conversations
- Commitments
- Actions
- Outcomes

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Asking for Help - The Art of Inquiry

- *What resources do I need to accomplish wellbeing for all and full community inclusion?*
  - Where do I start?
    - Conversations
  - What questions do I need to ask?
    - With whom?

HOW WILL WE KNOW WE HAVE BEEN SUCCESSFUL?

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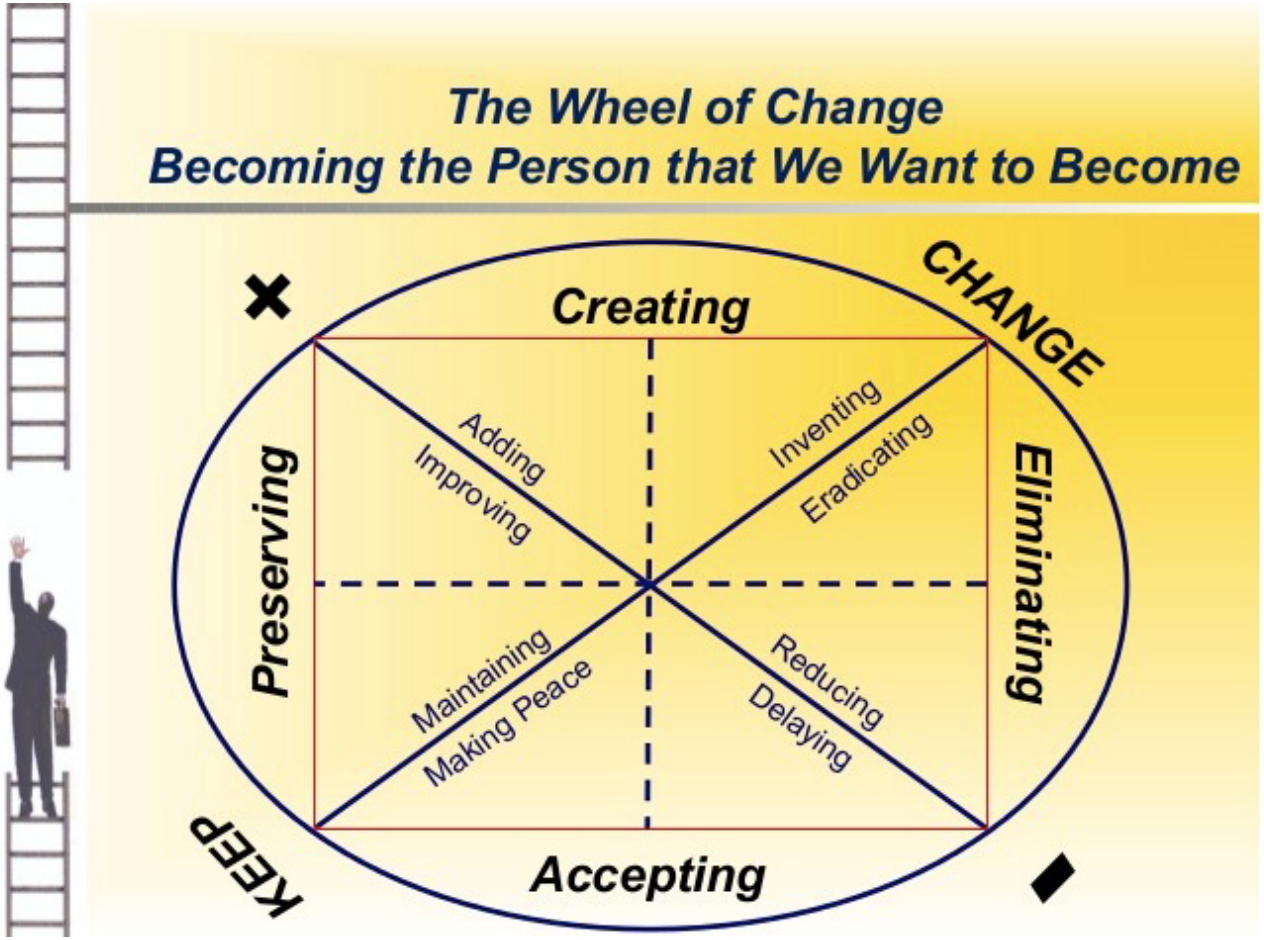

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Co-Evolving Our Emerging Future

- How might you reinforce your commitment to become a more mindful and embodied leader? *(w/ a partner)*
- ***Say one small step you will take to shift the way you Think Feel Sense in the future in your work/life***
- Share your promise with a gesture!

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