



In our own words: 'Staff have never given up on me'

- Submitted by NR

I have been a PROS participant since the spring of 2017. I have dealt with anxiety and depression since my teens, affecting my ability to handle the stress of school and work.

I relied on medications and some on and off counseling to survive but I found myself in a cycle of managing my symptoms until I couldn't, and then quitting until I could get myself back on my feet.

After I reached one of my breaking points and quit my job as a teacher, I wanted to find a way to end the cycle, and suicide was on my mind.

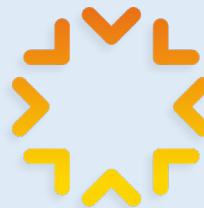
I was introduced to PROS and the classes that I took such as "Anxiety and Depression" taught me so much about mental health and ways to cope with my symptoms that have made a lasting change. Most importantly, it has provided me with a consistent support system.

The practitioners that I have worked with have guided me through tough times allowing me to stay working, and now helping me plan to grow and challenge myself in my career.

I no longer attend classes due to my work schedule, however I receive ORS services consistently. Staff have never given up on me, even when I wanted to give up on myself. I am forever grateful for the PROS program.

Editors Note: Thank you so much NR for this wonderful submission! It is great to hear how PROS has been able to help you with your mental health symptoms and get back to working!

Do you or someone you know have a PROS Success Story to share? Contact the [PROS Mailbox](#), for more information on how to be featured in the newsletter!



**The Alliance
for Rights
and Recovery**

formerly NYAPRS

Save the Date:

The Alliance for Rights & Recovery's Recovery & Rehabilitation Academy

November 14-15, 2024, in Albany!

The Alliance has booked an incredible keynote speaker, Mark Travis Rivera, who will speak on "Being Authentically Present."

His presentation and workshop are not to be missed! The Academy will also include multiple workshops focused on program leadership and management, operationalizing psychiatric rehabilitation, and topics related to building your strongest program through redesign.

For more information and to register, please check out the [Upcoming Events page on the ARR Website](#). We hope to see you there!

Is Virtual Reality Coming to PROS Programs?

At Envision Wellness WNY's PROS program in Kenmore, NY, the answer is **YES!**

The Chief Operating Officer, **Heidi Billittier**, together with the PROS team is introducing a virtual reality (VR) based group to the program this fall. Small groups of three participants will be offered several times each week with a maximum of 20 minutes of actual VR followed by discussions and debriefing. The VR program is fully person-centered and allows participants to immerse themselves in environments of their choosing. Currently this including trips abroad, art exhibits, musical events, and more. Moving forward the VR experience will help skill building for practical skills such being in the grocery store or mall with fellow participants and their facilitator.

Envision PROS plans to tackle many issues with this group, such as teaching skills in different environments and working toward community integration. The VR aspect adds an element of fun, bringing participants together through meaningful shared experiences that will decrease feelings of loneliness and increase feelings of connectedness.

Changes to the PROS Team

Please join us in welcoming **Julie Lloyd** as the new Director of Rehabilitation Services! Julie has 25 years of clinical and administrative experience working in mental health, including eight years with OMH Central Office. She has a passion for community-based and recovery-oriented services! The rehabilitation team and provider community will benefit from her experience and perspective.

Shokri Enbawe, who has been a member of the Rehabilitation and Treatment Team since November 2021 and worked as the PROS Redesign Project Manager, will be transitioning to the 988 Program Lead role in the Bureau of Crisis, Emergency, and Stabilization Initiatives at OMH Central Office. The Rehab team would like to thank Shokri for all of his hard work on PROS Redesign!

If you have any questions about this change, please contact our mailbox at PROS@omh.ny.gov.

THE COLLECTIVE VOICE FOR ADDICTION & MENTAL HEALTH IN NY

CENTER FOR REHAB. & RECOVERY

IUANY ALLIANCE

IUANY'S CENTER FOR REHAB & RECOVERY IS THRILLED TO ANNOUNCE:

WE ARE NOW PROVIDING CEUS TO LICENSED CREATIVE ARTS THERAPISTS (LCATS)!

To stay up to date & share resources, please join our LCAT Listserv!
<https://bit.ly/PROS-LCATs-Listserv>

REGISTRATION, DATES & TOPICS, PLEASE VISIT:
[BIT.LY/CRR-UPCOMING-TRAININGS](https://bit.ly/CRR-UPCOMING-TRAININGS)
 FOR ?'S: TRAINING@IUANY.ORG

IUANY ALLIANCE, FORMERLY THE COALITION FOR BEHAVIORAL HEALTH, INC. IS RECOGNIZED BY THE NEW YORK STATE EDUCATION DEPARTMENT'S STATE AS AN APPROVED PROVIDER OF CONTINUING EDUCATION FOR LICENSED SOCIAL WORKERS #SW-0088, LICENSED MENTAL HEALTH COUNSELORS #MHC-0121, LICENSED CREATIVE ARTS THERAPISTS, #CAT-0113, RECOGNIZED BY THE NEW YORK STATE OFFICE OF ADDICTION SERVICES AND SUPPORTS (OASAS) AS AN APPROVED EDUCATION AND TRAINING PROVIDER (ETP) #0584.

Art at SPOP!

Jessica Fertig-Brodsky, LCAT and Senior Vice President at Service Program for Older People (SPOP), shared about a creative arts coping skills group facilitated at the SPOP PROS Program.

Several program participants voiced that they are looking for ways to engage in legacy work by documenting their stories and exploring their identity in a creative way.

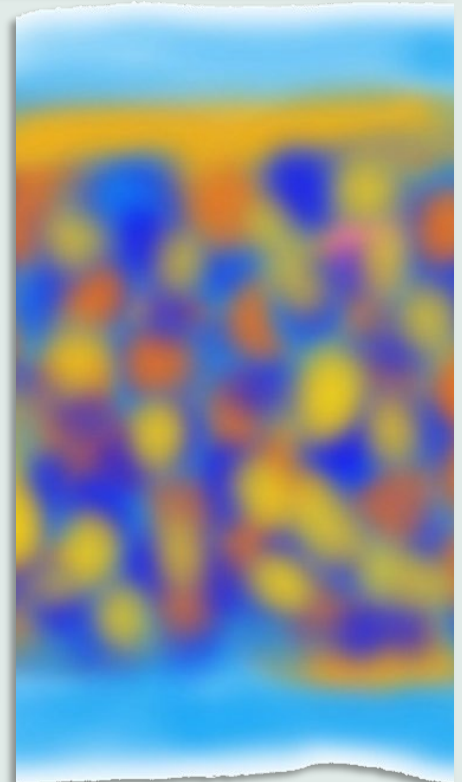
Participants engaged in a 14-week Visual Journaling group designed to amplify their voices.

They were given various prompts to explore their values, goals and sense of purpose with particular focus on how this has shifted throughout their lives. They engaged in projects focused on telling their stories through pictures and words.

SPOP has been able to use iPads to create artwork that is easily sharable and allows them to document their narratives all while enhancing competence and mastery of technology.

It had dawned on one participant, that while digital art making leaves a small carbon footprint it has allowed them to “leave my mark in more ways than one.”

This unique group is one example of how creative arts can be incorporated in psychiatric rehabilitation services.



PROS Redesign Updates

On September 5, 2024, a memo was shared through the PROS Listserv to communicate a delay in the promulgation of updates to Part 512 regulations, resulting in a delay to the Go Live date for PROS Redesign.

OMH is continuing to provide training and technical assistance to support redesign, and we look forward to announcing a new date as soon as possible. While we wait for redesign implementation, PROS programs can use the extra time to:

- Ensure CAIRS reporting is up to date.
- Work with Electronic Health Record (EHR) and Electronic Billing Software (EBS) vendors on necessary updates.
- Read the PROS Program and Operations Manual and Billing and Claiming Manual.
- Update agency policies and procedures to align with PROS Redesign.
- Create plans to ensure effective team communication and collaboration.
- Explore and build opportunities for off-site, community-based services.

[MCTAC's PROS page](#) is regularly updated with training materials and resources related to redesign.



Resources

Make sure to sign up for the [PROS listserv](#) to get all PROS-related announcements.

Be sure to check out the [PROS MCTAC](#) page where PROS Redesign trainings, resources, and guidance are kept in one place.

Back issues of the PROS Newsletter

- PROS Newsletters since 2022 are catalogued at: <https://omh.ny.gov/omhweb/pros/newsletter.html>.
- PROS Newsletters from 2015-2021 are archived at: [Resources – Rehabilitation and Recovery Clearinghouse](#).

Don't forget to check out the PROS curricula that is also available on the [Clearinghouse website](#).

