

**Intended Audience:**

Nurses, Social Workers, Iowa Psychologists, Mental Health Counselors and other allied health providers.

**Iowa:**

**Nursing:** 3.3 contact hours will be awarded by Iowa Board of Nursing Provider #59, Genesis Medical Center, Davenport, IA. Illinois Nurses may use the Iowa Board of Nursing certificate.

**Social Work, Psychologists, Licensed Mental Health Counselors:** Eligible for up to 3.3 hours continuing education. Consult your governing rules to determine if appropriate subject matter criteria will apply to credit hours.

**Illinois:**

**Licensed Professional Counselors, Mental Health Counselors and Allied Health Care Providers:** May use the Certificate of Attendance for their Illinois licensure. Consult your administrative rules for the processing of individual program approval.

**Illinois:**

**Social Workers and Nursing Home Administrators:** Black Hawk College approves 2.75 hours of CE credit. Please sign the available form at the workshop with \$10 check made out to "Black Hawk College" to have a certificate mailed to you. All applications will be collected at workshop and mailed to Black Hawk College for final distribution.

**CE's and CEU's will be provided at the end of the workshop. No partial credit will be given.**

*Please retain this brochure, any coursework and certificate of completion as evidence of attendance for five years.*



**Victoria Maxwell, BFA/BPP\* (Crazy for Life Co.)**

Since being diagnosed with bipolar disorder, anxiety and psychosis, Victoria has become one of North America's top speakers on the experience of living with mental illness, recovery and work. For more than 14 years, she has been presenting shows and workshops to conferences in Canada and the United States, helping health professionals, individuals and families better understand the 'insider's' experience of mental illness and recovery.

Her popular Psychology Today blog Crazy for Life: Escapades of a Bipolar Princess was named one of the top bipolar blogs by Psych Central .  
(<http://www.psychologytoday.com/blog/crazy-life>).

\*Bachelor of Fine Arts / Bi-Polar Princess  
[www.victoriamaxwell.com](http://www.victoriamaxwell.com)

Presented by

**Vera French Foundation**

With assistance from



**THROUGH  
MY EYES**  
A NEW WAY TO LOOK AT  
MENTAL ILLNESS

***Improving Outcomes:  
Enhancing Motivation &  
Removing Barriers to Recovery***

*presented by*

***Victoria Maxwell, BFA***

**Thursday, February 12, 2015**

**1:00 - 4:00 p.m.**

**Figge Art Museum**

John Deere Auditorium

225 W. Second Street

Davenport, Iowa 52801

# **Improving Outcomes: Enhancing Motivation & Removing Barriers to Recovery**

## **Purpose:**

Recovery is not a fad, but a reality and the paradigm shift occurring with many mental health systems across the country. In order to improve outcomes, patients and clients need to be fully engaged and motivated. Victoria Maxwell will offer solutions to difficult adherence and motivation issues. Strategies will illustrate the importance of collaborative decision making, alignment of treatment plans with patients existing wellness tools, exploration of internalized stigma and how these approaches aid professionals to be more effective and empower the individuals they work with.

## **Objectives:**

1. Define recovery in terms of a psychiatric illness
2. Outline longitudinal statistics for recovery from major mental illness
3. Identify 3 common barriers to adherence
4. List solutions to non-adherence
5. Discuss the interrelatedness between personal medicine and treatment plans
6. Identify patient's Personal Medicine
7. Align treatment with wellness tools to improve patient outcome

## **Schedule:**

- 12:00 pm - 1:00 pm Check-in
- 1:00 pm - 1:30 pm Recovery Definition and Longitudinal Statistics
- 1:30 pm - 2:15 pm Barriers & Solutions to Adherence
- 2: 15 pm - 2:30 pm Break-Light Refreshments
- 2:30 pm - 3:45 pm Personal Medicine and Treatment Alignment
- 3:45 pm - 4:00 pm Discussions and Questions

## **Workshop Fees:**

Fee includes resource material, certificate of completion and refreshments.

**\$40 per person** (early bird by January 15, 2015)

**\$50 per person** (after January 16, 2015)

**No refunds after February 9, 2015**

## **Registration & Payment Information:**

**Phone:** 563.888.6275

**Email:** [dahlm@verafrenchmhc.org](mailto:dahlm@verafrenchmhc.org)

## **Make check payable and mail to:**

Vera French Foundation  
1441 West Central Park Avenue  
Davenport, Iowa 52804

## **Fax completed registration to:**

563.328.5690

## **Credit Card Payment Online:**

[www.verafrenchmhc.org](http://www.verafrenchmhc.org)

Supported by the

**Vera French Foundation**

and Staff Development funds as granted by the

**Vera French Community**

**Mental Health Center**

Questions regarding this presentation please contact:

Jerry Lowe  
Vera French Staff Development  
563.888.6221

PLEASE PRINT  
INDIVIDUAL REGISTRATION COPY AS NEEDED

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Registrant's Name

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Profession

Lic. Number

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Address

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City

State

Zip

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Phone

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E-Mail Address (for Confirmation)

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