



# The X-Files

"Working together to enrich our community one life at a time."

Volume 5, August 2008



**Caruso Brown**  
Deputy Executive Director

Happy New Year! Well, happy new Fiscal year. Region Ten's fiscal year begins in July and ends in June of the following year. We are not going to be making any new year's resolutions but we do foresee a very busy year in front of us.

Last year was a year of preparation: the Centers of Excellence were established, the Triad was initiated to increase funds and to manage communications both in and outside of Region Ten and the Action Teams, created by the Strategic planning process, started taking speed. All three appropriately have churned up a great deal of work for us as an organization as we move into this new fiscal year.

At a recent planning meeting the Leadership Team laid out in detail the many tasks before us. The list was overwhelming. Many we have always done because they are required. But required or not they still demand a great deal of time and energy to complete. Also on that list were many new, innovative and exciting tasks that emerged from the creative energies of talented staff in the organization - all of you.

So rather than being overwhelmed, we needed to focus on three critical actions: implementing PCE, developing a new classification and compensation plan and macro budgeting. We see "Macro budgeting" as evaluating

*(Continued on page 2)*

## It's Official! 800 Preston is the Peterson Building

Friends, family, former co-workers, consumers and politicians gathered July 25 to help Region Ten honor former Executive Director Jim Peterson.

In grand fashion, the Region Ten banner dropped, revealing the new lettering above the east entrance to 800 Preston Ave.

The crowd then entered the main

lobby where a plaque acknowledging Peterson's contribution to Region Ten was unveiled.

At the reception following, people clearly enjoyed interacting with Peterson, wishing him well, remembering old times and the role he played in Region Ten's growth.

Gerald Barnes said Peterson helped in his

*"This building is known as the James R. Peterson Building in honor of our friend, neighbor, colleague and long-time Region Ten Executive Director, Jim Peterson. Jim served the Region Ten Community Services Board with energy, intelligence, compassion and commitment above and beyond the call of duty for 35 years."*



Jim Peterson stands in front of his plaque at the entrance to 800 Preston.

recovery years ago by encouraging Barnes to get out and interact with others.

The Daily Progress and NBC 29 covered the event.



**Left:** Jeff Sobel helps unveil the new lettering on the James R. Peterson Building

**Top Right:** Reed Banks, John Pezzoli, and Dr. David Moody catch up at the reception following the dedication

**Bottom Right:** Jim Peterson enjoys a laugh with Tom McQueeney



## Region Ten is New Sponsor of Vital Signs

Region Ten is getting into the newspaper business! We're sponsoring a column in the Daily Progress.

The weekly Sunday column "Vital Signs" focuses on health issues. When one of the four co-sponsors bowed out, Peggy Paviour, of the Virginia Health Department, asked Executive Director Robert Johnson if Region Ten

was interested in sponsoring. Johnson jumped at another chance to get the Region Ten name into the public eye while educating the public about mental health, intellectual disabilities and substance use.

Once a month, Region Ten will submit a 600-word column that helps others learn more about the issues we deal with

every day.

Linda Hamilton, senior director of adult clinical services, is writing the first column which will run Sept. 28. Be sure and get the paper and read it.

Anyone interested in writing, please contact Ruthann Robinson, public affairs coordinator, 970-1265, or [ruthann@regionten.org](mailto:ruthann@regionten.org).

## Campaign for Recovery Pre-Conference Workshop

“Cultivating Hope and Renewing Lives”

Thursday, Sept. 18, 11:30 a.m.—2:30 p.m.

Region Ten Conference Center, 502 Old Lynchburg Road

Pre-registration is required due to limited seating.  
Contact Liz Nordquist, 970-1386, or lizn@regionten.org

In this workshop, **Marjorie Jacobs**, will present a short history of the innovative *Center for Psychiatric Rehabilitation* at Boston University with an overview of its mission, approach and services. She will focus on the Services Division, its core values, recovery-oriented programs/classes and dedication to providing innovative, adult education courses. There will be ample time for questions and discussion.

**Marjorie Jacobs** is a Training Associate at the CPR where she designs, develops and teaches innovative courses and provides counseling and consultation for adults recovering from a serious psychiatric disability. Her primary interests are in developing resiliency to stress and cultivating optimism employing a variety of mind/body/spirituality approaches and expressive art therapies. **Jacobs** authored more than 10 books and several articles. Currently, she is a lay Dharma teacher at the Greater Boston Buddhist Cultural Center and actively involved in animal-assisted mental health interventions with her certified therapy dog, Micah.



**HOLIDAY INN, University Area**

**1901 Emmet Street**

**Charlottesville, VA 22901**

Contact Information: [kenethm@regionten.org](mailto:kenethm@regionten.org)

Pre-registration Required. Seating limited to 280

Deadline for Registration: Aug. 29

Sign-in 8:30 to 9:30 Conference 9:30 to 4:00

\*\*\*CONTINENTAL BREAKFAST, LUNCH,

COFFEE, SNACKS PROVIDED\*\*\*

## Staff Changes/ Anniversaries

### New Hires:

Michael El,  
residential facilitator  
Laura Mays, case manager  
Jessie Brown, groundskeeper  
Julie Allison,  
MOT/hospital liaison  
coordinator  
Robert Wadden, SFP  
Bobbie Langhorne,  
residential facilitator  
Raymond Jones, VHST intern  
Enjoli Tinsley, relief facilitator  
Michelle Rice, Step Up  
Paul Baden, Step Up  
Tim Rose, Step Up  
Bethany Pippin, ESS  
Jane Ellis, Mohr Center tech.

### Transfers:

Frensell Chapman, DRC  
Alvin Morris,  
psychosocial specialist  
Joanne Spencer, WRC  
Diane Marks, Day Support  
Laurell Taylor,  
residential technician  
Matthew Anzivino,  
residential technician  
Lauren LaMesa,  
direct care coordinator

### Anniversaries:

David Moody, 25 years  
David Smith, 10 years  
Mary Russ, 5 years

## Nationally Known Speakers at CAC Conference

As one of the organizers of this year's Consumer Advisory Council's annual conference, Ken Moore is excited about the caliber of speakers on the dias.

In addition to Marjorie Jacobs, who is also the speaker at the pre-conference workshop, the CAC is bringing in Kathy Muscari, PhD, Amy Long and Stephen Pocklington.

Muscari is a Mental Health Recovery Educator who's worked closely with Mary Ellen Copeland and helped set up a statewide WRAP program in West Virginia. Muscari's background as a therapist in the mental health field, combined with her personal life experiences, gives her a unique perspective for working with consumer/survivors

Long is a sought after speaker at confer-

ences, both nationally and internationally. Long speaks with passion and humor and challenges her audience to provide environments where healing can and will happen.

Long worked as a Psychiatric Nurse for the past 20 years. Today she is an Educator/Trainer with the National Empowerment Center, and works part-time as the Assistant Director of Riverside Career Services, a Supported Employment program. She is one of the founders of Bridges of Hope, a supportive network for Consumers working as Providers. More recently, Long has been trained by Pat Deegan to conduct workshops in *CommonGround: Recovery Oriented Practice*.

Pocklington, now primarily a recovery

educator, has been supporting people to have the lives they want and deserve for more than 21 years.

Over those years, he's worked within the mental health system providing a wide variety of services ranging from vocational and residential to clubhouse and case management.

As Pocklington worked his way up through the system, he began creating innovative programs that reshaped the system from within. His basic message is that regardless of how others have named our experiences in the past, we are the authors of our own stories and if we grab onto the freedom and power that is always ours, we can start right now to write the stories we want.

(Continued from page 1)

our continuum of services (what we do now and what we may need to add) to make future funding decisions. In the previous issue, Robert talked a bit about the class and comp plan. In future X-Files, David Moody will speak about PCE implementation and I will talk in more detail about macro budgeting.

So with a greater sense of priority, the leadership team will be working diligently on these three tasks using the support of the Triad. Karen Rifkin, Jeff Sobel and Ruthann Robinson have been essential in advancing many of the initiatives that come through the leadership team, although I realize much of the work they do is often not visible to staff as a whole. In each upcoming newsletter we will start to highlight some of that work in the name of transparency and effective communication.