



Effective Beginnings: Recovery Conversation Starters

Sara Mays BS CPRP



Sara Mays was involved with the start-up of the Skills Site Based Psych Rehab Program in 2011 and has been the Director of the program for 2 years attaining her CPRP in 2012. Sara has facilitated various presentations for other agencies, community organizations and local parishes in regards to marketing for the Psych Rehab Programs and Skills as a whole. Sara has been working with the local Main Street Manager for the purposes of integrating members of Psych Rehab into the community by participating in local events. She has reached out the Penn State Nutritional Links which provided opportunities for members to learn skills in relation to cooking and health management. She has also worked alongside The Children's Aid society to promote a Healthy Relationships weekly workshop. Academically, Sara has presented

to students at Penn State and Lock Haven Universities about internship opportunities, and is hopeful that she will foster interest in the concept of Recovery to the future of The Human Service Field. The Program that Sara manages was asked by a managed care organization to present at a learning collaborative that was focused on Pat Deegan's Decision Making Toolkit to discuss the peer role in its implementation of the collaborative. In April 2013, Sara co-presented at the PAPSRS Conference on creative recovery conversations starters and utilized the opportunity for the members of the program to present to the conference as well. Sara has also presented at the Clearfield - Jefferson County Community Support Program MH awareness day. Sara previously served as a member of the board of directors for the Clearfield Jefferson Suicide Prevention Team and participated in the annual Suicide Prevention Walk to raise awareness for the previous 3 years. Sara has been invited to present at the event in 2014.

Kelley Shuler, BS, CPRP



Kelley Shuler currently oversees all psychiatric rehabilitation programming for Skills of Central Pa. Over the past three years Kelly has overseen the development and growth of three new psychiatric rehabilitation programs and two drop-in centers serving people in three different counties located in Central Pa. Kelly has past experience bringing psychiatric rehabilitation and recovery oriented practices to a variety of service models including residential, supported housing, homeless outreach and ACT programs through her role as senior program director with Vinfen located in Massachusetts. Kelly presented at the 2007 USPRA conference, 2012 PAPSRS conference and the 2008 Southeast Area Massachusetts Department of Mental Health Recovery Conference.



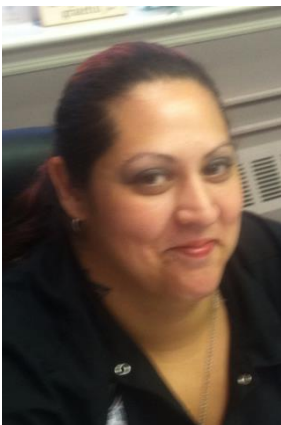
Kimberly Vitullo

Kimberly Vitullo has severe depression, severe anxiety, and PTSD. She has been attending Skills for almost two years now which has helped her in many ways. She uses mobile to help with her social anxiety. She has learned many coping skills and has become more knowledgeable in her diagnoses. Kimberly is now confident enough to be taking an online course for PC Troubleshooting, which she was not able to do before. The staff at Skills have are a very valuable asset to her. Kimberly thanks God every day for the Skills staff and continues to do well with her recovery. She is very involved with the six word memoirs and has recently joined a suicide prevention team.



Danielle Vineyard

Danielle Vineyard is a 31 year old woman who came from a rough background of drugs, mental health, and bad attitudes. She is now a sober college student and making great change in her recovery thanks to Skills Psychiatric Rehabilitation.



Barbra Shaw

Barbra Shaw has been attending Skills for about two years now. She has learned a lot and has made many new friends. During her time with Skills, she enjoyed working on the six word memoirs. She believes that these memoirs have helped her cope with many of the issues that she faces. While she is independent, she suffers through trauma. These memoirs have helped her start to see the light at the other side. Barbra thanks the wonderful staff at Skills.



Heather Vandewalle

Heather Vandewalle is 32 years old. She comes from a background where she was bullied, abused, and mistreated as a child. She became depressed and bipolar as a young adult. She has had several hospitalizations but now she is stable. She is now a student studying for her high school diploma. After earning her degree, she plans on studying Veterinary Technology to become a Vet tech. This will allow her to work with animals which is something she really enjoys.