



Pennsylvania Mental Health Consumers' Association (PMHCA)
24th Annual Conference – *Recovery Unlimited: Rising Above Challenges*
Sheraton Harrisburg-Hershey Hotel
June 5 – 7, 2012

Workshop Proposal Application

Name of Workshop: _____

Contact Information (for Lead Presenter):

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ Fax: _____

Email: _____

Have you presented at the PMHCA Conference before? Yes No

If yes, what topic did you most recently present? _____

Audio/Visual Needs:

Due to budgetary restraints and the high cost of equipment rental, PMHCA will **NOT** provide any PowerPoint, computer/laptop, television, VCR/DVD, or other electronic equipment.

Will you be bringing any audio/visual equipment? Yes No

If yes, please list: _____

Flip charts will be provided in all workshop rooms.

Please check **all** dates/times that you **can** present your workshop, if selected:

- | | | |
|--------------------------|--------------------------------|-----------------------|
| <input type="checkbox"/> | Tuesday, June 5, 2012 | 10:30 a.m.-11:45 a.m. |
| <input type="checkbox"/> | Wednesday, June 6, 2012 | 9:00 a.m.-10:15 a.m. |
| <input type="checkbox"/> | Wednesday, June 6, 2012 | 10:30 a.m.-11:45 a.m. |
| <input type="checkbox"/> | Thursday, June 7, 2012 | 9:00 a.m.-10:15 a.m. |
| <input type="checkbox"/> | Thursday, June 7, 2012 | 1:30 p.m.-2:45 p.m. |



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Call for Presenters

Overview:

The Pennsylvania Mental Health Consumers' Association Conference Workshop Committee is seeking proposals from individuals or groups who wish to present workshops at this year's conference. Presentations by consumers/survivors are particularly encouraged. Deadline for submission of workshop proposals is **January 20, 2012**. Individuals will be notified by the end of February as to whether their proposal was selected.

Conference Focus:

The theme of this year's conference is *Recovery Unlimited: Rising Above Challenges*. It is the intent of this year's conference workshops to convey the importance of each of our recovery journeys in the enhancement of our general health, personal empowerment, education, and community connection.

Who Will Attend?:

The majority of participants at conference are individuals who identify themselves as either current or former recipients of mental health services. Advocates, professionals, family members, peers, and anyone who supports the mental health movement also attend.

Workshop Topics:

The most requested topics given by attendees of the 2011 conference are:

- Holistic Wellness (Meditation, Art, Music, Yoga, Stress Relief)
- Employment
- Physical Health (Diet, Nutrition, Diabetes, Exercise)
- Wellness Recovery Action Plan (WRAP)
- Peer Support/Peer Specialist
- Housing
- Medication and/or Supplements (Informational, issues with)
- Advocacy
- Friendships/Relationships
- Recovery
- Spirituality and Religion

The above ideas are provided only as a guide. All workshop proposals will be considered.

Workshop Formats:

Workshops may include panels, single presenters, co-presenters, be interactive, or use other formats. Workshop sessions are 75 minutes in length. Sufficient copies of handouts and other materials are the responsibility of the presenter(s).

Proposal Submission Requirements:

- Workshop Proposal Application
- Presenter Biography
- 50 – 75 word abstract describing your workshop

Proposals **must have the above requirements in order to be considered

Submit all workshop proposals to:

Mail:

PMHCA
4105 Derry Street
Harrisburg, PA 17111
Attention: Jen Cramer

Fax:

717-564-4708
Attention: Jen Cramer

Email:

Jen@pmhca.org

Workshop Expenses:

- For each workshop selected, PMHCA will offer a \$75 discount on conference registration for **ONE** presenter only.
- Travel, lodging, accommodations, and meals (except those served during the conference) are the responsibility of the presenter.
- Any costs for copying or supplies for the workshop are the responsibility of the presenter.
- PMHCA does not pre-register attendees for workshops. Therefore, there is no accurate way to measure attendance. Presenters will receive a confirmation letter that states the details of their workshop room which will serve as a guide for the **maximum** number of attendees.

Audio/Visual Equipment Requests:

- All workshop rooms will be supplied with a flip chart and markers.
- A screen and table with electric connection can be provided upon request, at no cost to the presenter.
- Due to budgetary restraints and the high cost of equipment rental, PMHCA will **NOT** provide PowerPoint, computer/laptop, television, VCR/DVD, or other electronic equipment.
- If equipment is necessary for your workshop, you may bring your own.