

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

# Fall 05

# Training

CALENDAR



*Presented by:*



The Connecticut  
Women's Consortium

*Improving Behavioral Health Services for Women*

*The Connecticut Women's Consortium is a statewide policy, training and advocacy organization specializing in women's behavioral health.*

September 2005

**DEAR COLLEAGUES:**



The Connecticut Women's Consortium, a statewide policy, training and advocacy organization specializing in women's behavioral health, is pleased to present our fall 2005 training catalogue — a reflection of our commitment to the provision of gender responsive, trauma informed and culturally sensitive services.

Due to the positive feedback from their previous trainings, we are bringing back two nationally recognized experts in trauma. In September, Dr. Stephanie Covington will be returning to Connecticut to conduct a day-long workshop entitled *Beyond Trauma: A Healing Journey for Women*. In November, Dr. Kenneth Hardy will present a workshop entitled *Cultural Issues in Treating Trauma: A Multicultural Perspective*, which will outline a multi-cultural, systemic approach to trauma-sensitive mental health diagnosis and treatment. For more information about the Covington workshop, go to page 4, and for more information about the Hardy session, go to page 6.

In addition to the workshops by national trainers, we are pleased to bring back locally-based trainers who were requested by workshop participants, including Sharon Langer, JD; Pat Kaplan, JD; Jan Van Tassel, JD; Marshall Rosier, MA; Alyssa Benedict, MPH; and David Mandel, MA.

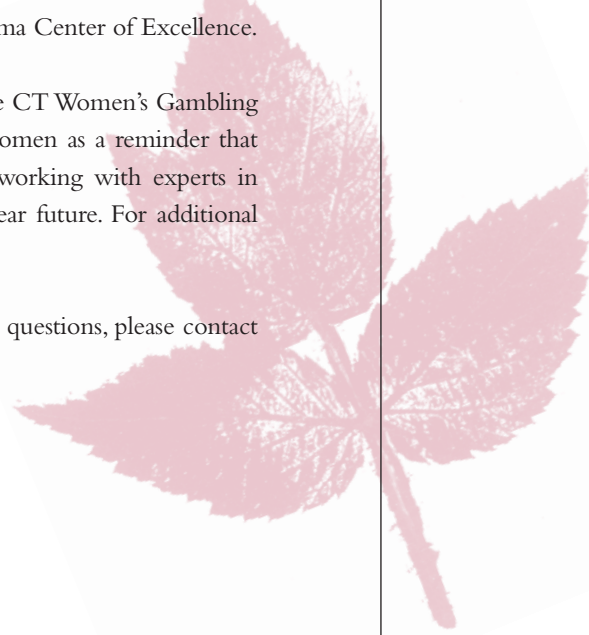
In support of work being done through the Department of Mental Health and Addiction Services' (DMHAS) Trauma Center of Excellence, we have added two trauma-related workshops by Eileen Russo, MA., who is the local consultant to the Trauma Center of Excellence.

In collaboration with DMHAS' Problem Gambling Services and the CT Women's Gambling Project, we have inserted a fact sheet on problem gambling and women as a reminder that gambling is also an addiction confronting many women. We are working with experts in developing trainings on this issue and plan to offer them in the near future. For additional information, contact the resources listed at the end of the fact sheet.

We look forward to seeing you at our fall trainings. If you have any questions, please contact the Consortium at 203 498-4184 ext. 30.

Sincerely,  
Marijane Carey, *Executive Director*

Fall 05



# Registration Information

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## Send registration form

Return completed registration form(s) and check(s) to The Connecticut Women's Consortium. The one page registration form and check can be mailed to:

**The Connecticut Women's Consortium**  
**205 Whitney Avenue**  
**New Haven, CT 06511**

The registration form can also be faxed to the Consortium at 203.498.4189.

*NOTE: Registrations that are faxed will be considered incomplete until the registration fee is received.*

## Training fees

Training fees are either \$20 or \$50; some workshops are available at no charge. All Department of Mental Health and Addiction Services (DMHAS) employees receive a 50 percent discount on \$20 trainings. There is no discount on \$50 trainings. Fees are required with the submission of your registration or prior to the day of the training if your registration is faxed. Make checks payable to the Connecticut Women's Consortium. We are also requesting that you bring one non-perishable food item to each training session you attend.

## Notification of acceptance into trainings

Those who submit a completed registration form and fee by the deadline date will receive their acceptance by mail at least one week prior to the training. If a training is full and/or registrations are received after the deadline date, registrants will be put on a waiting list and notified via mail.

## Waiting list policy

If you are put on a waiting list for a training and there are no available slots or future dates for the same training, your money will be refunded or, at your request, will be applied to another training.

## Continuing Education Credits/Certificate of Attendance policy

Sign-in begins one half hour before the start of the training session. It is each participant's responsibility to sign in at the beginning of the session and to sign out at the end of the day. The CT Women's Consortium has applied for Continuing Education Credits (CECs) from National Association of Social Workers, CT Certification Board, and the CT Association of Marriage & Family Therapists. According to the rules of the agencies granting CEUs, participants must sign in and out in order to be eligible for Continuing Education Credits or Certification of Attendance.

In order to receive continuing education units/credits, participants are expected to attend the entire training session. Because certificates are given only for actual time of workshop participation — which must be 85 percent or more of the session — a participant who must miss a portion of a training must still attend at least 85 percent of it in order to receive any credit.

## No-show policy

If you are not able to attend a session for which you registered, please call us 203.498.4184 ext. 30 at least seven (7) days prior to the training to either (1) transfer your registration to someone else in your agency OR (2) to request a partial refund (\$13.50 for \$20.00 fees — participants paying a reduced fee will not receive a refund). Cancellations less than seven days prior to the training, or no-shows will not receive refunds. There is no refund for the \$50.00 workshops; however, you may transfer your registration to someone else in your agency. Please keep in mind that registrants who make last minute, non-emergency cancellations prevent others from attending.

## If we have to cancel

In the event of a change or cancellation, you will be notified by mail, e-mail or telephone. If severe weather is occurring or predicted, call 203.498.4184 after 7:00 a.m. on the day of the training for a recorded announcement. Remember that severe weather in any part of the state may be cause for a cancellation.

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*The Connecticut Women's Consortium's trainings are supported with funds from the Department of Mental Health and Addiction Services.*

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# Training Sessions

## September 2005

CODE	SESSION	DATE/TIME	LOCATION	TRAINER(S)	FEE	CECs
GS111	<p><b>Beyond Trauma: A Healing Journey For Women</b></p> <p>This workshop is based on a new woman-centered trauma treatment curriculum — <i>Beyond Trauma</i> — designed for use in outpatient, residential, and criminal justice settings. Cognitive-behavioral techniques, expressive arts, and principles of relational therapy are integrated in this strength-based approach. Interactive exercises will demonstrate techniques to help clients develop coping skills and emotional wellness.</p>	<p>Friday September 30</p> <p>8:30 - 4:30</p>	<p>The Jewish Community Center of Greater New Haven, Woodbridge, CT</p>	<p><i>Stephanie Covington, PhD</i></p>	\$50	5.5

## October 2005

CODE	SESSION	DATE/TIME	LOCATION	TRAINER(S)	FEE	CECs
LS404	<p><b>Self Care for Direct Service Workers</b></p> <p>The emotional strain of working in the addiction/mental health field affects professional and personal lives, often causing burnout and staff turnover. This workshop will introduce case managers, counselors, therapists and support staff to the importance of self-care on the job and after hours.</p>	<p>Thursday October 6</p> <p>9:00 - 1:00</p>	<p>The deKoven House, Middletown, CT</p>	<p><i>Eileen Russo, MA</i></p>	\$20*	3.75
LE502	<p><b>Navigating the Medicaid System: Understanding Eligibility and Services</b></p> <p>Topics include: basic eligibility rules for Medicaid and SAGA; what services are covered; how services are delivered; what can be done if eligibility or services are denied and resources available for clients having problems obtaining coverage or benefits.</p>	<p>Friday October 14</p> <p>9:00 - 12:00</p>	<p>The Morris Foundation, Waterbury, CT</p>	<p><i>Sharon Langer, JD</i></p>	free	0

\* All Department of Mental Health and Addiction Services (DMHAS) employees receive a 50 percent discount on \$20 trainings. There is no discount on \$50 trainings.

October 2005 (continued)

CODE	SESSION	DATE/TIME	LOCATION	TRAINER(S)	FEE	CECs
LE501	<p><b>Understanding the Parental Rights of Parents with Behavioral Health Issues</b></p> <p>We often presume that illness or addiction is an absolute barrier to asserting any parental rights. This training examines the roles of providers in promoting and protecting the parental rights of persons they serve. Participants will examine legal issues, standards and procedures that can help facilitate treatment, prevention, and interaction with parents with behavioral health issues.</p>	<p>Friday October 21</p> <p>9:00 - 12:00</p>	<p>The CT Women's Consortium, New Haven, CT</p>	<p><i>Pat Kaplan, JD</i> <i>Jan VanTassel, JD</i></p>	<p>free</p>	<p>0</p>
TR804	<p><b>Trauma Informed Care in Behavioral Health</b></p> <p>This workshop will provide an understanding of trauma and offer ways to provide trauma-informed care. We will use an assessment tool developed by Community Connections (Fallot &amp; Harris, 2005). Participants will be able to understand the relationship between trauma and addiction/mental health; recognize the signs and symptoms of acute stress, post-traumatic stress and complex post traumatic stress disorder (PTSD); and will begin an assessment process for themselves and their agencies for delivering trauma-informed care.</p>	<p>Friday October 28</p> <p>9:00 - 4:30</p>	<p>The Lyceum, Hartford, CT</p>	<p><i>Eileen Russo, MA</i></p>	<p>\$20*</p>	<p>6.0</p>

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## November 2005

CODE	SESSION	DATE/TIME	LOCATION	TRAINER(S)	FEE	CECs
MC310	<p><b>Reducing Stigma in Mental Health and Addiction Treatment</b></p> <p>This training will focus on the impact of stigma on consumers of mental health and addiction treatment, with special attention given to the unique and often complex stigmatizing impact of these processes upon women and minority group members. The workshop includes specific stigma reduction strategies participants can use to explore these issues in their agencies and communities.</p>	<p>Wednesday November 2</p> <p>9:00 - 4:30</p>	<p>The Jewish Community Center of Greater New Haven, Woodbridge, CT</p>	<p><i>Marshall Rosier, MS</i></p>	\$20*	6
LE501	<p><b>Understanding the Parental Rights of Parents with Behavioral Health Issues</b></p> <p>We often presume that illness or addiction is an absolute barrier to asserting any parental rights. This training examines the roles of providers in promoting and protecting the parental rights of persons they serve. Participants will examine legal issues, standards and procedures that can help facilitate treatment, prevention, and interaction with parents with behavioral health issues.</p>	<p>Thursday November 3</p> <p>1:00 - 4:00</p>	<p>The Morris Foundation, Waterbury, CT</p>	<p><i>Pat Kaplan, JD Jan VanTassel, JD</i></p>	free	0
MC314	<p><b>Cultural Issues in Treating Trauma: A Multicultural Perspective</b></p> <p>Understanding and treating many emotional, behavioral, and psychological disorders from a trauma-sensitive perspective is particularly critical for clients from marginalized groups. This workshop will introduce a multicultural, systemic approach to trauma-sensitive diagnosis and treatment. Emphasis will be on examining how issues of class, race, and gender shape the provision of mental health care and on discussing culturally competent ways of relating to clients, especially those who are marginalized.</p>	<p>Wednesday November 9</p> <p>9:00 - 4:30</p>	<p>The Lyceum, Hartford, CT</p>	<p><i>Kenneth Hardy, PhD</i></p>	\$50	6
GS105	<p><b>Gender Specific Programming for Women in Non-Residential /Outpatient Settings:</b> <i>NOTE: GS101 A &amp; B (Gender Specific Programming for Women: Translating Research into Action) is a prerequisite for this training.</i></p> <p>This training will review gender-specific practices and procedures of particular importance in non-residential settings (including, but not limited to, mental health and substance abuse outpatient services and community corrections programs). Methods for creating and maintaining a gender-specific service model will be examined through case studies and role-plays. The training will also include information on selecting service/treatment methods and curricula and creating and linking gender-specific intake, assessment, orientation, service planning, transitional planning and aftercare planning.</p>	<p>Monday November 14</p> <p>9:00 - 4:30</p>	<p>The CT Women's Consortium, New Haven, CT</p>	<p><i>Alyssa Benedict, MPH</i></p>	\$20*	6

\* All Department of Mental Health and Addiction Services (DMHAS) employees receive a 50 percent discount on \$20 trainings. There is no discount on \$50 trainings.

November 2005 (continued)

CODE	SESSION	DATE/TIME	LOCATION	TRAINER(S)	FEE	CECs
DV603	<p><b>Principles of Effective Batterer Intervention</b></p> <p>Introduction to basic concepts associated with batterer accountability and intervention. Topics include: profile of a batterer; importance of anchoring batterer interventions in an understanding of the safety and self-determination needs of victims and their children; batterers as fathers; the role of culture in the causes of and responses to battering.</p>	<p>Thursday November 17</p> <p>9:00 - 4:00</p>	The Lyceum, Hartford, CT	David Mandel, MA	\$20*	5.5

December 2005

CODE	SESSION	DATE/TIME	LOCATION	TRAINER(S)	FEE	CECs
SA203	<p><b>Providing Gender Responsive Treatment for Women in Recovery</b></p> <p>This interactive training: will focus on the unique needs of women in recovery; will offer an overview of research findings and of state and federal initiatives calling for person-centered and gender responsive treatment. It will provide, using <i>A Woman's Addiction Workbook</i> by Dr. Lisa Najavitis (2002), information about implementing and adopting gender responsive treatment material.</p>	<p>Friday December 2</p> <p>9:00 - 4:30</p>	The Lyceum, Hartford, CT	Marshall Rosier, MS	\$20*	6
LE502	<p><b>Navigating the Medicaid System: Understanding Eligibility and Services</b></p> <p>Topics include: basic eligibility rules for Medicaid and SAGA; what services are covered; how services are delivered; what can be done if eligibility or services are denied and resources available for clients having problems obtaining coverage or benefits.</p>	<p>Friday December 9</p> <p>9:00 - 12:00</p>	ACES, Hamden, CT	Sharon Langer, JD	free	0
GS106	<p><b>Gender Specific Programming for Women in Residential/Correctional Settings: NOTE: GS101 A &amp; B (Gender Specific Programming for Women: Translating Research into Action) is a prerequisite for this training.</b></p> <p>This training will review gender-specific practices and procedures of particular importance in 24-hour care settings (including, but not limited to, mental health and substance abuse inpatient services and corrections). Methods for creating and maintaining a gender-specific service model will be examined through case studies and role-plays. The training will also discuss the general application of gender-specific programming principles to program components and processes.</p>	<p>Monday December 12</p> <p>9:00 - 4:30</p>	The CT Women's Consortium, New Haven, CT	Alyssa Benedict, MPH	\$20*	6

\* All Department of Mental Health and Addiction Services (DMHAS) employees receive a 50 percent discount on \$20 trainings. There is no discount on \$50 trainings.

# Trainer Biographies

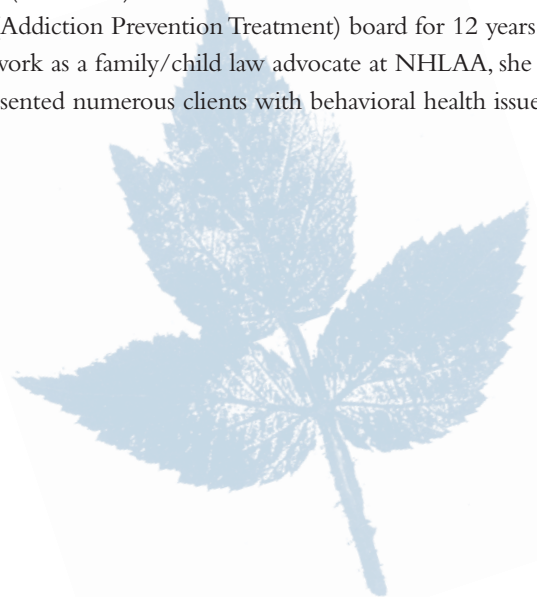
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**Alyssa Benedict, MPH** is the founder and Executive Director of CORE Associates, LLC (Creating Opportunities through Research and Education) and provides training and technical assistance in the assessment, development, implementation, and evaluation of gender-specific services/interventions to agencies, programs, institutions and systems that work with females. Benedict has worked with multiple private agencies and state departments that serve adolescent and adult females and is a national consultant for the Office of Juvenile Justice and Delinquency Prevention, the national Institute of Corrections, the Substance Abuse and Mental Health Services Administration, and other entities. She is a consultant to various task forces working to enhance services for girls and women and has been a featured presenter at several conferences, including the national Adult and Juvenile Female Offenders (AJFO) conference, the New England Council on Crime and Delinquency conference, and the Tri-Regional Big Brothers and Big Sisters conference.

**Stephanie S. Covington, Ph.D., LCSW**, is a clinician, organizational consultant, and lecturer. She has over twenty-five years of experience in the addiction field and is recognized for her pioneering work in both the public and private sectors. Her consulting work ranges from the design of women's treatment at the Betty Ford Center and Hanley-Hazelden in West Palm Beach to the development of gender responsive treatment for the Pennsylvania Department of Corrections. She has conducted seminars for health professionals, business and community organizations, and recovery groups in the United States, Mexico, Europe, Africa, and New Zealand. Dr. Covington has published extensively and authored three books: *Leaving the Enchanted Forest: The Path from Relationship Addiction to Intimacy*, *Awakening Your Sexuality: A Guide for Recovering Women*, and *A Woman's Way through the 12-Steps*. She has authored two treatment curricula entitled *Helping Women Recover: A Program for Treating Addiction*, with a special edition for the criminal justice system and *Beyond Trauma: A Healing Journey for Women*. Her newest publication is the curriculum *Voices: A Program of Self-Discovery and Empowerment for Girls*. Covington is based in La Jolla, California, where she is the co-director of both the Institute for Relational Development and the Center for Gender and Justice.

**Kenneth V. Hardy, Ph.D.** is a Professor of Family Therapy at Syracuse University and is an internationally recognized clinician, author, and trainer. He is also the director of the Eikenberg Institute for Relationships in New York City where he maintains a private practice specializing in working with traumatized and oppressed populations. Hardy is the former director of the Center for Children, Families, and Trauma at the Ackerman Institute in New York City. Hardy, along with a colleague, Dr. Peter Fraenkle, developed the training manual and curriculum that has been used in New York City to train licensed clinicians in Trauma Based Family Therapy, and has provided training and consultation to an extensive list of human service agencies devoted to providing trauma-based, culturally competent care to children, couples and families. He is a fellow of the American Association for Marriage and Family Therapy, (AAMFT), and a recipient of the International Association for Marriage and Family Counselors (IAMFC) Distinguished Contribution to Marriage and Family Counseling Award. He is the co-author of *Minorities and Family Therapy*, and *Teens Who Hurt: Clinical Interventions for Breaking the Cycle of Violence*

**Pat Kaplan, JD**, a family/child lawyer for 26 years, is executive director of New Haven Legal Assistance Association, Inc. (NHLAA). Kaplan has been a consultant in the Coordinating Council for Children in Crisis in New Haven and the Parent-Child Resource Center in Shelton and is currently retained counsel for The Connecticut Women's Education & Legal Fund (CWEALF). She was a member of the APT Foundation, Inc. (Addiction Prevention Treatment) board for 12 years. In her work as a family/child law advocate at NHLAA, she has represented numerous clients with behavioral health issues.



**Sharon Langer, JD** has for the past 20 years been an attorney in the New Britain office of Connecticut Legal Services, Inc., (CLS) an independent, non-profit agency providing free civil legal services to low-income individuals and families. She has extensive experience in Medicaid, welfare, unemployment compensation and employment law, as well as in lobbying on matters affecting low-income citizens. She also has extensive experience in developing legal education materials, and conducting outreach and training for legal staff, client groups, and social service providers. From 1999 to 2004 Langer was a member of the Employment Security Advisory Board which advises the Department of Labor on unemployment compensation matters. She is also a member of the board of directors of Foodshare, and was a member of the Health Advisory of the Headstart Program of the Human Resource Agency of New Britain.

**David Mandel, MA** is a co-founding partner in the Non-Violence Alliance, an organization specializing in batterer intervention. In addition to 16 years of direct service with perpetrators of domestic violence, Mandel writes, trains and consults nationally on batterer accountability and change. His current projects include developing batterer intervention strategies for child protection agencies, completing the analysis of a national study of batterers' perceptions of their children's exposure to their violence, consulting to Connecticut's Department of Corrections and developing a protocol for screening for batterers in medical settings. He recently completed a 40 hour curriculum, entitled *Dedication*, used to train all new batterer intervention providers in Texas. He has also written a curriculum for working fathers entitled *Being Connected* and co-authored a batterer intervention program manual. He co-authors and co-publishes a national newsletter, *Issues in Family Violence*.

**Marshall Rosier, MS** a consultant and trainer specializing in co-occurring mental health and substance use disorders, has been in the field for over ten years. He graduated from Yale University with a Masters of Science degree in Social Psychology, with a specialty in social cognition, stigma, self-esteem and group membership, and he received his early training at the Haight Ashbury Free Clinics in San Francisco. He is currently the dual diagnosis counselor at Connecticut Counseling Centers, Inc — Waterbury clinic and also has a private practice consulting and training firm.

**Eileen M. Russo, MA, LADC**, has worked in the addiction and mental health field for the past 20 years. Her experience includes serving as the clinical director for programs that serve clients with mental health and/or substance use disorders. Russo has been involved with the Connecticut Trauma Initiative for the past five years as a clinical consultant and trainer, specializing in the TARGET protocol and trauma-informed care. She is currently the clinical director for Connecticut Renaissance's residential treatment programs and is the trainer and consultant for the Department of Mental Health and Addiction Services' (DMHAS) Trauma Center of Excellence. She has also served as an instructor with the University of Connecticut Health Center, Department of Psychiatry, and is currently a part-time faculty member at the University of Bridgeport.

**Jan VanTassel, JD** is a public interest attorney with over 26 years of experience, including six years with the Medicaid Division of the state Department of Social Services, developing home and community-based service waivers and implementing the pre-admission screening program. She is the executive director of the Connecticut Legal Rights Project, Inc., which represents low income adults with psychiatric disabilities on matters related to treatment and civil rights. Van Tassel founded and co-chairs the "Keep the Promise" Coalition, recognized for its advocacy on behalf of persons with psychiatric disabilities. She collaborates with community-based organizations and serves on several non-profit boards including the Americans with Disabilities Act Coalition and the United Labor Agency.

# Directions

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## The Connecticut Women's Consortium

205 Whitney Avenue  
New Haven, CT 06511  
203.498.4184

*(across from the Peabody Museum)*

### From the north:

Take I-91 Southbound to exit 4. At the end of the exit ramp turn right onto Humphrey Street. Proceed across State and Orange Streets to Whitney Avenue. Turn left onto Whitney Avenue. #205 is on the left side of the street. Continue past #205 and #199 ("The Orthopedic Group"), to the driveway signed "New Haven Lawn Club."

### From the shoreline and I-95 south:

Take I-95 to I-91 northbound to exit 3. At the light, continue straight across Orange Street. At the next light, turn right onto Whitney Avenue. #205 is on the right side of the street. Just past the Yale Information Systems building, turn into the driveway signed "New Haven Lawn Club" (between yellow post located on either side of the driveway) one building before #205.

### Parking and entering the building.

Parking is at the rear of the building. From the driveway signed "New Haven Lawn Club" proceed to the guardhouse; turn left and park against the fence on your left or any space marked with the letter "R". Follow the walkway located between the two buildings (#199 & #205). Take a right and enter through the front door at street level. **Do not enter the 2nd floor from outside the building!** Take the stairs (or elevator) to the 2nd floor. Go through first set of doors, take a left, go down the hallway and ring the bell located to the left of the door.

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## The deKoven House

27 Washington Street  
Middletown, CT 06457  
860.347.0340

*Note: Parking is also available at night only in the municipal lot just south of the deKoven House off deKoven Drive.*

### From New Haven and points south:

I-91 North to Route 66 East. Stay on Route 66 (Washington Street) all the way into Middletown. You will pass building on the Wesleyan University campus and shortly after will come to a large intersection (with a light) that is Main Street. Cross over Main Street and turn into Piazza Melilli Municipal parking lot and park. The deKoven House, a brick mansion, is just to the east on the right, before the Route 9 intersection.

### From Hartford and points north:

I-91 South to Route 9 South (to Cromwell and Middletown). Get off at Exit 15 (Wesleyan University and Washington Street Exit). The deKoven House is immediately on your left past the railroad tracks. Park in the Piazza Melilli Municipal Parking lot immediately past the deKoven House on the left.

### From Old Saybrook and points southeast:

Take Route 9 North. Take left hand Exit 15. The deKoven House is immediately on your left past the railroad tracks. Park in the Piazza Melilli Municipal Parking lot immediately past the deKoven House on your left.

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## **ACES (Area Cooperative Education Services)**

205 Skiff Street  
Hamden, CT 06517  
203.407.4400

*Notes: Parking is limited, so please carpool.  
Also, please use the lower parking lot, as  
the other lots belong to the schools located  
at this site.*

### **From I-91 (north or south):**

Take Exit 10. Proceed to first exit off connector and take a left at bottom of ramp. Go to traffic light and take a left onto Hartford Turnpike. Follow to second traffic light and take a right onto Skiff Street. Travel past second light on Skiff Street and proceed to the third building on the left with large white sign on lawn “Area Cooperative Educational Services” (across from Kumo’s Restaurant). The Staff Development Building is behind the front building.

### **From I-95 (southbound):**

As you go over the Quinnipiac Bridge, stay in the right-hand lane and get off Exit 48. That will put you on I-91 Northbound and follow directions above.

### **From I-95 (northbound):**

Take I-95 to I-91 northbound to exit 10. Proceed to first exit off connector and take a left at bottom of ramp. Go to traffic light and take a left onto Hartford Turnpike. Follow to second traffic light and take a right onto Skiff Street. Travel past second light on Skiff Street and proceed to the third building on the left with large white sign on lawn “Area Cooperative Educational Services” (across from Kumo’s Restaurant). The Staff Development Building is behind the front building.

### **Southbound on Route 15:**

Take Exit 61 and turn right onto Whitney Avenue. Follow Whitney Avenue to second traffic light and take a right onto Skiff Street. ACES will be the third building on your left—across from Kumo’s Restaurant. The Staff Development Building is behind the front building.

### **Northbound on Route 15:**

Take Exit 61 and turn left onto Whitney Avenue. Follow Whitney Avenue to second traffic light and take a right onto Skiff Street. ACES will be on left, across from Kumo’s Restaurant. The Staff Development Building is behind the front building.

### **From Route 63 (Waterbury area):**

Take Route 63 into Woodbridge and turn left onto Lucy Street. Continue approximately two blocks to Route 69 and turn right. At your next traffic light, take a left and get on the Merritt Wilbur Cross Parkway (Route 15 heading north). Proceed with directions above “Northbound on Route 15.”

### **From Route 69:**

Continue on Route 69 through Woodbridge. Take your first left after passing the Merritt Wilbur Cross Parkway (Route 15) overpass. Proceed onto the Parkway and follow directions above “Northbound on Route 15.”

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## **The Lyceum**

227 Lawrence Street  
Hartford, CT 06106  
860.244.0077

### **From I-84 East (towards Boston):**

I-84 East to exit 48-B (Capitol Avenue). Take a right at the end of the exit onto Capitol Avenue. Follow Capitol Avenue to the third traffic light. Take a left onto Lawrence Street. The Lyceum is about half way down the first block on the right side. It is a large, brick three-story building.

### **From I-84 West (toward Hartford/ Waterbury):**

I-84 West to exit 48 (Asylum Avenue). Take a wide right turn off of exit onto Asylum Avenue. Immediately bear left onto Farmington Avenue. Follow Farmington to the second light. Take a left onto Flower Street. Follow to Capitol Avenue. Go straight across Capitol

Avenue onto Lawrence Street. The Lyceum is about half way down the first block on the right side. It is a large, brick three-story building.

### **From I-91 south (toward New Haven):**

I-91 South to I-84 West. Follow directions from I-84 West at left.

### **From I-91 north (toward Windsor Locks):**

I-91 North to I-84 West.  
Follow directions from I-84 West at left.

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## **The Jewish Community Center of Greater New Haven**

360 Amity Road  
Woodbridge, CT 06525  
203.387.2522

### **From New Haven area:**

Follow Route 69 (Whalley Avenue) to Amity Road [Route 63]. Bear left at the Mobil gas station to go from Whalley Avenue to Amity Road. Go past the Amity Shopping Center. Go up the hill, pass the blinking light to the traffic light. Turn left at the traffic light into the Jewish Community Center driveway. Follow driveway to parking area.

### **From I-95 North (New London) toward New Haven:**

Take I-95 South to Exit 47 (CT-34, Downtown New Haven). Take the 3rd Exit, which is the last one, to No. Frontage Road. Go to the end of No. Frontage Road and turn right onto Ella Grasso Boulevard. At the sixth light, turn left onto Whalley Avenue. Follow Route 69 (Whalley Avenue) to Amity Road (Route 63). Bear left at the Mobil gas station to go from Whalley Avenue to Amity Road. Go past the Amity Shopping Center. Go up the hill, pass the blinking light to the traffic light. Turn left at the traffic light into the Jewish Community Center driveway. Follow driveway to parking area.

### **From Route 8 North:**

Take Exit 22 at Seymour/Woodbridge (Route 67). Bear left at the end of the ramp. Follow signs to Woodbridge (Route 67). Travel approximately three miles to the end of Route 67. At stop sign, turn right onto Route 63 South. Travel three miles, at second light, turn right into the Jewish Community Center driveway. Follow driveway to parking area.

### **From I-95 South (Norwalk) – toward New Haven:**

Take I-95 North to Exit 38, which is the connector to Route 15. Stay in the right lane and take Exit to 15 North (the Wilbur Cross Parkway). Travel on Route 15 North to Exit 59. At the end of the Exit ramp, turn left. At fourth traffic light, turn left onto Lucy Street and at next traffic light, turn right onto Amity Road. Go up the hill, pass the blinking light to the traffic light. Turn left at the traffic light into the Jewish Community Center driveway. Follow driveway to parking area.

### **From I-91 North (Hartford) – toward New Haven:**

Take I-91 South to Exit 17, which is the connector to Route 15 South (the Wilbur Cross Parkway). Stay on Route 15 South to Exit 59. At the end of the Exit ramp, turn left. At the second light, turn left onto Lucy Street. At next traffic light, turn right onto Amity Road. Go up the hill, pass the blinking light to the traffic light. Turn left at the traffic light into the Jewish Community Center driveway. Follow driveway to parking area.

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## **The Morris Foundation, Inc.**

402 East Main Street  
Waterbury, CT 06702  
203.755.1143

### **From Hartford:**

Take 84 West to Exit 22 (Downtown Waterbury). At the end of the Exit, proceed straight ahead to the second traffic light and turn left onto East Main Street. Building is located a short distance on the left-hand side. Turn left into the parking lot behind the Mall or proceed to parking lot at the end of the building. Enter front doors on East Main Street.

### **Route 8 Torrington and points north:**

Take Route 8 South to Route 84 East towards Hartford. Take exit 22 off 84 E (Baldwin Street/Downtown Waterbury). Turn left at the end of the exit onto South Main Street. Turn right at first light onto Union Street. Turn left at next light onto South Elm Street. Go to third light and turn right onto East Main Street. Go up one block, straight through light/intersection and take an immediate Right into parking lot: 402 East Main Street or proceed past the building to the entrance to the parking lot behind the Mall.

### **From Route 8 Bridgeport and points south:**

Take CT Route 8 North toward Waterbury. Merge onto I-84 East via exit 31 toward Hartford. Take exit 22 (Baldwin St./Downtown Waterbury). Turn left at the end of the exit onto South Main Street. Turn right at first light onto Union Street. Turn left at next light onto South Elm Street.

Go to third light and turn right onto East Main Street. Go up one block, straight through light/intersection and take an immediate right into parking lot: 402 East Main Street or proceed past the building to the entrance to the parking lot behind the Mall.

### **Danbury:**

Take I-84 East. Take exit 22 (Baldwin St., Downtown Waterbury). Turn left at the end of the exit onto South Main Street. Turn right at first light onto Union Street. Turn left at next light onto South Elm Street. Go to third light and turn right onto East Main Street. Go up one block, straight through light/intersection and take an immediate right into parking lot: 402 East Main Street.

*Additional parking is available in Brass Mill Commons behind Office Max, etc.  
The entrance to this parking lot is the first right past the Morris Foundation lot.*



## Did You Know?...

- Approximately one third of compulsive gamblers in Connecticut are **women**.
- Two-thirds of women who seek help for a gambling problem are **between the ages of 40-60**.
- Although women tend to start gambling later in life than men do, they develop problems with gambling **much sooner**.
- In a recent study, 93% of women seeking help for their gambling problem preferred gambling at **casino slot machines or on the lottery**.
- Gambling problems often occur with other difficulties: the rate of problem and pathological gambling for those in **mental health and substance abuse treatment settings is four to ten times higher** than in the general population.

### What is Problem Gambling?

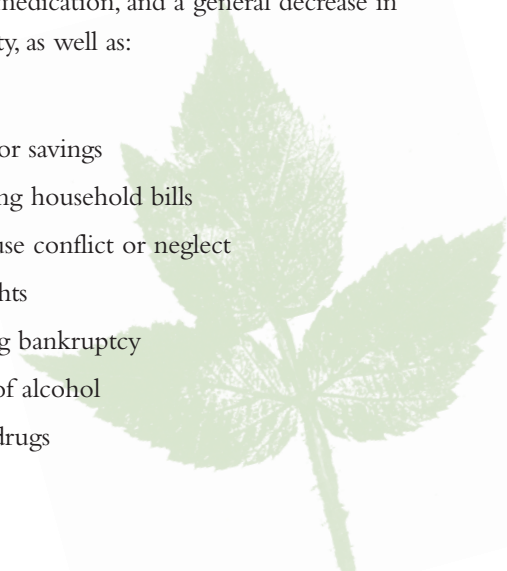
Commonly called “compulsive gambling,” pathological gambling is the medical term defined as a chronic and progressive failure to resist impulses to gamble despite mounting negative consequences.

Pathological gamblers are preoccupied with gambling: they need to gamble with increasing amounts of money, “chase” lost money, and repeatedly fail in efforts to cut down or stop gambling.

In addition, they may lie to hide gambling, over spend, neglect responsibilities and important relationships, lose employment and engage in criminal behavior to finance gambling, and experience significant damage to financial, vocational, and social pursuits.

Symptoms and signs can include depression, anxiety, high blood pressure, elevated stress levels, failure to take prescribed medication, and a general decrease in health and vitality, as well as:

- Use of equity or savings
- Difficulty paying household bills
- Family or spouse conflict or neglect
- Suicidal thoughts
- Past or pending bankruptcy
- Excessive use of alcohol
- Use of illegal drugs



## Recognize the warning signs.

A woman who gambles excessively — or is affected by a gambling problem in her family — can hide her problem well. But as someone who has face-to-face contact with a patient, client, customer, or associate, you may be in a position to help.

Ask her, if in the last six months, she or someone she cares about has ever...

- Borrowed money in order to gamble or cover lost money?
- Thought or been told there might be a gambling problem?
- Been untruthful about the extent of gambling or hidden it from others?
- Tried to stop or cut back on gambling?

A “yes” answer to one or more of these questions suggests a gambling problem.

## Help and hope are closer than you think.

If you suspect a problem, let her know that recovery is possible, especially with the help of an experienced counselor. Through recovery, she can regain control over her own life. Relationships can heal. Financial pressures can be reduced and self-esteem restored.

The process is often so rewarding that many women in recovery report greater satisfaction with their lives than ever before.

To get help for someone, contact one of the services listed. Some services are offered at no charge, and ability to pay is never a barrier to receiving help.

In addition, people in the mental health and addictions fields can learn more about gambling problems as co-occurring disorders and how to assess, refer clients and patients who may have gambling problems or a loved one who is struggling with a gambling problem.

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**For additional information on problem gambling or the CT Women’s Problem Gambling Project, please contact:**

**Department of Mental Health and Addictions Services, Problem Gambling Services**

Connecticut Valley Hospital,  
Box 351, Russell Hall  
Middletown, CT 06457  
860.344.2244

**Connecticut Problem Gambling Helpline**

800.346.6238  
24-hour, toll-free, confidential

**The Connecticut Council on Problem Gambling**

47 Clapboard Hill Road,  
Guilford, CT 06437  
203.453.0138



*The CT Women’s Problem Gambling Project: Our mission is to raise awareness and increase the capacity of service providers in the advocacy, prevention, intervention, and treatment of women experiencing gambling problems and those impacted by them.*

*The Connecticut Women’s Consortium is a statewide policy, training and advocacy organization specializing in women’s behavioral health.*



# Training Registration Form

**Please print clearly or type: Applications must be legible and complete to be processed.**

## Participant information

- DMHAS state employee
  Other state employee \_\_\_\_\_  
 DMHAS funded agency employee
  Other \_\_\_\_\_

Last Name	First	Middle Initial

--	--	--	--	--	--	--	--	--	--	--

Social Security Number (Required to receive Continuing Education Units)

Functional job title \_\_\_\_\_

Agency name \_\_\_\_\_

Address \_\_\_\_\_  
Street
City
State
Zip

Work telephone \_\_\_\_\_ Work fax \_\_\_\_\_ E-mail address \_\_\_\_\_

### Circle your certification/licensure

### Circle your highest degree

- APRN • CADC • LMFT • LADC • LPN • LPN
- RN • LCSW • LPC • Other \_\_\_\_\_

- AA • AS • BA • BS • BSN • BSW • MA • MS • MSN
- MBA • MD • MFT • MSW • PHD • PSYD • Other \_\_\_\_\_

### Check certificate desired

- ATT - Certificate of Attendance
  NASW/CT- National Association of Social Workers
  CCB – CT Certification Board
  MFT – Marriage and Family Therapist

## Session information

Code No.	Session Title	Dates	Course Fee	CECs
Total Fees				

*Payment of course fees is required with submission of registration form or at least seven (7) days prior to training.*

**Do you need specialized services?**  YES  NO Please list services needed \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Please return this registration form to:**

Training Department  
 The Connecticut Women's Consortium  
 205 Whitney Ave.  
 New Haven, CT 06511

Fax 203.498.4189  
 Phone 203.498.4184 Ext. 30 or 33

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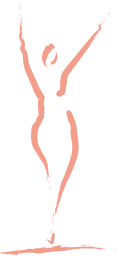
For more information

go to [www.womensconsortium.org](http://www.womensconsortium.org) or

call 203.498.4184 ext. 30



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The Connecticut  
Women's Consortium

*Improving Behavioral Health Services for Women*

205 Whitney Avenue  
New Haven, CT 06511

Fall  
05

Training

CALENDAR