

Training

CALENDAR

FEBRUARY

MARCH

APRIL

MAY

JUNE

Winter Spring 06



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.

January 2006

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 Winter/Spring 2006 training catalogue. The focus of the trainings is on treating trauma. The offerings have been developed collaboratively with the Department of Mental Health and Addiction Services (DMHAS) and the Northwest Mental Health Authority, which was selected by DMHAS as the Trauma Center of Excellence.

In response to numerous requests for training in the three treatment models of DMHAS' Trauma Initiative, we are offering two-day trainings for clinicians: TARGET (*Trauma Affect Regulation: Guide for Education and Therapy*); *Seeking Safety*; and TREM (*Trauma Recovery and Empowerment Model*). Each two-day training will be followed by five half-day consultation sessions designed to assist with implementing the model and developing trauma groups.

In addition to these and other sessions focusing on trauma, we are also offering one new workshop — Multicultural Issues in Behavioral Health — and two popular repeats: *Navigating the Medicaid System: Understanding Eligibility and Services* and *Understanding the Parental Rights of Parents with Behavioral Health Issues*.

We hope that you find these workshops enriching and useful to your work with women. If you have any questions, please contact the Consortium at 203.498.4184 ext. 30. We look forward to seeing you.

Sincerely,
May Krukiel, *Executive Director*



Winter/Spring 06

Registration Information

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
Training Department
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 \$20 or more; 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. 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 at 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) request a partial refund (75% of cost) — participants paying a reduced fee will not receive a refund). Cancellations less than seven (7) days prior to the training, or no-shows will not receive refunds. 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.

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

TWO-DAY SESSION

The TREM workshop will be offered on March 8 and 9. See page 8 for details.

Trauma Recovery and Empowerment Model (TREM)



Community Connections, the largest private, not-for-profit provider of mental health, substance abuse and trauma services in Washington, DC, has been addressing trauma-related concerns of survivors for over ten years.

Dr. Maxine Harris and the Community Connections Trauma Work Group initially developed the Trauma Recovery and Empowerment Model (TREM) of group work with women, and then developed variations for men (M-TREM) and for adolescent girls (G-TREM). TREM uses a psycho-educational focus and skill-building approach, emphasizes survivor empowerment and peer support, and teaches techniques for self-soothing, boundary maintenance and problem solving.

TREM addresses issues of sexual, physical, and emotional abuse in the lives of survivors who have been economically and socially marginalized and for whom traditional recovery work has been unavailable or ineffective. The TREM intervention is based on four core assumptions:

- Some current problem behaviors and/or symptoms may have originated as legitimate coping responses to trauma.
- Those who experienced repeated trauma in childhood were deprived of the opportunity to develop certain skills necessary for adult coping.
- Trauma severs core connections to one's family, one's community, and ultimately to oneself.
- Women who have been abused repeatedly feel powerless and unable to advocate for themselves.

TREM is divided into four sections. In Part I, women focus on empowerment, addressing issues of self-protection, self-soothing, self-esteem, and establishing healthy emotional and physical boundaries. In Part II, survivors address the long-term impact of sexual, physical and emotional abuse, and focus on developing ways to cope with lingering symptoms, not on remembering or reliving the abuse experience itself.

In Part III, group members solidify learning about how to communicate, establish healthy relationships and make good decisions. In Part IV, women are encouraged to plan for continued healing either on their own or as part of a community of survivors. Through a closing ritual they will process their group experiences and what it means to say good-bye in a meaningful and caring way.

TREM is being used nationwide in residential and outpatient substance abuse treatment programs, outpatient mental health programs and correctional facilities. Components of TREM are being used in homeless and domestic violence shelters.

TREM's effectiveness is currently being examined in a four-year randomized controlled trial study funded by the National Institute of Mental Health for women trauma survivors with PTSD.

Visit www.cdc1.org for more information about TREM and Community Connections.

TWO-DAY SESSION

The TARGET workshop will be offered on February 7 and 8. See page 8 for details.

Trauma Affect Regulation: Guide for Education and Therapy (TARGET)



The TARGET model was developed in by Dr. Julian Ford in Connecticut (the mental health version at Capitol Region Mental Health Center and the substance abuse version at Morris Foundation, Rushford, & The Connection) in 1999. TARGET is a strengths-based approach to education and therapy for trauma survivors seeking a practical approach to recovery. The goals are: (1) to help survivors understand how trauma changes the body's and brain's normal stress response into an extreme survival-based alarm response which can become "post-traumatic stress disorder" (PTSD); and (2) to learn a practical 7-step approach to changing the PTSD alarm response into a positive approach that promotes real and lasting recovery.

TARGET can be adapted to assist people with a variety of trauma experiences throughout their lifetimes in addressing "unfinished emotional business" that results in "maladaptive coping strategies." The model is being applied with a variety of populations and settings including:

- Adults in the wake of acute traumatic violence, accidents, or disaster, including emergency responders and disaster recovery/relief workers (TARGET-AT).
- Adults in outpatient or residential/inpatient treatment for acute or chronic mental illness (TARGET-RMI).
- Adults in recovery from chronic substance abuse or addiction (TARGET-AR).
- Adults in recovery from domestic violence (TARGET-DV).
- Parents whose children have experienced acute or chronic traumatic stress (TARGET-P).
- Adolescent and pre-adolescent trauma survivors with behavioral, psychosocial, or addiction problems (TARGET-T).
- Individual psychotherapy for adult survivors of violence or abuse (TARGET-I)

TARGET has been translated into Spanish, Hebrew, and Dutch, and has been adapted and successfully used by and for deaf individuals. TARGET can be delivered in gender-specific or coed educational/support groups or on a one-to-one or family basis. The basic concepts can be taught by a qualified TARGET facilitator in a brief encounter or in a series of sessions ranging from a 3-session orientation to a 6+-month intensive program.

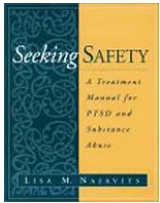
Results of open trials of TARGET with women in parenting, correctional diversion, residential addictions treatment, and outpatient psychiatry and community mental health programs, and with youths in juvenile justice programs, are being prepared for publication. Preliminary findings indicate a consistent reduction in PTSD symptoms, post-traumatic cognitions, and maladaptive coping, and improvement in self-efficacy and psychosocial functioning following TARGET group or individual treatment.

For more information go to www.ptsdfreedom.org.

TWO-DAY SESSION

The Seeking Safety workshop will be offered on April 17 and 18. See page 9 for details.

Seeking Safety



Seeking Safety is a present-focused therapy to help people attain safety from trauma/PTSD and substance abuse. The treatment is available as a book, providing both client handouts and guidance for clinicians. The treatment was designed for flexible use. It has been conducted in group and individual formats; for women, men, and mixed-gender groups; using all topics or only some topics; in a variety of settings (outpatient, inpatient, residential); and for both substance abuse and dependence. It has also been used with people who have a trauma history but who do not meet criteria for PTSD.

Seeking Safety was developed by Lisa M. Najavits, PhD at Harvard Medical School/McLean Hospital and begun in 1992 with funding from the National Institute on Drug Abuse. The program consists of 25 topics that can be conducted in any order:

- Introduction/Case Management
- Safety
- PTSD: Taking Back Your Power
- When Substances Control You
- Honesty
- Asking for Help
- Setting Boundaries in Relationships
- Getting Others to Support Your Recovery
- Healthy Relationships
- Community Resources
- Compassion
- Creating Meaning
- Discovery
- Integrating the Split Self
- Recovery Thinking
- Taking Good Care of Yourself
- Commitment
- Respecting Your Time
- Coping with Triggers
- Self-Nurturing
- Red and Green Flags
- Detaching from Emotional Pain (Grounding)
- Life Choices
- Termination
- Healing from Anger

The key principles of *Seeking Safety* are:

- **Safety** as the overarching goal (helping clients attain safety in relationships, thinking, behavior, and emotions).
- **Integrated** treatment (working on both PTSD and substance abuse at the same time).
- **A focus on ideals** to counteract the loss of ideals in both PTSD and substance abuse.
- **Four content areas:** cognitive, behavioral, interpersonal, case management.
- **Attention to clinician processes** (helping clinicians work on countertransference, self-care and other issues).

For more information on the *Seeking Safety* training, including the Spanish version of *Seeking Safety*, descriptions of topics, and training videos and posters, please go to www.seekingsafety.org

Training Sessions

February 2006

CODE	SESSION	DATE/TIME	LOCATION	TRAINER(S)	FEE	CECs
TR810	<p>Trauma Affect Regulation: Guide for Education and Therapy (TARGET)</p> <p>TARGET is a strength-based trauma treatment model that explains PTSD in terms of the body's survival/alarm system and teaches a set of practical skills to enable participants to gain control of PTSD symptoms. TARGET uses this self-regulatory skills approach and experiential exercises to address topics including self-esteem, anger, grief, shame, re-victimization, and spirituality.</p> <p><i>Following completion of the training, there will be five (5) half-day consultation sessions to assist participants with implementation of the model and developing trauma groups.</i></p>	<p>Tuesday February 7</p> <p>and</p> <p>Wednesday February 8</p> <p>9:00 - 4:30</p>	The Lyceum, Hartford, CT	<i>Eileen Russo, MA</i>	\$125 \$75*	12
RE901	<p>The Role of Spirituality in Recovery for Women</p> <p>This training will clarify the distinction between religion and spirituality, and examine the roles they play for women in recovery from substance abuse as well as those with mental health issues. The use of spiritual resources will be addressed in a way that does not focus specifically on "perfection" and participants will develop an increased level of comfort with integrating spirituality into their treatment milieus for women. The training will also outline some resources available in the spiritual community.</p>	<p>Friday February 24</p> <p>9:00 - 12:00</p>	ACES, Hamden, CT	<i>Marcus McKinney, D.Min, LPC</i>	\$20	3

March 2006

CODE	SESSION	DATE/TIME	LOCATION	TRAINER(S)	FEE	CECs
TR811	<p>The Trauma Recovery and Empowerment Model (TREM)</p> <p>TREM is a gender-based model designed to address issues of sexual, physical, and emotional abuse in the lives of women who have been economically and socially marginalized and for whom traditional recovery work has been unavailable or ineffective. TREM uses a psychoeducational focus and skill-building approach, emphasizes survivor empowerment and peer support, and teaches techniques for self-soothing, boundary maintenance and current problem solving.</p> <p><i>Following completion of the training, there will be five (5) half-day consultation sessions to assist participants with implementation of the model and developing trauma groups.</i></p>	<p>Wednesday March 8</p> <p>and</p> <p>Thursday March 9</p> <p>9:00 - 4:30</p>	The Lyceum, Hartford, CT	<i>Lori Beyer, MA</i>	\$125 \$75*	12

*The cost for this two-day workshop and the five half-day consultation sessions is \$125 per person per agency and \$75 per person for two or more clinical staff per agency. This pricing is designed to encourage two or more people to attend in order to create a team effort. (Note: The fee is waived for DMHAS employees.)

March 2006 (continued)

CODE	SESSION	DATE/TIME	LOCATION	TRAINER(S)	FEE	CECs
LE502	<p>Navigating the Medicaid System: Understanding Eligibility and Services</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>	Monday March 13 9:00 - 12:00	The CT Women's Consortium, New Haven, CT	<i>Sharon Langer, JD</i>	free	0
LS404	<p>Self-Care for Direct Service Workers</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>	Friday March 24 9:00 - 1:00	ACES, Hamden, CT	<i>Eileen Russo, MA</i>	\$20	4

April 2006

CODE	SESSION	DATE/TIME	LOCATION	TRAINER(S)	FEE	CECs
TR812	<p>Seeking Safety</p> <p>This two-day training will demonstrate how Seeking Safety is applied in clinical settings and how the 25-session cognitive-behavioral psychotherapy for post-traumatic stress disorder and substance abuse is used in treatment. Sample sessions: Honesty, Creating Meaning, Setting Boundaries in Relationships, Getting Others to Support Your Recovery, Asking for Help. Training will examine PTSD and substance abuse (including rates, the "typical case," models and stages of treatment, clinical dilemmas and gender issues). Specific clinical interventions will be demonstrated, and treatment challenges will be discussed.</p> <p><i>Following completion of the training, there will be five (5) half-day consultation sessions to assist participants with implementation of the model and developing trauma groups.</i></p>	Monday April 17 and Tuesday April 18 9:00 - 4:30	The Lyceum, Hartford, CT	<i>Martha Schmitz, PhD</i>	\$125 \$75*	12

*The cost for this two-day workshop and the five half-day consultation sessions is \$125 per person per agency and \$75 per person for two or more clinical staff per agency. This pricing is designed to encourage two or more people to attend in order to create a team effort. (Note: The fee is waived for DMHAS employees.)

May 2006

CODE	SESSION	DATE/TIME	LOCATION	TRAINER(S)	FEE	CECs
MC314	<p>Multicultural Issues in Behavioral Health</p> <p>This training will explore the perception and impact of multicultural issues in case management and clinical work and help participants develop an understanding of the needs of women of color. Participants will develop a multicultural infrastructure that will attract and maintain a diverse client base reflective of the women in their communities. Through videos and conversation, participants will discuss the mental health needs and norms of groups including Native-American, African American, Latino/Latina, Asian American, and White clients.</p>	Monday May 1 9:00 - 4:30	The CT Women's Consortium, New Haven, CT	<i>Carol Huckaby, MACP</i>	\$20	6
TR807	<p>Risking Connections — Teens</p> <p>In order to heal, teenagers with histories of trauma need to risk forming relationships with caring adults that are different (enough) from those of the past. Working with traumatized young people also poses to treatment providers the risk of being affected by vicarious traumatization. This workshop will provide an understanding of the effect of childhood trauma on adolescents; what adults can do to help young people heal and how to minimize the impact of vicarious traumatization in order to stay vital in this work.</p>	Friday May 19 9:00 - 4:30	Lyceum, Hartford, CT	<i>Steven Brown, Psy.D</i>	\$20	6

June 2006

CODE	SESSION	DATE/TIME	LOCATION	TRAINER(S)	FEE	CECs
LE501	<p>Understanding the Parental Rights of Parents with Behavioral Health Issues</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>	Thursday June 22 9:00 - 12:00	ACES, Hamden, CT	<i>Pat Kaplan, JD Jan Van Tassel, JD</i>	free	0

Trainer Biographies

Lori Beyer, MSW, MSWAC, a trauma clinician and trainer at Community Connections, trains clinicians nationwide on issues related to trauma in the lives of women with mental illness and substance addiction. Beyer has over 10 years of experience working with homeless adults who are dually diagnosed with serious mental illness and substance abuse disorders. She is a member of the Community Connections Trauma Work Group which developed the Trauma Recovery and Empowerment Model (TREM). Beyer has co-lead group treatment interventions in trauma recovery and empowerment, parenting skills, and domestic violence at both Community Connections and at the Maryland Correctional Institution for Women.

Steve Brown, Psy.D. is the coordinator of *Risking Connection* Training for the Trauma, Research, Education and Training Institute (TREATI) and staff psychologist at the Traumatic Stress Institute (TSI) in South Windsor, CT and Northampton, MA. He has worked with traumatized teenagers in settings including psychiatric hospitals, residential treatment, and outpatient clinics. Prior to his work at TSI, he worked with sexually abusive youth in residential treatment. He is also a sexuality educator and trainer and the author of *Streetwise to Sex-Wise: Sexuality Education for High Risk Youth*, a manual used nationally by schools and agencies serving high-risk youth.

Carol Huckaby, MACP has been director of education and training at The CT Women's Consortium in New Haven since 2002. Previously, she was the director of program operations for the Welfare to Work program at the Connecticut Council of Family Service Agencies. Huckaby has over 30 years of experience training adults in areas including: consumer relations; cultural diversity; employment readiness and job skills; assessing mental health and substance abuse barriers among low-income women; and strength-based assessment and treatment. She is an adjunct professor at Albertus Magnus College in New Haven, CT, where she teaches Community Psychology and Ethnic and Gender Issues in Mental Health.

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.

Marcus M. McKinney, D.Min, LPC is director of pastoral counseling at Saint Francis Hospital and Medical Center in Hartford, where he has worked for over two decades. He is an assistant professor of psychiatry at the University of Connecticut School of Medicine in Farmington and adjunct professor at Hartford Seminary. Most of his work involves teaching and research. His mentor is Thomas Moore, author of the best selling *Care of the Soul*. He lives with his wife and children in South Windsor, CT.

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.

Martha Schmitz, Ph.D. offers continuing education workshops and supervision in the treatment of PTSD and substance abuse to clinicians throughout the U.S. She has worked with Lisa M. Najavits, Ph.D., author of *Seeking Safety: A Treatment Manual for PTSD and Substance Abuse*, since 2000. Schmitz has held a staff psychologist position at the V.A. Pittsburgh Healthcare System and a joint appointment as assistant psychologist at McLean Hospital and instructor in psychology at Harvard Medical School. Her clinical and research interests include post-traumatic stress disorder, substance abuse, and resiliency in trauma survivors.

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

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.

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.

**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.”

For more **information**

go to www.womensconsortium.org or

call 203.498.4184 ext. 30



Nonprofit Organization
U.S. Postage Paid
New Haven, CT
Permit No. 118



The Connecticut
Women's Consortium

Improving Behavioral Health Services for Women

205 Whitney Avenue
New Haven, CT 06511

Winter/
Spring 06

Training
CALENDAR