

Training

CALENDAR

FEBRUARY

MARCH

APRIL

MAY

JUNE

Winter Spring 07



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 2007

DEAR COLLEAGUES:



The Connecticut Women's Consortium, Inc., a statewide policy, training and advocacy organization specializing in women's behavioral health, is pleased to present our winter/spring 2007 training catalogue. This catalogue is a reflection of our commitment to those direct service staff who work every day with women who are trying to find their own pathways to recovery.

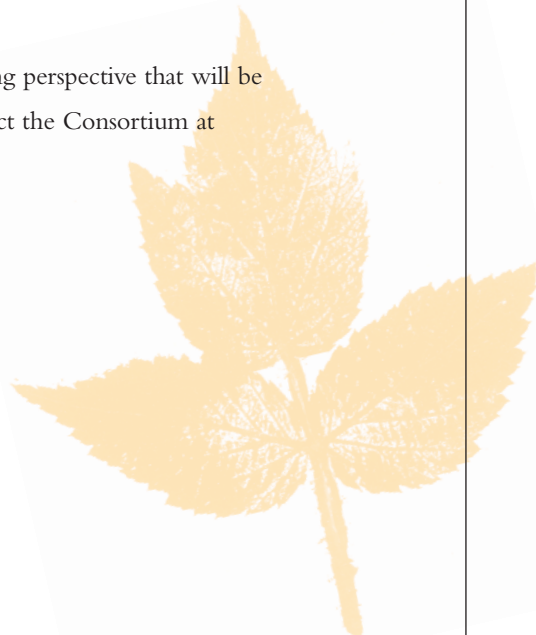
In support of the work being done through the Department of Mental Health and Addiction Service's (DMHAS) Women's Services Practice Improvement Collaborative (WSPIC), their Trauma Center for Excellence and their new Trauma Enhancement Initiative, we continue to provide workshops that offer gender specific, trauma-informed and multi-cultural perspectives to direct service staff. A few of our trainers are from out of state, but most are our colleagues here in Connecticut; they are skilled trainers with extensive experience working within the state's service system.

In this winter/spring 2007 series we are once again offering two basic trauma models (TREM and Seeking Safety) along with follow-up consultation to assist new staff and refresh the skills of existing staff. In addition, we are offering Motivational Interviewing for the first time.

We hope that these workshops will provide a fresh, enriching perspective that will be useful in your work. If you have any questions, please contact the Consortium at 203.498.4184 ext 30. We send our best to all of you.

Sincerely,

Cinda Cash, MHSA
Executive Director



Winter/Spring 07

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 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.

There is a \$15.00 handling fee for all returned checks. Failure to reimburse the Women's Consortium for a returned check will prevent registration for future trainings.

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.

TWO-DAY SESSION

The TREM workshop will be offered on February 28 and March 1. See page 6 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.

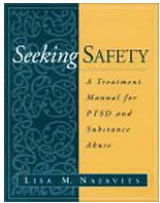
TREM's effectiveness is currently being examined in a four-year randomized controlled trial study funded by the National Institute of Mental Health for women trauma survivors with PTSD.

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

TWO-DAY SESSION

The Seeking Safety workshop will be offered on March 19 and 20. See page 7 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 2007

CODE	SESSION	DATE/TIME	LOCATION	TRAINER(S)	FEE	CECs
MC318	<p>Chemical Dependency: Creating an Inclusive and Social Justice Treatment Model</p> <p>The training will focus on the importance of having a power analysis as it relates to group oppression and chemical dependency treatment and prevention and will explore the correlation between domestic violence and the effects of chemical dependency on African-American women and the Latino/a community. Over the course of this one and a half day training, participants will have the opportunity to attend workshops on:</p> <ul style="list-style-type: none"> • Spirituality and the African-American Woman • Chemical Dependency and the Latin Community • Chemical Dependency and Domestic Violence 	<p>Thursday February 15</p> <p>9:00 - 4:00</p> <p>and</p> <p>Friday February 16</p> <p>9:00 - 12:15</p>	<p>ACES, Hamden, CT</p>	<p><i>Anthony Porter,</i> BS, CASAC</p> <p><i>Katurah Bryant,</i> RN LMFT, LADC, CCS</p> <p><i>Asher Deleme,</i> MS, LADC, CCS</p>	\$30	8.5
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 two (2) half-day consultation sessions to assist participants with implementation of the model and developing trauma groups.</i></p>	<p>Wednesday February 28</p> <p>8:30 - 4:00</p> <p>and</p> <p>Thursday March 1</p> <p>8:30 - 4:00</p>	<p>The Lyceum, Hartford, CT</p> <p>The Lyceum, Hartford, CT</p>	<p><i>Lori Beyer,</i> MSW, MSWAC, LCSW</p>	\$125 \$75*	12
	<p>TREM Consultation Session 1</p> <p>Follow up and consultation on development and maintenance of TREM groups.</p>	<p>Monday April 16</p> <p>1:00-4:00</p>	<p>The CT Women's Consortium, New Haven, CT</p>	<p><i>Lori Beyer,</i> MSW, MSWAC, LCSW</p>		
	<p>TREM Consultation Session 2</p> <p>Follow up and consultation on development and maintenance of TREM groups.</p>	<p>Monday June 4</p> <p>1:00-4:00</p>	<p>The CT Women's Consortium, New Haven, CT</p>	<p><i>Lori Beyer,</i> MSW, MSWAC, LCSW</p>		

*The cost for this two day workshop and two 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 2007

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 two (2) half-day consultation sessions to assist participants with implementation of the model and developing trauma groups.</i></p>	<p>Monday March 19 8:30 - 4:00</p> <p>and</p> <p>Tuesday March 20 8:30 - 4:00</p>	The Lyceum, Hartford, CT	<i>Martha Schmitz, PhD</i>	\$125 \$75*	12
	<p>Seeking Safety Consultation Session 1</p> <p>Follow up and consultation on development and maintenance of Seeking Safety groups</p>	<p>Monday April 23 9:30-12:30</p>	The CT Women’s Consortium New Haven, CT	<i>Kay Johnson, LICSW</i>		
	<p>Seeking Safety Consultation Session 2</p> <p>Follow up and consultation on development and maintenance of Seeking Safety groups.</p>	<p>Monday May 21 9:30-12:30</p>	The CT Women’s Consortium New Haven, CT	<i>Kay Johnson, LICSW</i>		

*The cost for this two day workshop and two 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.)

April

CODE	SESSION	DATE/TIME	LOCATION	TRAINER(S)	FEE	CECs
GA701	<p>When Gambling Becomes a Problem for Your Women Clients</p> <p>Clients in mental health and substance abuse treatment are much more likely to have or develop gambling problems than the general population. As research and experience grow in this relatively new field of problem gambling, we are learning that very often clients have “co-occurring disorders” where gambling is the “silent addiction,” or have a loved one whose gambling is causing problems for the client. In this training, we will: examine attitudes and behaviors of clients and helping professionals; provide brief screening tools and referral resources; present case studies; discuss a state-wide initiative to raise awareness of women and problem gambling; and moderate a panel discussion with recovering compulsive gamblers and family members.</p>	<p>Tuesday April 3</p> <p>9:00 - 3:45</p>	<p>The Burroughs Community Center Bridgeport, CT</p>	<p><i>Susan D. McLaughlin,</i> MPA, CPP-R</p> <p><i>Mary Lou Costanzo,</i> LCSW, NGCCG</p>	\$20	6
TR804	<p>Understanding Trauma and Creating Trauma-Informed Behavioral Health Systems</p> <p>Basic trauma training for all agency personnel, designed to give an overview of trauma and its effects on women and explore the correlation between trauma, mental health and substance abuse. This training will also provide participants with tools to create an environment that is safe and trauma-sensitive for clients.</p>	<p>Monday April 9</p> <p>8:30 - 4:00</p>	<p>The CT Women’s Consortium New Haven, CT</p>	<p><i>Eileen Russo,</i> MA</p>	\$20	6
GS105	<p>Beyond Theory: Applying Gender Responsive Principles in Non-Residential Care Settings for Girls and Women</p> <p><i>Gender-specific Programming for Women: Translating Research into Action is a prerequisite for this training.</i></p> <p>This training focuses on the concrete application of gender responsive theory and principles in non-residential settings for girls and women. It will also explore the Five CORE Practice Areas: relational, strengths-based, trauma-informed, culturally competent and holistic practice (Benedict, 2005). Trainees will learn and discuss specific ways to incorporate cutting-edge information on gender responsive programming, practices and protocols into their service delivery model to ensure that girls and women have access to services and interventions that are relevant to their unique developmental and risk/strength/need profile. Methods for creating and maintaining a gender-specific service framework will be discussed and highlighted with case studies and role-plays.</p>	<p>Friday April 27</p> <p>8:30 - 4:00</p>	<p>The deKoven House Middletown, CT</p>	<p><i>Alyssa Benedict,</i> MPH</p>	\$20	6

CODE	SESSION	DATE/TIME	LOCATION	TRAINER(S)	FEE	CECs
MI601	<p>Motivational Interviewing: Inspiring Engagement and Recovery in Helping Relationships</p> <p>This two-day training will provide an introduction and overview of proven assessment and motivational interviewing techniques, guiding helpers to engage clients in therapeutic “hopeful conversations” that avoid adversarial power struggles and enhance integration of services for those with co-occurring disorders (MH/SA) and other complex problems. Participants will receive a training manual that will enable them to apply and practice these techniques in a wide variety of helping relationships.</p>	<p>Friday May 4</p> <p>8:30 - 4:00</p> <p>and</p> <p>Wednesday May 9</p> <p>8:30 - 4:00</p>	<p>The CT Womens Consortium New Haven, CT</p>	<p><i>Don Scherling, PsyD, LADC, CCS</i></p>	\$40	12
	<p>MI Consultation Session</p> <p>Follow up and consultation on using motivational interviewing techniques.</p>	<p>Friday June 1</p> <p>8:30 - 12:00</p>	<p>The CT Womens Consortium New Haven, CT</p>	<p><i>Don Scherling, PsyD, LADC, CCS</i></p>		
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 an individual’s 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</p>	<p>Thursday May 31</p> <p>9:00 - 12:00</p>	<p>The deKoven House, Middletown, CT</p>	<p><i>Pat Kaplan, JD</i></p> <p><i>Jan VanTassel, JD</i></p>	free	0



June 2007

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>	<p>Monday June 18</p> <p>9:00 - 12:00</p>	<p>The Burroughs Community Center, Bridgeport, CT</p>	<p><i>Sharon Langer, JD</i></p>	<p>free</p>	<p>0</p>
GS106	<p>Beyond Theory: Applying Gender Responsive Principles in Residential Care Settings for Girls and Women</p> <p><i>Gender-specific Programming for Women: Translating Research into Action is a prerequisite for this training.</i></p> <p>This training focuses on the concrete application of gender responsive theory and principles for girls and women in 24-hour care settings (including, but not limited to mental health, substance abuse and corrections). It will explore the Five CORE Practice Areas: relational; strengths-based; trauma-informed; culturally competent; and holistic practice (Benedict, 2005). Trainees will learn how to incorporate current information on gender responsive programming, practices and protocols into their service delivery models to ensure that girls and women have access to services and interventions relevant to their unique developmental and risk/strength/need profiles. The CORE Gender-specific Programming Assessment will provide a framework for learning how to ensure that services are gender responsive at all levels. Methods for creating and maintaining a gender-specific service framework will be discussed and highlighted with case studies and role-plays.</p>	<p>Thursday June 28</p> <p>8:30 - 4:00</p>	<p>The deKoven House Middletown, CT</p>	<p><i>Alyssa Benedict, MPH</i></p>	<p>\$20</p>	<p>6</p>

Trainer Biographies

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. 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 consults to various task forces working to enhance services for girls and women and has been a featured presenter at several national and regional conferences.

Lori Beyer, MSW, MSWAC, LCSW, 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.

Katurah Bryant, RN, LMFT, LADC, CCS a trainer and consultant, is on staff as supervisor of triage and evaluation, lead nurse clinician at Connecticut Mental Health Center-Substance Abuse Treatment Unit in New Haven, CT. She is also an adjunct faculty member at Southern Connecticut State University (SCSU) and Gateway Community College, clinical supervisor for SCSU, and has presented classes for the Master of Family Therapy and Master of Social Work Programs at SCSU and Yale University School of Nursing. Bryant has also provided training in the areas of diversity, substance abuse, and protocol for Camden, NJ public schools, state of Connecticut Department of Mental Health and Addiction Services, Department of Public Health, Brown University, and numerous other venues.

Mary Lou Costanzo, LCSW, NGCG, Clinical Social Worker for Department of Mental Health and Addiction Services' Problem Gambling Services has been working with gamblers and their family members for the past twelve years. Prior to this work, Mary Lou worked in private practice, an HMO in New Haven, CT, and a long-term psychiatric hospital. Working with gamblers and their families has been a specialty of hers and one that offers great satisfaction. Family members learn to become strong and resourceful and to help themselves recover from this addiction. Mary Lou is a Licensed Clinical Social Worker in CT, and a National Certified Gambling Counselor.

Asher Delorme, MS, LADC, CCS is the executive director and clinical supervisor for the Chemical Abuse Services Agency (CASA) in New Haven and Bridgeport, CT and a trainer and consultant. He is a licensed drug and alcohol counselor, certified clinical supervisor, and a case presentation methods evaluator with the Connecticut Certification Board. For the past seven years, Delorme has been exploring the powerful connection between human development, the arts and learning. His cumulative knowledge in psychosocial development and the ethnomusicology of African, Caribbean, and Jazz musical genres provide him with a unique training perspective in music education, multicultural issues, and behavioral health.

Kay M. Johnson, LICSW, who is based in New York City, has 19 years experience as a director, supervisor, clinician and consultant/trainer in outpatient and residential substance abuse and mental health programs. She specializes in treating people with trauma and addiction disorders. She currently works at St. Luke's-Roosevelt Hospital Crime Victims Treatment Center as well as under a collaborative CSAT/SAMHSA grant to provide integrated treatment, through the Health Recovery Institute [Massachusetts]. For the past eight years Johnson has used "Seeking Safety Treatment for PTSD and Substance Abuse" developed and supervised by Lisa M. Najavits, PhD of Harvard Medical School/McLean Hospital. For the past three years she has presented workshops and provided ongoing consultation nationally on Seeking Safety as an associate for Dr. Najavits.

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 at the Coordinating Council for Children at 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.

Susan D. McLaughlin, MPA, CPP-R, Primary Prevention Services Coordinator for Department of Mental Health and Addiction Services' Problem Gambling Services, oversees the state network of gambling prevention programs, collaborates with the state prevention infrastructure and community organizations, develops and delivers training and education programs, and consults on a variety of initiatives with these organizations. Prior to entering the problem gambling field in 1997, Susan worked with Connecticut youth and families in the fields of education, human services, and substance abuse prevention for twenty years. Her publications include papers on work and family stress management and disordered gambling. She is a nationally certified Prevention Practitioner.

Anthony Porter, BS, CASAC is the co-founder of A Call to Men: The National Association of Men and Women Committed to Ending Violence Against Women. Porter is a nationally known speaker on male accountability for ending violence against women, analyzing and focusing on the problems of sexism, sexual assault, domestic violence, sexual harassment and all forms of violence against women. He is the former director of addiction services for Nyack Hospital, Project Director for Rockland County Incarcerated Parents Project and a faculty member for New York State Office of Alcohol and Substance Abuse Services Academy of Addiction Studies where he co-authored their curriculum for work with chemically dependent African-Americans.

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 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.

Donald Scherling, PSYD, LADC, CCS is a senior clinician with 28 years of experience in a variety of inpatient and outpatient addiction and mental health settings. He has directed adolescent and adult programs, consulted to a variety of agencies and companies and is currently the program director of Berkshire Medical Center's McGee Acute Addictions Unit, in Pittsfield, MA. He is a published author in substance abuse, co-occurring disorders, domestic violence, and group treatment and a consultant, speaker, and workshop trainer for SAMHSA/CSAT Technical Assistance, the Connecticut Department of Mental Health and Addiction Services, public & private substance abuse, mental health, criminal justice, and employee assistance programs, and statewide mental health and addiction agencies.

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 Van Tassel, 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 Burroughs Community Center

2470 Fairfield Avenue
Bridgeport, CT 06605
203.334.0293

From New York, Stamford:

Take I-95 to Exit 25 "State Street" Stay to right of ramp Make a left at stop sign at bottom of ramp go to the first light (McDonald's is on the right) Make a right onto Fairfield Avenue Burroughs is approximately .5 miles ahead on your right on the corner of Ellsworth Street

From New Haven, Hartford, and New London

Take I-95 South to Exit 25 "State Street" Make a left at stop sign at bottom of ramp onto Fairfield Avenue Burroughs is approximately .5 miles ahead on your right on the corner of Ellsworth Street

The deKoven House

27 Washington Street
Middletown, CT 06457
860.347.0340

Note: Parking is only available 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.

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.”

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.

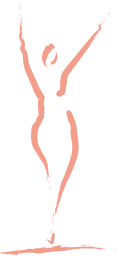
For more information

go to 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

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