

Training

CALENDAR

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

Fall 08



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 2008

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 fall 2008 training catalogue. This catalogue is a reflection of our commitment to all of you who work every day with women 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) Recovery Initiative that includes the Women's Services Practice Improvement Collaborative (WSPIC) and the Trauma Initiative, we continue to provide workshops that offer gender specific, trauma-informed and multi-cultural perspectives to direct service staff. We are also offering Biology of Addiction again due to overwhelming demand.

This year we ask you to help by responding to post-training surveys from us. We are establishing a process to assess the impact of these programs and are hoping that you will take some time from your busy schedules to provide that feedback. You will be reminded of this request at the training events.

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

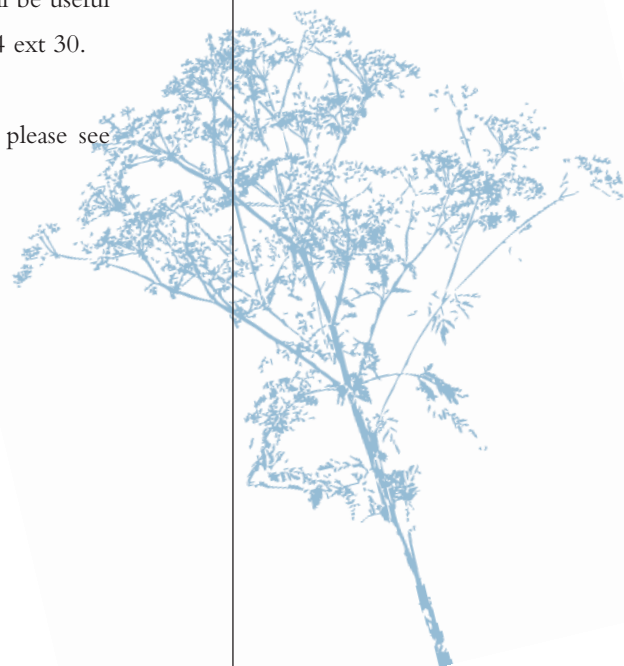
Please continue to use our online registration. If you have trouble registering, please see catalogue for details or call our office.

Our best to each of you.

Sincerely,

Cinda Cash, MHSA
Executive Director

Fall 08



Registration Information

New: Register online

You can now register online at <http://training.womensconsortium.org> for all Connecticut Women's Consortium sponsored trainings. Please register and submit payment as soon as possible; with online registration, we expect sessions to fill quickly.

Previous registrants

(must have a valid e-mail address)

- Follow log-in instructions sent via e-mail (CWC Online Training Registration Instructions) on August 4, 2008. If you do not have the instructions please contact trainer@womensconsortium.org via email and they will be sent to you.
- Log into online registration, select desired training(s) and print out your invoice.
- If the training you've selected is filled, then marking the session box will put you on a waiting list. If a space opens, you will be contacted, at which time you can choose to register and mail in your payment.
- If training is available, mail your invoice with a check/money order or agency approved purchase order (no credit cards) to:

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

- **Upon receipt of your payment or approved purchase order, you will receive final confirmation of acceptance into the training via e-mail.**

New registrants

(must have a valid e-mail address)

- Go to website (<http://training.womensconsortium.org>) and follow instructions in first paragraph. If you experience difficulties, please contact trainer@womensconsortium.org via e-mail for assistance.
- Complete entire form and follow directions for log in.
- Log into online registration, select desired training(s) and print out invoice.
- If the training you've selected is filled, then marking the session box will put you on a waiting list. If a space opens, you will be contacted, at which time you can choose to register and mail in your payment.
- If training is available, mail your invoice with a check/money order or agency approved purchase order (no credit cards) to:

**The Connecticut
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205 Whitney Avenue
New Haven, CT 06511**

- **Upon receipt of your payment or approved purchase order, you will receive final confirmation of acceptance into the training via e-mail.**

Paper registration process

(if you do not have a valid e-mail address)

- Complete registration form and mail with a check/money order or agency approved purchase order (no credit cards) to:

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

- **Upon receipt of your payment or approved purchase order, you will receive final confirmation of acceptance into the training via phone.**
- If training is full, you will be put on a waiting list.

Registration Information *(continued)*

Training fees

Training fees are \$25 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.

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, a participant who misses a portion of training must attend at least 85 percent of it in order to receive credit.

If you have to cancel

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.

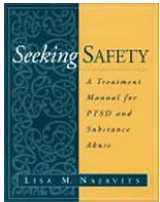
If we have to cancel

In the event of a change or cancellation, you will be notified by mail, e-mail or telephone as soon as possible. If severe weather is occurring or predicted, please watch ABC Channel 8, NBC Channel 30 and CBS Channel 3 for information on the training/event scheduled for that day. Remember that severe weather in any part of the state may be a cause for cancellation

TWO-DAY SESSION

The Seeking Safety workshop will be offered on October 6 and 7. See page 10 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 began 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

TWO-DAY SESSION

The M-TREM workshop will be offered on December 11 and 12. See page 13 for details.

Men's Trauma Recovery and Empowerment Model (M-TREM)



The Trauma Recovery and Empowerment Model (TREM) is a clinically-tested and manualized group intervention. Designed to help members develop and strengthen the skills necessary to effectively cope with the impact of traumatic experiences, it draws primarily on psychoeducational and cognitive-behavioral techniques in an actively supportive group context. Originally developed at Community Connections by and for women (*Trauma Recovery and Empowerment: A Clinician's Guide for Working with Women in Groups*, The Free Press, 1998), a distinct version tailored to the specific concerns of male trauma survivors has been finalized.

The men's 24-session group (M-TREM) is structured in three sections. Part I addresses key experiences of male trauma survivors and places these experiences in the context of cultural expectations of men. It explores both central emotions (anger, fear, hope, shame) and relationship characteristics (friendship, intimacy, trust, loss). Part II focuses more directly on trauma and its connections to emotional, addictive, and relationship difficulties. Part III adopts a skill-building emphasis with sessions on communication, problem solving, and self-soothing, among others.

This two-day workshop will begin with an overview of men's trauma, including discussions of prevalence and impact. After introducing the rationale and structure of M-TREM, the instructors will provide a session-by-session review of the model with emphasis on goals, process, and suggestions for effective group leadership. Mock group sessions will allow participants to observe and practice leader techniques, with time reserved for discussion.

Learning objectives:

1. Participants will learn basic prevalence data about men's trauma.
2. Participants will learn about gender similarities and differences in the impact of trauma and in coping styles.
3. Participants will learn the key differences between TREM and M-TREM approaches.
4. Participants will review the content and core skill-based objectives of M-TREM.

Teaching methods:

Lectures with accompanying slides, video, question and answer periods, mock groups, demonstration of leader techniques, discussion.

Leaders:

Roger D. Fallot, Ph.D. (Co-Director of Community Connections) and Richard R. Bebout, Ph.D. (Housing Director at Community Connections)

Training Sessions

September 2008

| CODE | SESSION | DATE/TIME | LOCATION | TRAINER(S) | FEE | CECs |
|-------|---|---|---|--|------|------|
| SA212 | <p>Prenatal Alcohol Exposure and Fetal Alcohol Spectrum Disorder</p> <p>An overview of topics related to prenatal alcohol exposure, and alcohol use by women who are pregnant, including basic information about how to screen for alcohol use, and gender-specific information needed when working with women who drink during pregnancy. We will also discuss brain damage, trimester damage to the fetus with alcohol use, techniques for diagnosing FAS, and the lifespan management needed when working with individuals who may have been exposed to alcohol prenatally. Cases will be interwoven throughout.</p> | <p>Tuesday September 9</p> <p>9:00 - 4:00</p> | <p>The CT Women's Consortium, New Haven, CT</p> | <p><i>Susan Adubato, PhD</i></p> | \$25 | 6 |
| SA207 | <p>Biology of Addiction</p> <p>Designed for non-medical personnel who have not had extensive training in biology, this training will introduce basic elements of brain structure, homeostatic systems, central nervous system (CNS), and brain chemistry that are fundamental to understanding the disease process of addiction. Participants will be introduced to the direct connection between changes in brain chemistry and structure and continued use of substances despite negative consequences. We will examine the impact of alcohol, opiates, and stimulants on multiple body systems and on the fetus. Clinical evidence of acute intoxication and the classic withdrawal symptoms of each substance will be described.</p> | <p>Friday September 19</p> <p>9:00 - 4:00</p> | <p>The Lyceum, Hartford, CT</p> | <p><i>Lauren Doninger, MA, LADC, LPC</i></p> | \$25 | 6 |

Sign in for trainings is from 8:30-9:00; all trainings will begin promptly at 9:00.

September 2008 (continued)

| CODE | SESSION | DATE/TIME | LOCATION | TRAINER(S) | FEE | CECs |
|-------|--|--|---|--|------|------|
| TR804 | <p>Understanding Trauma and Trauma Informed Care (Part 1)</p> <p>Traumatic experience in the history of addiction/ mental health clients is extremely common; however the impact of trauma can be difficult for service providers to recognize. This workshop will provide an understanding of psychological trauma and will help participants identify simple and practical ways to provide trauma-informed care to clients.</p> | <p>Tuesday September 23</p> <p>9:00 - 4:00</p> | <p>ACES, Hamden, CT</p> | <p><i>Eileen Russo, MA, LADC</i></p> | \$25 | 6 |
| TR817 | <p>Men and Trauma: Paths to Recovery</p> <p>This workshop focuses on the relationship between male gender role expectations and men's experiences of trauma and recovery. The presenter will offer a stages-of-change approach to engaging men in services and will describe a gender-specific intervention that facilitates trauma recovery. A video and exercise will help to illustrate these dynamics.</p> | <p>Monday September 29</p> <p>9:00 - 12:30</p> | <p>The CT Women's Consortium, New Haven, CT</p> | <p><i>Roger Fallot, PhD</i></p> | \$15 | 6 |



Sign in for trainings is from 8:30-9:00; all trainings will begin promptly at 9:00.

| 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 October 6</p> <p>9:00 – 4:00</p> <p>and</p> <p>Tuesday October 7</p> <p>9:00 – 4:00</p> | <p>The Lyceum, Hartford, CT</p> <p>The Lyceum, Hartford, CT</p> | <p><i>Martha Schmitz, PhD</i></p> | <p>\$150 \$125*</p> | 12 |
| | <p>Seeking Safety Consultation Session 1</p> <p>Follow up and consultation on development and maintenance of Seeking Safety groups</p> | <p>Monday December 15</p> <p>9:00 – 12:30</p> | <p>The CT Women’s Consortium, New Haven, CT</p> | <p><i>Kay Johnson, LICSW</i></p> | | |
| | <p>Seeking Safety Consultation Session 2</p> <p>Follow up and consultation on development and maintenance of Seeking Safety groups.</p> | <p>Monday January 12</p> <p>9:00 – 12:30</p> | <p>The CT Women’s Consortium, New Haven, CT</p> | <p><i>Kay Johnson, LICSW</i></p> | | |
| TR820 | <p>Understanding Trauma and Trauma Informed Care, Part II</p> <p>This training, a supplement to <i>Understanding Trauma and Trauma Informed Care</i>, will provide clinicians and case managers with an overview of the importance of educating clients on the possible impact of traumatic experience, as well as with coaching on grounding and emotional/physical safety planning. Also included: a closer look at diagnostic criteria, screening, assessment and treatment models. <i>Prerequisite: Understanding Trauma and Trauma Informed Care Part I or equivalent.</i></p> | <p>Tuesday October 21</p> <p>9:00 – 4:00</p> | <p>The Lyceum, Hartford, CT</p> | <p><i>Eileen Russo, MA, LADC</i></p> | \$25 | 6 |

*The cost for this two-day workshop and the two half-day consultation sessions is \$150 per person per agency and \$125 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.)

Sign in for trainings is from 8:30-9:00; all trainings will begin promptly at 9:00.

October 2008 (continued)

| CODE | SESSION | DATE/TIME | LOCATION | TRAINER(S) | FEE | CECs |
|-------|---|--------------------------------------|---|----------------------|------|------|
| TR817 | <p>Men and Trauma: Paths to Recovery</p> <p>This workshop focuses on the relationship between male gender role expectations and men's experiences of trauma and recovery. The presenter will offer a stages-of-change approach to engaging men in services and will describe a gender-specific intervention that facilitates trauma recovery. A video and exercise will help to illustrate these dynamics.</p> | Monday October 27 9:00 - 12:30 | The Catholic Center, Bridgeport, CT | Roger Fallot, PhD | \$15 | 3 |

November 2008

| CODE | SESSION | DATE/TIME | LOCATION | TRAINER(S) | FEE | CECs |
|-------|---|--------------------------------------|-----------------------------|---|------|------|
| TR805 | <p>Staff Care: Creating a Healthier Workforce</p> <p>The emotional strain of working in the addiction/mental health field can cause burnout and staff turnover, and have a significant impact on professional/personal lives. This workshop is a three-part approach to staff care: organizational, professional and personal. In addition to receiving information on topics such as vicarious trauma and compassion fatigue, participants will engage in exercises related to reconnection, spirituality and mindfulness practice.</p> <p><i>Note: Please attend this workshop only if you are able to attend for the full day and with no or a minimum of distractions (cell phone, etc).</i></p> | Tuesday November 4 9:00 - 4:00 | The Lyceum, Hartford, CT | Eileen Russo, MA, LADC Joyce Crutchfield, M.Div. Alicia Davis, LMT | \$25 | 6 |
| BH014 | <p>Grief and Loss Issues for Women</p> <p>It is said that "life is a series of attachments and separations." This workshop will discuss the numerous loss issues faced by women, with a focus on substance abusing-women. Understanding the different loss processes and their applications is essential to successful therapy. Participants will understand and apply the loss and grief processes as part of their treatment plan when working with women in addiction, recovery, and life.</p> | Monday November 10 9:00 - 4:00 | The Lyceum, Hartford, CT | Wendy Davenson, LMFT, LADC | \$25 | 6 |

Sign in for trainings is from 8:30-9:00; all trainings will begin promptly at 9:00.

November 2008 (continued)

| CODE | SESSION | DATE/TIME | LOCATION | TRAINER(S) | FEE | CECs |
|-------|--|---|-------------------------------------|-----------------------------|------|------|
| GS101 | <p>Gender-specific Programming for Girls and Women: Translating Research into Action</p> <p>Historically, research on services and interventions has been conducted with primarily male participants; consequently, many treatment and service methods have been oriented to males' needs and fail to consider female development and behavior. Including new research, this training will provide an introduction to female psychosocial development and the concept of and need for gender-specific programming (including female development and females' pathways into the system) as well as information on effective interventions with females, best practices in gender-specific programming and essential components of gender-responsive programs. Participants will have the opportunity to: a) analyze the strengths and challenges of their own programs; and b) learn and practice the Relational Language Skill Steps, an effective way of communicating with girls and women in a variety of service settings and situations.</p> | <p>Monday November 17</p> <p>9:00 - 4:00</p> <p>and</p> <p>Tuesday November 18</p> <p>9:00 - 4:00</p> | The Catholic Center, Bridgeport, CT | <i>Alyssa Benedict, MPH</i> | \$75 | 12 |



Sign in for trainings is from 8:30-9:00; all trainings will begin promptly at 9:00.

| CODE | SESSION | DATE/TIME | LOCATION | TRAINER(S) | FEE | CECs |
|-------|---|--|--|--|-----------------|------|
| MC314 | <p>Behavioral Health Issues for Women: A Multicultural Perspective</p> <p>This training will explore the 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 discuss the mental health needs and norms of groups including Native-American, African American, Latino/a, Asian American and White clients and will develop a multicultural infrastructure that will attract and maintain a diverse client base reflective of the women in their communities.</p> | <p>Monday December 1</p> <p>9:00 - 4:00</p> | The CT Women's Consortium, New Haven, CT | Carol Huckaby, MACP | \$25 | 6 |
| TR815 | <p>Men's Trauma Recovery and Empowerment Model (M-TREM)</p> <p>This training will begin with an overview of men's trauma, including discussions of prevalence and impact. After introducing the rationale and structure of M-TREM, the instructors will provide a session-by-session review of the model with emphasis on goals, process, and suggestions for effective group leadership. Mock group sessions will allow participants to observe and practice techniques, with time reserved for discussion.</p> | <p>Thursday December 11</p> <p>9:00 - 4:00</p> <p>and</p> <p>Friday December 12</p> <p>9:00 - 4:00</p> | The Lyceum, Hartford, CT | Roger Fallot, PhD Richard Bebout, PhD | \$150 \$125* | 12 |
| | <p>M-TREM Consultation Session 1</p> <p>Follow-up and consultation on implementing and maintaining M-TREM groups. Participants will share ideas and lessons learned.</p> | <p>Monday January 26</p> <p>9:00 - 12:30</p> | The CT Women's Consortium, New Haven, CT | Roger Fallot, PhD | | |
| | <p>M-TREM Consultation Session 2</p> <p>Follow-up and consultation on implementing and maintaining M-TREM groups. Participants will share ideas and lessons learned.</p> | <p>Monday February 23</p> <p>9:00 - 12:30</p> | The CT Women's Consortium, New Haven, CT | Roger Fallot, PhD | | |

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Sign in for trainings is from 8:30-9:00; all trainings will begin promptly at 9:00.

Trainer Biographies

Susan Adubato, Ph.D. is a New Jersey licensed psychologist. She is on faculty in both the departments of Pediatrics and Psychiatry at the University of Medicine and Dentistry of New Jersey. Presently, she serves as coordinator for the Northern NJ FAS Diagnostic Center, located at the medical school. In addition, she is co-director for the Northeast FAS Regional Training Center, which provides workshops on prenatal alcohol exposure and FAS. She is also involved with the Autism Center, and clinics for HIV/AIDS and child abuse and neglect, while also maintaining a private practice in Nutley, NJ.

Richard Bebout, Ph.D. earned his doctorate at the University of North Carolina at Chapel Hill and since 1987 has been affiliated with Community Connections, where he currently holds the position of clinical housing director and is an active member of the Men's Trauma Workgroup. Bebout has contributed more than 20 articles and book chapters on mental health services and frequently trains and consults in the areas of supportive housing and men's trauma services. He also maintains a private therapy practice in Washington, DC and suburban Maryland and serves as an adjunct professor of community and family medicine at Dartmouth Medical School.

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.

Joyce Olive Crutchfield, M. Div. is the acting pastor of South Congregational Church, UCC in Waterbury, CT and a Social Worker for the town of Manchester. She earned her Masters of Divinity from Andover Newton Theological School. Her interests include relational ministry, pastoral care, and the grieving process. Prior to a career in ministry, she worked for over 20 years in the social work profession.

Wendy H. Davenson, LMFT, LADC is a licensed marital and family therapist, a licensed alcohol and drug counselor, a certified family life educator, and a consultant and trainer who has extensive experience lecturing and working with school systems. She holds certifications in death education, grief therapy, divorce mediation, and addiction relapse prevention; she has extensive experience in individual and family counseling, as well as in the development and implementation of prevention and intervention programs for schools and agencies. Davenson also lectures widely and teaches. She has published a book entitled *Grief and Growth, A Manual For Counselors and Educators*.



Alicia Davis, LMT is co-director of AliKat Consulting, LLC and Sound Bytes for Serenity. A successful practitioner and highly respected educator in both health care and the corporate world for over 25 years, she combines a heartfelt, intuitive style with state-of-the-art holistic and accelerated learning methods and techniques. Davis creates dynamic and engaging workshop environments in which participants co-create their learning experiences. She has transformed the lives of over 2000 students by teaching them practical skills in:

- life visioning
- leadership and self-esteem
- relationship and team-building
- conscious communication
- conflict resolution
- meditation and breath awareness
- wellness and stress reduction
- care for the caregiver
- expressive and creative movement
- quantum-touch

Davis also offers guided-meditation CDs and other healing products as ongoing tools for personal growth and development.

Lauren Doninger, MA, LADC, LPC has been in the field of mental health and addiction services since 1983. She has worked in a range of treatment settings, primarily treating those with severe and persistent mental illness and co-occurring substance use disorders. She is on the faculty at Gateway Community College in New Haven with primary teaching responsibility in the Drug and Alcohol Recovery Counselor Program, and is completing her doctorate at the School of Education at Johnson & Wales University in Providence.

Roger D. Fallot, Ph.D. is a clinical psychologist and Director of Research and Evaluation at Community Connections, a private, not-for-profit agency, comprehensive human services provider in metropolitan Washington, D.C. A graduate of Yale University (B.A., M.S., and Ph.D.), he specializes in areas including the development and evaluation of services for trauma survivors and the role of spirituality in recovery. The author of numerous articles, he is a contributing author and co-editor (with Maxine Harris) of *Using Trauma Theory to Design Service Systems*. A founding board member of the National Trauma Consortium, Fallot was principal investigator on the District of Columbia Trauma Collaboration Study, a federally funded research project examining the effectiveness of integrated services for women trauma survivors with mental health and substance abuse problems (1998–2004). He and clinicians at Community Connections have developed a men's version of the Trauma Recovery and Empowerment Model (TREM), a manualized group intervention for working with survivors of physical and sexual abuse. The effectiveness of TREM is currently being examined in an NIMH-funded randomized controlled trial for which Fallot is co-principal investigator. Also interested in the relationships between spirituality and well-being, Fallot edited and contributed chapters to *Spirituality and Religion in Recovery from Mental Illness*.

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.

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.

Eileen M. Russo, MA, LADC, is the Director of Trauma Services for the Connecticut Women's Consortium. She is a licensed addiction counselor, a certified clinical supervisor, and a certified co-occurring disorders professional who has worked in the addiction and mental health field for 23 years. She has specialized in treating co-occurring PTSD in mental health and substance abuse populations and has assisted agencies across

the state with developing trauma-informed mental health/substance abuse treatment programs for men, women, and children. For the past five years, Russo has served as a trainer/consultant to the Connecticut Department of Mental Health and Addiction Services' Trauma Initiative where she works with the Trauma Center of Excellence and the Trauma Practice Enhancement Initiative. She is also an adjunct faculty member at the University of Bridgeport and at Gateway Community College. She has been a TARGET trainer and consultant for the past eight years, and has co-authored two articles with Dr. Julian Ford.

Martha Schmitz, PhD 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.



Directions

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/New London):

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 from I-91 above.

From I-95 (northbound/Stamford):

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 Catholic Center

238 Jewett Avenue
Bridgeport, CT 06606
203.372.4301 (Press 0 for Operator)

*Jewett Avenue lies in the north end of
Bridgeport and runs between Main Street
and Madison Avenue about ¼ miles
north of St. Vincent Medical Center. Jewett
Avenue is located between the Subway and
Five Corners Deli at the corner of Main St.*

From the Merritt Parkway (Route 15) Traveling North

Take Exit 48 (Main Street, Route 25); turn right onto Main Street (southbound). Proceed down Main Street to the 9th Traffic light, and turn right (at Subway). This is Jewett Avenue. The Catholic Center is on your right, 2 blocks in.

From the Merritt Parkway (Route 15) Traveling South

Take Exit 48 (Main Street, Route 25); turn left onto Main Street (southbound). Proceed down Main Street to the 9th Traffic light, and turn right (at Subway). This is Jewett Avenue. The Catholic Center is on your right, 2 blocks in.

Connecticut I-95, Traveling North or South

Take Exit 27A onto Route 8/Route 25 Expressway. Take second Exit (Lindley Street) off the Expressway. Turn left off the exit ramp onto Lindley Street, go 1 block to the traffic light (Capitol Avenue) and turn left onto Capitol Avenue. Go 4 blocks on Capitol Avenue to the next traffic light (Main Street) and turn right onto Main Street. Proceed up Main Street to the 3rd traffic light at the five corner intersection. Jewett Avenue is a left turn at this intersection and The Catholic Center is 2 blocks on your right.

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.

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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