

Training

CALENDAR

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

Winter Spring 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.

January 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 winter/spring 2008 training catalogue. It is our most extensive to date, offering eight new training categories, and is a reflection of our commitment to and respect for all of you who work 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 Services' (DMHAS) Women's Services Practice Improvement Collaborative (WSPIC), the expansion of the Trauma Center for Excellence and the new Trauma Enhancement Initiative, we continue to provide workshops that offer gender specific, trauma-informed and multi-cultural perspectives to direct service staff. While a few of our instructors are from out of state, most are our colleagues here in Connecticut; they are skilled trainers with extensive experience working within the state's service system.

We hope that these programs will provide fresh, enriching perspectives 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 each of you.

Sincerely,

Cinda Cash, MHSA
Executive Director

P.S. Many of you used our new online registration process to register for our fall trainings. Registering online will provide you with more detailed information about your past trainings and simplify the registration process. Please see catalogue for details.



Winter/Spring 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 July 23, 2007. 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
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.

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 \$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.

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 February 11 and 12. 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

TWO-DAY SESSION

The TREM workshop will be offered on March 5 and March 6. See page 11 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.

Training Sessions

January 2008

CODE	SESSION	DATE/TIME	LOCATION	TRAINER(S)	FEE	CECs
PA652	<p>Identifying and working with Parents with Cognitive Limitations</p> <p>An introduction to identifying and working with parents with cognitive limitations.</p> <p>Goals: to increase awareness and knowledge of the needs of parents with cognitive limitations; to improve the identification and assessment of this population; and to improve service delivery by providing intervention strategies.</p> <p>The training will address:</p> <ul style="list-style-type: none"> • executive functioning and implications of limitations in functioning • assessment tools • the parents: who are they? • the impact of parental limitations on children's development • strategies and resources 	Thursday January 17 9:00 - 4:00	The CT Women's Consortium, New Haven, CT	<p><i>Laura DiGalbo, M.Ed., C.R.C., L.P.C.</i></p> <p><i>Doug Edwards</i></p> <p><i>Barbara Nadeau, MS</i></p>	\$20	6
LE501	<p>Understanding the 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 health issues.</p>	Tuesday January 29 9:00 - 12:30	The CT Women's Consortium, New Haven, CT	<p><i>Pat Kaplan, JD</i></p> <p><i>Jan Van Tassel, JD</i></p>	free	0



All trainings will be 9:00 - 4:00 or 9:00 - 12:30 (half an hour for lunch).

CODE	SESSION	DATE/TIME	LOCATION	TRAINER(S)	FEE	CECs
BH012	<p>Introduction to Co-Occurring Recovery</p> <p>This introduction to co-occurring substance use and mental disorders will illustrate how emerging models of integrated care are essential when working with people in recovery from co-occurring disorders; data suggest that co-occurring disorders are no longer the exception, but now the rule among people entering treatment for addictive disorders. The workshop will emphasize the importance of recovery oriented and strength-based interventions. Participants will be introduced to: several integrated treatment models intended for people in recovery from co-occurring disorders; and to the importance of credentialing and specialty training for those interested in working with this population.</p>	Monday February 4 9:00 - 4:00	The Jewish Community Center of Greater New Haven, Woodbridge, CT	Marshall Rosier, MS	\$20	6
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>	Monday February 11 9:00 - 4:00 and Tuesday February 12 9:00 - 4:00	The Lyceum, Hartford, CT The Lyceum, Hartford, CT	Martha Schmitz, PhD	\$125 \$75*	12
	<p>Seeking Safety Consultation Session 1</p> <p>Follow up and consultation on development and maintenance of Seeking Safety groups</p>	Tuesday March 11 9:00-12:30	The CT Women’s Consortium, New Haven, CT	Kay Johnson, LICSW		
	<p>Seeking Safety Consultation Session 2</p> <p>Follow up and consultation on development and maintenance of Seeking Safety groups.</p>	Thursday April 3 9:00-12:30	The CT Women’s Consortium, New Haven, CT	Kay Johnson, LICSW		

*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.)

All trainings will be 9:00 - 4:00 or 9:00 - 12:30 (half an hour for lunch).

February 2008 (continued)

CODE	SESSION	DATE/TIME	LOCATION	TRAINER(S)	FEE	CECs
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>	<p>Friday February 22</p> <p>9:00 - 4:00</p>	<p>ACES, Hamden, CT</p>	<p><i>Wendy Davenson, LMFT, LADC</i></p>	\$20	6
SA205	<p>Substance Abuse Treatment for Women: A Multicultural and Gender Specific Perspective</p> <p>This training focuses on the response of women to substance abuse treatment based on cultural and gender issues. We will address the role of the counselor and best methods for working with women from different ethnic groups. Case studies will highlight barriers faced by women of color and other minority groups. Participants will gain insight and develop treatment modalities that work best with women based on gender, culture and ethnicity.</p>	<p>Tuesday February 26</p> <p>9:00 - 4:00</p>	<p>The CT Women’s Consortium, New Haven, CT</p>	<p><i>Cheryl Harewood, MS</i></p>	\$20	6



All trainings will be 9:00 - 4:00 or 9:00 - 12:30 (half an hour for lunch).

March 2008

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 two (2) half-day consultation sessions to assist participants with implementation of the model and developing trauma groups.</i></p>	<p>Wednesday March 5</p> <p>9:00 - 4:00</p> <p>and</p> <p>Thursday March 6</p> <p>9:00 - 4:00</p>	<p>The Lyceum, Hartford, CT</p> <p>The Lyceum, Hartford, CT</p>	<p><i>Lori Beyer, MSW, MSWAC, LCSW</i></p>	<p>\$125 \$75*</p>	12
	<p>TREM Consultation Session 1</p> <p>Follow up and consultation on development and maintenance of TREM groups.</p>	<p>Monday April 14</p> <p>9:00 - 12:30</p>	<p>The CT Women's Consortium, New Haven, CT</p>	<p><i>Lori Beyer, MSW, MSWAC, LCSW</i></p>		
	<p>TREM Consultation Session 2</p> <p>Follow up and consultation on development and maintenance of TREM groups.</p>	<p>Monday June 9</p> <p>9:00 - 12:30</p>	<p>The CT Women's Consortium, New Haven, CT</p>	<p><i>Lori Beyer, MSW, MSWAC, LCSW</i></p>		
GS101-A	<p>Gender Specific Training for Direct Service Staff (Part 1)</p>	<p>Monday March 17</p>	<p>The Lyceum, Hartford, CT</p>	<p><i>Alyssa Benedict, MPH</i></p>	\$30	9
GS101-B	<p>Gender Specific Training for Direct Service Staff (Part 2)</p> <p>This one and a-half day training on gender-specific programming for females will provide participants with: an introduction to female psychosocial development; the concept of and need for gender-specific programming (including female development and females' pathways into the system); practical information on effective interventions with women; best practices in gender-specific programming; and essential components of gender-responsive programs.</p>	<p>9:00 - 4:00</p> <p>and</p> <p>Tuesday March 18</p> <p>9:00 - 12:15</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.)

All trainings will be 9:00 - 4:00 or 9:00 - 12:30 (half an hour for lunch).

March 2008 (continued)

CODE	SESSION	DATE/TIME	LOCATION	TRAINER(S)	FEE	CECs
GA701	<p>How to Identify Gambling Problems and Their Impact on Clients and Family Systems</p> <p>This training is two parts: the morning will address basic principles of problem gambling including screening tools, information for referrals, and co-occurring disorders in clients (including alcohol, other drugs, and mental illness). The afternoon will offer an advanced clinical perspective, using case studies with gamblers and family members and exploring treatment strategies.</p>	Thursday March 27 9:00 - 4:00	The Catholic Center, Bridgeport, CT	<p><i>Susan McLaughlin,</i> <i>MPA, CPP-R</i></p> <p><i>Mary Lou Constanzo,</i> <i>LCSW,</i> <i>NGCG</i></p>	\$20	6



April 2008

CODE	SESSION	DATE/TIME	LOCATION	TRAINER(S)	FEE	CECs
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; strength-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>	Tuesday April 8 9:00 - 4:00	The deKoven House Middletown, CT	<i>Alyssa Benedict,</i> <i>MPH</i>	\$20	6

All trainings will be 9:00 - 4:00 or 9:00 - 12:30 (half an hour for lunch).

April 2008 (continued)

CODE	SESSION	DATE/TIME	LOCATION	TRAINER(S)	FEE	CECs
TR805	<p>Self Care: Creating a Healthier Workforce</p> <p>The emotional strain of working in the addiction/mental health field can affect personal and professional lives, causing burnout and staff turnover. Without effective coping mechanisms, care-givers can become frustrated, overwhelmed and immobilized. This workshop is a three-tiered 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>Tuesday April 15</p> <p>9:00 - 4:00</p>	<p>ACES, Hamden, CT</p>	<p><i>Eileen Russo, MA, LADC</i></p> <p><i>Joyce Crutchfield, M.Div.</i></p> <p><i>Alicia Davis, LMT</i></p>	\$20	6
GS115	<p>Women, Sex, and Recovery: A Clinical Perspective</p> <p>Although the relationship between alcohol/drug use and sex has been clearly established, sexuality has long been a taboo topic in women's addiction treatment programs. However, sexuality is extremely important in recovery, because problems with intimate relationships and sexuality frequently trigger relapses. Yet, addiction counselors often lack the knowledge and skills they need to be effective in this area of treatment. Participants will explore their own values and increase their understanding of sexuality and sexual function as related to addiction and its treatment. Guidelines and handouts will enable providers to incorporate material on human sexuality and addiction into their women's programs.</p>	<p>Wednesday April 23</p> <p>9:00 - 4:00</p>	<p>The Lyceum, Hartford, CT</p>	<p><i>Stephanie Covington, PhD</i></p>	\$50	6
DV604	<p>Safe and Together: Concrete Strategies for Addressing Domestic Violence When Children are the Focus</p> <p>This training focuses on building a response to domestic violence based on five critical elements: 1) the batterer's pattern of coercive control; 2) the actions he has taken to harm the children; 3) the full spectrum of the survivor's efforts to support the safety and well-being of the children; 4) the adverse impact of the batterer's behavior on the children; and 5) the role of substance abuse, mental health and other factors.</p>	<p>Wednesday April 30</p> <p>9:00 - 4:00</p>	<p>The Catholic Center, Bridgeport, CT</p>	<p><i>David Mandel, MA</i></p>	\$20	6

All trainings will be 9:00 - 4:00 or 9:00 - 12:30 (half an hour for lunch).

CODE	SESSION	DATE/TIME	LOCATION	TRAINER(S)	FEE	CECs
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>Tuesday May 6</p> <p>9:00 - 4:00</p>	The deKoven House Middletown, CT	<i>Eileen Russo, MA, LADC</i>	\$20	6
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>Friday May 9</p> <p>9:00 - 12:30</p>	ACES, Hamden, CT	<i>Sharon Langer, JD</i>	free	0
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>Thursday May 15</p> <p>9:00 - 4:00</p> <p>and</p> <p>Friday May 16</p> <p>9:00 - 4:00</p>	<p>The Lyceum, Hartford, CT</p> <p>The Lyceum, Hartford, CT</p>	<i>Don Scherling, PsyD, LADC, CCS</i>	\$40	12
	<p>MI Consultation Session</p> <p>Follow up and consultation on using motivational interviewing techniques.</p>	<p>Wednesday June 4</p> <p>9:00 - 12:30</p>	The CT Women’s Consortium, New Haven, CT	<i>Don Scherling, PsyD, LADC, CCS</i>		
SA206	<p>Women, Substance Abuse and HIV</p> <p>The number of women with HIV (<i>human immunodeficiency virus</i>) infection and AIDS (<i>acquired immunodeficiency syndrome</i>) has increased steadily worldwide and in the U.S. By the end of 2005, according to the World Health Organization (WHO), 17.5 million women worldwide were infected with HIV. In 2004, women accounted for 27 percent of newly-reported U.S. AIDS cases, with African-American and Hispanic women disproportionately affected. This training will cover gender-specific differences in disease progression, complications, and treatment; topical microbicides; transmission, including mother-to-child transmission; gynecologic evaluation guidelines; testing; and issues of particular concern for women over fifty. Participants will discuss the link between risky sexual behavior during substance use/abuse and the transmission of HIV/AIDS, as well as prevention techniques.</p>	<p>Thursday May 22</p> <p>9:00 - 4:00</p>	The CT Women’s Consortium, New Haven, CT	<p><i>Karina Danvers, MA</i></p> <p><i>Kevin Dieckhaus, MD</i></p> <p><i>James Donagher, MA, MS</i></p> <p><i>Shawn M. Lang</i></p>	\$20	6

All trainings will be 9:00 - 4:00 or 9:00 - 12:30 (half an hour for lunch).

CODE	SESSION	DATE/TIME	LOCATION	TRAINER(S)	FEE	CECs
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, strength-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>	Tuesday June 3 9:00 - 4:00	ACES, Hamden, CT	<i>Alyssa Benedict, MPH</i>	\$20	6
BH013	<p>Behavioral Health Treatment Needs of Pregnant and Postpartum Women: Translating Research into Community Care</p> <p>Women of childbearing age are at high risk of mental health stressors during pregnancy and the year after delivery (the “perinatal” period). Depressed or substance-using women may be less likely to attend prenatal care or engage in positive health behaviors during and after pregnancy, leading to concerns about possible adverse effects on child behavior and development. But only 20-35% of symptomatic perinatal women engage in behavioral health treatment. Participants will examine barriers to mental health screening and treatment during the perinatal period. This training is designed to enhance community care providers’ diagnostic and treatment knowledge about the behavioral health needs of pregnant and postpartum women.</p>	Monday June 16 9:00 - 4:00	The CT Women’s Consortium, New Haven, CT	<i>Megan Smith, PhD</i> <i>Brenda Kurz, PhD</i> <i>Heather Howe, MSW, LCSW</i>	\$20	6
PA650	<p>Ages and Stages Questionnaire (ASQ) and Ages & Stages Questionnaire Social- Emotional (ASQ-SE) Training</p> <p>The Ages and Stages Questionnaire (ASQ) and Ages & Stages Questionnaire Social-Emotional (ASQ-SE) is a parent-friendly, child-centered screening tool used to identify developmental delays in children during the first five years. The ASQ is completed by parents and scored by professionals who work with families in health care, early care and education and social service programs. This training will include an overview of the system. Participants will learn to administer and score the ASQ.</p>	Monday June 23 9:00 - 4:00	The CT Women’s Consortium, New Haven, CT	<i>Carol Huckaby, MACP</i> <i>Marijane Carey, MSW, MPH</i>	\$20	0

All trainings will be 9:00 - 4:00 or 9:00 - 12:30 (half an hour for lunch).

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.

Marijane Carey, MSW, MPH is the principal of Carey Consulting, a consulting firm specializing in public health and human services organizations that focus on women and children. Carey Consulting has worked with state agencies; private non-profits; advocacy organizations; community health centers; hospitals; and community foundations. Current clients include: *211/Infoline*, Connecticut's mandated Maternal & Child Health telephone access point to services for women, children and families; *Help Me Grow*, a statewide network designed by the Children's Trust Fund to help families and providers access services for young children at risk for developmental, health or behavioral problems; and The CT Women's Consortium, a statewide policy, training and advocacy organization specializing in women's behavioral health. Carey, who has Master's degrees in social work and public health, has been an advocate for women and children throughout her 30-year career.

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

Mary Lou Costanzo, LCSW, NCGC, 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.

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.

Karina Danvers, BS, MA, is the director of the Connecticut AIDS Education and Training Center at Yale School of Nursing. She holds a BS in Public Health and an MA in Women's Studies. Danvers has worked in the AIDS field for the past 17 years and has received numerous awards for her work, including the Connecticut Commissioner's AIDS Leadership Award for exceptional commitment in providing advocacy and support for people living with HIV/AIDS; The Yale School of Nursing Martin Luther King Award for service to the community; and the United Nations Award as one of the 100 Top Women in Connecticut.

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 addictions 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.

Kevin Dieckhaus, MD, is currently Chief of Infectious Diseases and Associate Professor of Medicine at the University of Connecticut Health Center (UCHC) and medical director of the Connecticut AIDS Education and Training Center (CAETC). He is also the chairman of the New England Chapter of the American Academy of HIV Medicine, and medical director of the Clare Nsenga Foundation; the foundation is a Connecticut-based non-profit organization operating a health clinic, HIV testing program, and AIDS orphan support programs in Southwestern Uganda.

Laura DiGalbo, M.ED., CRC, LPC, a nationally certified rehabilitation counselor, has a B.A. in psychology and an M.Ed. in counseling. She has worked in the rehabilitation field for 32 years as a practitioner, supervisor, administrator and consultant, during which time she developed an interest in substance abuse and addiction and their impact on employment. DiGalbo consults with public agencies and policy makers and has presented at national and international conferences. She is also an adjunct faculty member in the graduate schools of Central Connecticut State University, Springfield College and Assumption College.

James M. Donagher, MA, MS, is HIV coordinator for Connecticut's Department of Mental Health and Addiction Services (DMHAS). He oversees HIV services and coordinates substance use services for special populations.

Doug Edwards, is program director of Real Dads Forever, is a member of the Advisory Council of the Fatherhood Initiative of Connecticut, and a member of the Board of Directors of the Children's Law Center of Connecticut. He is also a certified family mediator with the Families in Transition Program and a facilitator for the Parent Leadership Training Institute (PLTI). Edwards has traveled throughout New England facilitating workshops, training staff, and motivating parents on the issues of father involvement strategies. He has spoken to over 3000 men and over 450 groups, including dozens of school groups.

Cheryl Harewood, MS is director of the Women's Unit at Crossroads Inc. She has over 17 years experience in addiction and mental health treatment, working in both inpatient and outpatient settings with both male and female clients. For the past 12 years she has worked in women's and children's programs. She is a certified addiction counselor, a licensed alcohol and drug counselor and a certified clinical supervisor; additionally, she has been an adjunct professor at Gateway Community College's DARC (drug and alcohol recovery counselor) program for the past three years.

Heather B. Howell, MSW, LCSW, is a psychiatric social worker specializing in perinatal mental health. She has coordinated a number of projects evaluating, triaging and providing outpatient behavioral health care to pregnant and postpartum women for symptoms of depression and substance abuse. She currently manages the PRIDE (psychosocial research to improve drug treatment evaluation) in Pregnancy program, an outpatient addictions treatment program integrated within two obstetrical primary care clinics; the program trains physicians and nurses to incorporate behavioral health treatment for substance-using pregnant women with their usual prenatal care.

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.

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. board for 12 years. In her work as a family/child law advocate at NHLAA, she has represented numerous clients with behavioral health issues.

Brenda Kurz, MSW, PhD is associate professor in the casework concentration at the UConn School of Social Work. Prior to teaching, she spent many years as a clinical social worker with low-income children and their families. Her research interests have included violence prevention and mental health promotion in children. She is a member of the CT Department of Public Health Perinatal Depression Taskforce and is currently researching the mental health and mental health care utilization of low-income, ethnically-diverse women during the perinatal period.

Shawn M. Lang is the director of public policy with the CT AIDS Residence Coalition (CARC), where her primary responsibilities are public policy and advocacy on the state and federal levels. She co-chairs the AIDS LIFE (legislative initiative and funding effort) Campaign, Connecticut's statewide AIDS policy group, and was a member of the Red Ribbon Task Force on HIV/AIDS. She is also the President-elect on the board of the National AIDS Housing Coalition is on the convening committee of the Federal AIDS Policy Partnership; the Executive and Community Advisory Board of Yale's Center for Interdisciplinary Research on AIDS; and the board of One CT.

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

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

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.

Barbara Nadeau, MS, an occupational therapist with a Master's in neuroscience, is a certified provider of cognitive behavioral programs for individuals on Connecticut's acquired brain injury waiver. She was the 2007 recipient of the Brain Injury of Connecticut's Education and Prevention Award. She served as a faculty member in occupational therapy at the University of Hartford and is currently an adjunct faculty member at Quinnipiac University.

Marshall Rosier, MS who holds an MS in psychology from Yale University, is the executive director of the Connecticut Certification Board, Inc. where he is actively involved in work-force development, credentialing and developing recovery-oriented and competency-based standards for behavioral health professionals. Rosier received his early training at the Haight Ashbury Free Clinic in San Francisco, California; he is a certified addiction counselor, a certified co-occurring disorders professional and a licensed alcohol and drug counselor. Previously, Rosier coordinated the co-occurring disorders programming for a large outpatient methadone maintenance program. He is currently the co-chair of the co-occurring disorders committee of the International Certification and Reciprocity Consortium, where he is actively involved in the development of international credentialing standards for co-occurring disorders. He is also a consultant and trainer and published author in the field of co-occurring disorders.

Eileen M. Russo, MA, LADC, is director of trauma services at the CT Women's Consortium in New Haven and 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 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 and private substance abuse, mental health, criminal justice, and employee assistance programs, and statewide mental health and addiction agencies.

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.

Megan Smith, MPH, PhD, is a post-doctoral fellow at the Yale University School of Medicine, Department of Epidemiology & Public Health. Her research focuses on community-based mental health issues pertaining to pregnant, post-partum, and parenting women. She is particularly interested in the prevention of depression among pregnant women and mothers of young children. Past work has included collaborations with the Connecticut Department of Public Health; the Community Foundation for Greater New Haven's Healthy Start Initiative; Birth to Three; Boston Medical Center's Department of Pediatrics; and community health centers in Connecticut and Massachusetts.

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

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 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.

The Jewish Community Center of Greater New Haven

360 Amity Road
Woodbridge, CT 06525
203.387.2522

From New Haven area:

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

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

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

From Route 8 North:

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

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

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

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

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

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



Nonprofit Organization
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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 08

Training
CALENDAR