

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

Winter Spring 09

Training CALENDAR



Presented by:



The Connecticut
Women's Consortium

Improving Behavioral Health Services for Women

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

January 2009

DEAR COLLEAGUES:

The Connecticut Women's Consortium is pleased to present our 2009 winter/spring training catalogue. While we know that this new year presents all of us with economic challenges that will make our jobs harder, we also know that our mission — and yours — remains positive and strong. Our goal is to offer you programs that will enhance your skills and enlarge your perspectives, translating into better outcomes for those you serve. We, along with each of you, know that people do recover from addictions and mental illnesses every day of the year, and all of us are engaged in work that plays an integral part in helping people to become whole again.

In support of 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 want to assess the impact of our trainings and hope that you will help by responding to post-training surveys from us. You will be reminded of this request at the training events.

Please continue to use our online registration. If you have trouble registering, please see the catalogue for details or call our office at 203.498.4184 ext 30, which is also the number to call if you have any questions.

We wish each of you a very healthy and happy new year.

Sincerely,

Cinda Cash, MHSA
Executive Director



Winter/Spring 09

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
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 \$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 90 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 TREM workshop will be offered on March 2 and March 3. See page 9 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.

Beyond Trauma: *A Healing Journey for Women*



Beyond Trauma: A Healing Journey for Women is an integrated curriculum for women's services based on theory, research, and clinical experience. While the materials are designed for trauma treatment, the connection between trauma and substance abuse in women's lives is a theme throughout. The program has been developed for use in residential and outpatient treatment settings, domestic violence programs, mental health clinics, and criminal justice settings. Beyond Trauma has a psychoeducational component that teaches women what trauma is, its process, and its impact on both the inner self (thoughts, feelings, beliefs, values) and the outer self (behavior and relationships, including parenting). The major emphasis is on coping skills with specific exercises for developing emotional wellness. The program uses cognitive-behavioral techniques (CBT), expressive arts, and is based on the principles of relational therapy. Beyond Trauma was developed by Stephanie S. Covington, Ph.D., LCSW, who is noted for her pioneering work on women's issues. She is the co-director of the Institute for Relational Development and the Center for Gender and Justice, located in La Jolla, CA.

Workshop Overview

While research and clinical experience indicate a high incidence of co-occurring disorders in women's lives, counselors and clinicians often struggle with the realities of providing treatment. This workshop is based on a new woman-centered trauma treatment curriculum, Beyond Trauma, designed for use in outpatient, residential, and criminal justice settings. Cognitive-behavioral techniques, expressive arts, and the principles of relational therapy are integrated in this strength-based approach. The curriculum also has a psycho-educational component that teaches women what trauma is, its process, and its impact on both the inner self (thoughts, feelings, beliefs, values) and the outer self (behavior and relationships, including parenting). The training includes interactive exercises that demonstrate techniques that counselors can use to help clients develop coping skills, as well as emotional wellness.

Workshop Topics

- Developing gender-responsive services
- Connection between trauma, mental health, and substance abuse
- Trauma-informed services
- Gender differences in terms of risk and response
- Triggers and retraumatization
- Grounding and dissociation
- Mind-body connection
- Emotional development
- Relational and sexual issues
- Secondary traumatic stress
- Specific concerns and challenges in criminal justice settings

Workshop Objectives

- Understand the historical background of trauma
- Explore the connection between addiction, trauma, and mental health
- Discuss gender differences
- Explicate the process of trauma
- Provide specific treatment interventions

Training Sessions

January 2009

CODE	SESSION	DATE/TIME	LOCATION	TRAINER(S)	FEE	CECs
LE509	<p>Human Trafficking</p> <p>Human trafficking is a form of modern-day slavery, widespread throughout the U.S. and the second-largest criminal industry in the world after drug dealing; it is also the fastest growing. While many victims of trafficking are forced to work in prostitution or sex entertainment, trafficking also occurs in labor exploitation, such as domestic servitude, or restaurant work, sweatshop factory or migrant agricultural work. This training will use case examples to examine labor and sex trafficking, and will help participants define human trafficking, identify victims and what steps to take to help them.</p>	<p>Thursday January 15</p> <p>9:00 - 12:30</p>	<p>The CT Women's Consortium, New Haven, CT</p>	<p><i>Carol Huckaby, MACP</i></p> <p><i>Maria Ramos, M.Ed</i></p>	\$0	0
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>	<p>Monday January 26</p> <p>9:00 - 4:00</p>	<p>The CT Women's Consortium, New Haven, CT</p>	<p><i>Carol Huckaby, MACP</i></p> <p><i>Marijane Carey, MSW, MPH</i></p>	\$25	0



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
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>Wednesday February 11</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
GS105	<p>Beyond Theory: Applying Gender Responsive Principles in Non-Residential Care Settings for Girls and Women</p> <p><i>Gender-specific Programming for Women: Translating Research into Action is a prerequisite for this training.</i></p> <p>This training focuses on the concrete application of gender responsive theory and principles in non-residential settings for girls and women. It will also explore the Five CORE Practice Areas: relational, strengths-based, trauma-informed, culturally competent and holistic practice (Benedict, 2005). Trainees will learn and discuss specific ways to incorporate cutting-edge information on gender responsive programming, practices and protocols into their service delivery model to ensure that girls and women have access to services and interventions that are relevant to their unique developmental and risk/strength/need profile. Methods for creating and maintaining a gender-specific service framework will be discussed and highlighted with case studies and role-plays.</p>	<p>Thursday February 19</p> <p>9:00 - 4:00</p>	<p>The CT Women's Consortium, New Haven, CT</p>	<p><i>Alyssa Benedict, MPH</i></p>	\$25	6
SA205	<p>Multicultural Treatment in Substance Abuse Settings</p> <p>This training's focus is on the response of individuals to substance abuse treatment based on cultural and gender issues. We will address the role of the counselor and best methods for working with individuals of different ethnic backgrounds. Case studies will highlight barriers faced by minority groups. Participants will gain insight and develop treatment modalities that work best with women based on gender, culture and ethnicity.</p>	<p>Thursday February 26</p> <p>9:00 - 4:00</p>	<p>The CT Women's Consortium, New Haven, CT</p>	<p><i>Cheryl Harewood, MS, LADC, CCS</i></p>	\$25	6

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March 2009

CODE	SESSION	DATE/TIME	LOCATION	TRAINER(S)	FEE	CECs
LE505	<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>Monday March 2</p> <p>9:00 - 4:00</p> <p>and</p> <p>Tuesday March 3</p> <p>9:00 - 4:00</p>	The Lyceum, Hartford, CT	Lori Beyer, MSW, MSWAC, LCSW	\$150 \$125*	12
	<p>TREM Consultation Session 1</p> <p>Follow up and consultation on development and maintenance of TREM groups.</p>	<p>Monday April 13</p> <p>1:00 - 4:00</p>	The CT Women's Consortium, New Haven, CT	Lori Beyer, MSW, MSWAC, LCSW		
	<p>TREM Consultation Session 2</p> <p>Follow up and consultation on development and maintenance of TREM groups.</p>	<p>Monday May 18</p> <p>1:00 - 4:00</p>	The CT Women's Consortium, New Haven, CT	Lori Beyer, MSW, MSWAC, LCSW		
TR811	<p>Ethics</p> <p>In the changing and fast-paced behavioral health care field, the ethical treatment of clients becomes more important than ever. This workshop provides an opportunity to discuss common ethical dilemmas and offers models to guide the ethical decision-making process.</p>	<p>Monday March 9</p> <p>9:00 - 12:30</p>	The CT Women's Consortium, New Haven, CT	Eileen Russo, MA, LADC	\$15	3

*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.

March 2009 (continued)

CODE	SESSION	DATE/TIME	LOCATION	TRAINER(S)	FEE	CECs
MI603	<p>Motivational Interviewing</p> <p>“Motivational interviewing (MI) is an effective evidence-based approach to overcoming the ambivalence that keeps many people from making desired changes in their lives, even after seeking or being referred to professional treatment” (W. Miller & S. Rollnick). This experiential workshop will present the spirit and principles of MI and will help participants develop basic MI skills. Participants will learn to determine clients’ stages of change and how to work with clients in order to further the change process. If you have ever said — I just don’t get it, why won’t they just change, get sober, take their meds, follow through on treatment goals — this workshop will answer those questions.</p>	Friday March 13 9:00 - 4:00	The CT Women’s Consortium, New Haven, CT	<i>Cher Shannon, MHSA, LADC, SAP</i>	\$25	6
LE509	<p>Human Trafficking</p> <p>Human trafficking is a form of modern-day slavery, widespread throughout the U.S. and the second-largest criminal industry in the world after drug dealing; it is also the fastest growing. While many victims of trafficking are forced to work in prostitution or sex entertainment, trafficking also occurs in labor exploitation, such as domestic servitude, or restaurant work, sweatshop factory or migrant agricultural work. This training will use case examples to examine labor and sex trafficking, and will help participants define human trafficking, identify victims and what steps to take to help them.</p>	Monday March 23 9:00 - 12:30	ACES, Hamden, CT	<i>Carol Huckaby, MACP</i> <i>Maria Ramos, M.Ed</i>	\$0	0
GA702	<p>Mind, Body and Spirit: A Multidimensional Risk Factors Model of Addiction Applied to Problem Gambling</p> <p>Those seeking help for problem gambling, as well as other addictive behaviors often want to understand why they have developed an addiction. While clients don’t necessarily understand “why” before they can begin the recovery process, clinicians can use this desire for understanding to enhance motivation. This presentation will focus on a comprehensive multidimensional risk factors model that can help structure treatment planning as well as facilitate clients’ engagement in the treatment process. Current research in the biology of addiction and problem gambling will be presented, and we will discuss ways that biological risk interacts with learning, spirituality and social/environmental risk.</p>	Monday March 30 9:00 - 4:00	The CT Women’s Consortium, New Haven, CT	<i>Lori Rugle, PhD</i>	\$25	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
GS116	<p>Beyond Trauma: A Healing Journey for Women</p> <p>This workshop is based on a new woman-centered trauma treatment curriculum, <i>Beyond Trauma</i>, designed for use in outpatient, residential, and criminal justice settings. Cognitive behavioral techniques, expressive arts, and the principles of relational therapy are integrated in this strength-based approach. The curriculum also has a psycho-educational component that teaches women what trauma is, its process, and its impact on both the inner self (thoughts, feelings, beliefs, values) and the other self (behavior and relationships, including parenting). The training includes interactive exercises that demonstrate techniques counselors can use to help clients develop coping skills, as well as emotional wellness.</p> <p><i>Price of workshop includes Beyond Trauma: Facilitator's Guide and Workbook.</i></p>	<p>Thursday April 2 9:00 - 4:00</p> <p>and</p> <p>Friday April 3 9:00 - 4:00</p>	<p>Water's Edge Resort, Westbrook, CT</p>	<p><i>Stephanie Covington, PhD</i></p> <p><i>Eileen Russo, MA, LADC</i></p>	\$195	12
GA701	<p>Trauma, Gender and Problem Gambling</p> <p>We will focus on how prior trauma experiences effect women dealing with problem gambling, and on how the trauma experienced because of the problem gambling (anxiety, depression, and other symptoms focused on money losses and the resulting stressors) may re-ignite other trauma symptoms. The discussion will address both problem gamblers' symptoms and symptoms of loved ones effected by this addiction. The training will offer an understanding of the co-occurring diagnoses of post-traumatic disorders and problem gambling as well as methods of treatment of these co-occurring disorders.</p>	<p>Monday April 20 9:00 - 4:00</p>	<p>The CT Women's Consortium, New Haven, CT</p>	<p><i>Mary Lou Constanza, LCSW, NGCG</i></p>	\$25	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
TR820	<p>Advanced Trauma Informed Care</p> <p>This experiential training is a supplement to <i>Understanding Trauma and Trauma Informed Care, Part I</i> and will train clinicians and case managers on techniques that can in turn be used to educate clients. Topics will include: an overview of the importance of educating clients on the possible impact of traumatic experience; coaching on grounding; and emotional/physical safety planning. We will also take a closer look at diagnostic criteria, screening, assessment and treatment models. The afternoon will consist of opportunities to role-play and practice the skills of education, grounding and safety planning. <i>Prerequisite: Understanding Trauma and Trauma Informed Care or equivalent.</i></p>	<p>Monday May 4</p> <p>9:00 - 4:00</p>	<p>The CT Women's Consortium, New Haven, CT</p>	<p><i>Eileen Russo</i> MA, LADC</p>	\$25	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>	<p>Thursday May 14</p> <p>9:00 - 12:30</p>	<p>The CT Women's Consortium, New Haven, CT</p>	<p><i>Pat Kaplan, JD</i> <i>Jan Van Tassel, JD</i></p>	\$15	0
LE509	<p>Human Trafficking</p> <p>Human trafficking is a form of modern-day slavery, widespread throughout the U.S. and the second-largest criminal industry in the world after drug dealing; it is also the fastest growing. While many victims of trafficking are forced to work in prostitution or sex entertainment, trafficking also occurs in labor exploitation, such as domestic servitude, or restaurant work, sweatshop factory or migrant agricultural work. This training will use case examples to examine labor and sex trafficking, and will help participants define human trafficking, identify victims and what steps to take to help them.</p>	<p>Tuesday May 19</p> <p>9:00 - 12:30</p>	<p>The CT Women's Consortium, New Haven, CT</p>	<p><i>Carol Huckaby, MACP</i> <i>Maria Ramos, M.Ed</i></p>	\$0	0

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
LE502	<p>Navigating the Medicaid System: Understanding Eligibility and Services</p> <p>Topics include: basic eligibility rules for Medicaid and SAGA; what services are covered; how services are delivered; what can be done if eligibility or services are denied and resources available for clients having problems obtaining coverage or benefits.</p>	<p>Monday June 15</p> <p>9:00 - 12:30</p>	<p>ACES, Hamden, CT</p>	<p><i>Sharon Langer, JD</i></p>	<p>\$15</p>	<p>0</p>



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.

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-led 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, NGCG, Clinical Social Worker for Department of Mental Health and Addiction Services' Problem Gambling Services has been working with gamblers and their family members for the past twelve years. Prior to this work, Costanzo 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. Costanzo is a Licensed Clinical Social Worker in CT, and a National Certified Gambling Counselor.

Cheryl Harewood, MS, LADC, CCS 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.

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

Pat Kaplan, JD, a family/child lawyer for 26 years, is executive director of New Haven Legal Assistance Association, Inc. (NHLAA). Kaplan has been a consultant 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.

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.

Maria F. Ramos, M.Ed. (Counseling Psychology), the director of community projects for The CT Women's Consortium, has over 20 years of experience in mental health, adolescent health and case management. She conducts credentialing trainings in family development. Her experience includes program planning and management, case management training, issues of child abuse and neglect, public health policy and the development of curricula for educating African-American and Latino youth on HIV prevention.

Lori Rugle, Ph.D. currently the director of problem gambling services for Connecticut's Department of Mental Health and Addiction Services, has worked in the field of problem gambling treatment and research since 1984. Her work in the public sector included many years as director of the Gambling Treatment Program at the Cleveland Department of Veterans Affairs Medical Center and deputy director of their Veterans Addiction Recovery Center. She has also provided consultation for state-funded programs in Arizona, Illinois, Indiana, Louisiana and Washington, and has provided consultation for the military in Germany and the government of Singapore. In the private sector she was clinical and research director for Trimeridian, Inc., a company dedicated to the treatment and research of problem gambling. Rugle has been involved in a variety of research projects including studies of treatment outcome, attention deficits among pathological gamblers, neuroimaging and pharmacotherapy with problem gamblers, coping skills among homeless problem gamblers and PTSD among pathological gamblers.



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.

Cher A. Shannon, MHSA, LADC, SAP has been in the substance abuse field for over 20 years, with extensive experience as a teacher, trainer, clinician, supervisor, and administrator. Currently associate professor and program coordinator for the Drug and Alcohol Rehabilitation Program at Gateway Community College, Shannon is a former faculty member of Westchester Institute for Training in Psychoanalysis & Psychotherapy and a part-time faculty member the University of Bridgeport. She has

been on the faculty of the New England School of Addiction Studies for ten years and provides training in the areas of ethics; cultural competence; family intervention; evidence based counseling theories; counseling people with HIV/AIDS; counselor wellness; and management and administration of human services agencies. She is a former education chairperson and current Vice President of the Connecticut Association for Addiction Professionals and served for many years as an examiner for the Connecticut Certification Board. She initiated a substance abuse treatment center at Family Counseling Center in Newtown as well as coordinating a multi-family prevention program.

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 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.

Water's Edge Resort

1525 Boston Post Road
Westbrook, CT 06498
1.800.222.5901

From New York City, New Haven and West:

Interstate 95 North to Connecticut Exit 65. Right turn at exit ramp to second stop light in center of town. Left onto Route 1 North (Boston Post Road). Go up about half a mile. Water's Edge entrance will be on your right. From NYC, approximately 100 miles and two hours driving time.

From Hartford, Springfield and North:

Interstate 91 South or I-84 West to Hartford. From Hartford, take I-91 South to Route 9. Then Route 9 South to Exit 3. Go through stop sign to second stop sign. Turn right onto Route 153 South and follow to the end of route until intersection with Route 1 in Westbrook. At light, turn left onto Route 1 North (Boston Post Road). Go up about half a mile. Water's Edge entrance will be on your right. From Hartford, approximately 50 miles and an hours driving time.

From Boston, Providence and East

Interstate 95 South to Connecticut Exit 65. Left turn at the exit ramp to the third stop light in the center of Westbrook. Left turn at light onto Route 1 North (Boston Post Road). Go up about half a mile. Water's Edge entrance will be on your right. From Boston, approximately 129 miles and two and a half hours driving time.

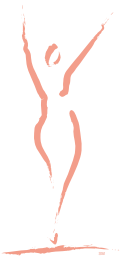
For more **information**

go to www.womensconsortium.org or

call 203.498.4184 ext. 30



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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 09

Training

CALENDAR