



Annual **REPORT** 2022



The Connecticut
Women's Consortium

A Message from Our Executive Director

Hello Consortium supporters,

2022 began with our staff returning to the office after a short period working from home due to another surge in COVID-19 infections following the holidays. Since then, we have been able to resume some in-person training within our office although they are smaller than usual with everyone wearing masks.

Although, we have continued to host most of our trainings on Zoom, we were able to move forward with two large conferences off-site at larger venues (2022 Department of Mental Health and Addiction Services (DMHAS) Harm Reduction Conference and the 2022 Trauma and Recovery Conference.) Both events were hosted in a hybrid model with folks attending both on-site and virtually.

The DMHAS Harm Reduction Conference was held in the Spring at the DoubleTree by Hilton Hotel in Bristol and our Trauma and Recovery Conference was held in the Fall at the Connecticut Convention Center. For me, the personal recovery stories at both events bring to light the reality of why we do what we do. By enhancing the skills of behavioral staff throughout Connecticut, we strive to ensure that *behavioral health is community wealth*, a new slogan developed by one of our employees.

The staff expanded our civic commitments this year by participating at events held by the town of Hamden where our offices are located. We brought both a drumming circle and sound healing session to two different community events and also taught town youth how to make vision boards.

The virtual free lunch and learn series has had large appeal to our audience and will continue to be held and our Community Film Series will be re-launched in early 2023 with *Daughter of a Lost Bird*.

Both the board of directors and staff participated in a survey and training to increase our knowledge and skills regarding diversity, equity, and inclusion. Goals for the year were set and tracked and we know there is a lot more to do in this area. One staff member was selected to participate in the Nonprofit Management Cohort for Emerging Leaders of Color program funded and run by The Community Foundation for Greater New Haven. This includes a multi-year grant to support the staff participation from their unrestricted and preference funds.

We continue to support our state agency partners with learning collaboratives and specialized funding to enhance staff trainings in areas such as trauma, LGBTQIA+, gambling prevention, and adolescent treatment models. We hosted a full day Women's Services Conference and a Day of Healing on behalf of DMHAS. We also continue to set up private trainings for the provider system of care and this work has grown this year. Our staff has seen only minor staff turnover this year and we are pleased to host graduate students from the University of New Haven, Yale, and Fordham. I am proud of the Consortium team and inspired to do this work each day bringing exceptional quality behavioral health events to the public.



Colette Anderson

Executive Director

Our Mission

The mission of the Connecticut Women's Consortium is to ensure that the behavioral health system responds to the needs of women and the people and organizations that affect them.



The Connecticut Women's Consortium staff at various events

Our Vision

We envision that the behavioral health care system serving women will be accessible, effective, and practice holistic, trauma-informed and gender-responsive care. To achieve this vision, we strive to eliminate discrimination and promote excellence in the care of women through education, training, advocacy, and policy development.



Colette Anderson accepts a donation from Megan Costanz on behalf of a group of women donors.

For decades, The Connecticut Women's Consortium has aimed to provide quality gender-informed and trauma-responsive training to Connecticut's behavioral health professionals. The Consortium has grown to host hundreds of annual trainings as well as several national level conferences and to pioneer advocacy efforts on trauma, gender, and behavioral healthcare in the state of Connecticut.

Mission

Moments

Every board meeting, we provide the board with some standout moments that highlight our mission; we call them mission moments. Below are a few of our favorites from 2022.



Trainer Highlights

"Thanks for the opportunity to give a presentation on behalf of the CWC."

"The tech support was outstanding and made the whole thing possible."

"The presentation was supported in real time with participation of Allie and Sharon and made it lively and enjoyable for the participants at the agency."



Fundraising

In 2022 the Consortium received an unsolicited donation of \$1,001.00. An independent group of individuals planned an event at Testa Family Farm at the beginning of March – all proceeds from their raffle were donated to the Consortium.



Advocacy

We finally saw passage of HB-5278 an Act to Stop Unconsented Intimate Exams. The Consortium supported this bill for the past 3 years, and it has since changed to include women and men.

Education & Training

Catalog Trainings

In 2022, the Connecticut Women’s Consortium hosted 2,600+ participants, on-site and virtually, across 67 catalog trainings. Our standard training topics included children and families, clinical skills, cultural competence, integrative health, professional development, trauma treatment, and veterans services.

Training Topics

- Addiction and Trauma Recovery
- Gender and Sexual Identities
- Stress Management
- Race and Privilege in Therapeutic Practice
- Hoarding Disorder Treatment
- Mindfulness Skills
- Trauma and Attachment Theory
- Psychopharmacology

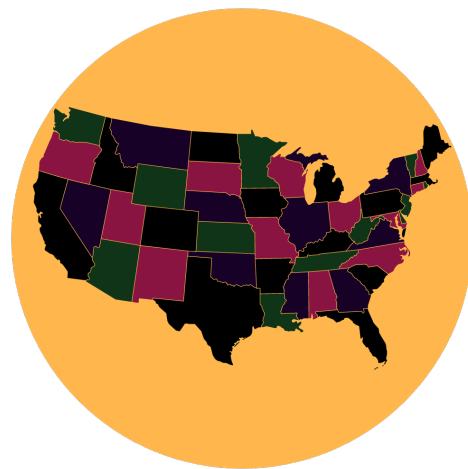
- Intimate Partner Violence
- Clinician Resilience and Wellbeing
- Cognitive Behavioral Therapy Skills
- Intuitive Eating and Health at Every Size
- Dialectical Behavioral Therapy Skills
- Identity and Trauma for LGBTQ+ Clients
- Self-Directed Violence

- Military Sexual Trauma
- Obsessive Compulsive & Related Disorders
- Trauma in Urban Communities
- Diversity in the Workplace Racism and Skin Color Bias
- Nutrition and Mental Health
- Restorative Yoga
- Trauma in Children & Adolescents

On-demand Trainings



More than 1,400 registrants participated in our 62 on-demand trainings in 2022.



10 on-demand courses received national CEC approval from the National Association of Social Workers.

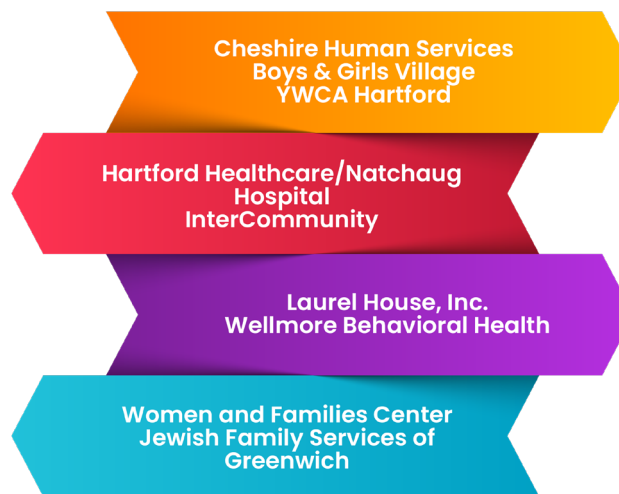


Kelvin Young facilitating a Sound Healing workshop at the Connecticut Women's Consortium office.

Private Trainings

We are so honored to partner with 9 organizations on 18 private trainings this year. In total, 331 community clinicians participated in private trainings.

Participating organizations:



Department of Children and Families (DCF) Initiatives

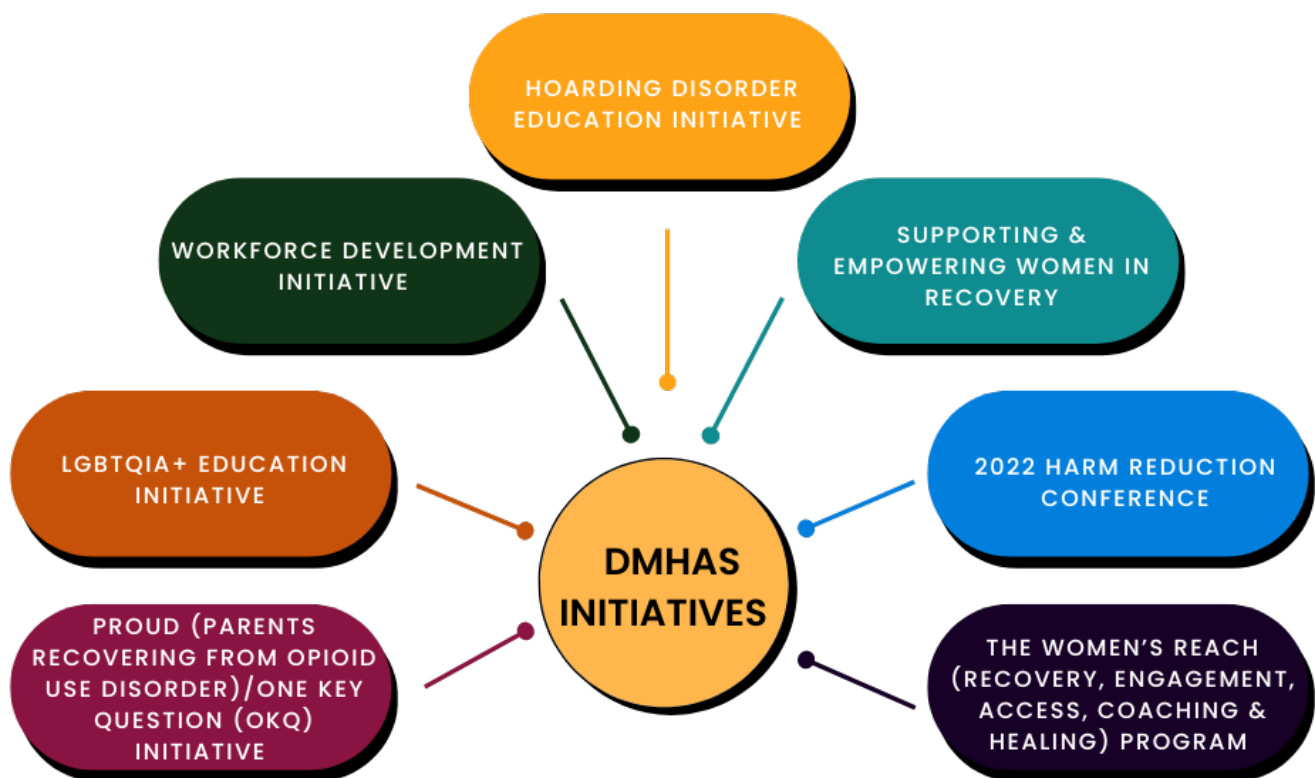
We were honored to be able to continue our longstanding partnership with the CT Department of Children and Families in 2022 by partnering with them to support their Access, Screening and Engagement, Recovery Support, and Treatment (ASSERT) and State Opioid Response (SOR) grants. 2022 marked the fourth and final year of consecutive collaboration between DCF and the Connecticut Women's Consortium on the ASSERT initiative. In total 270+ DCF staff and contracted providers participated in collaborative training initiatives with the Connecticut Women's Consortium in 2022.



“Genuinely, the best training I have attended at CWC! The material was presented so clearly and truly in an engaging way. I hope to attend many more trainings conducted by Dr. Tolisano. Such complex subject matter was shared so effectively with great knowledge and an obvious intent to make the information digestible to the audience.” (Psychopharmacology: The Basics and Beyond 3-4-2022)

Department of Mental Health & Addiction Services (DMHAS) Initiatives

We were excited to expand our partnership with the CT Department of Mental Health and Addiction Services (DMHAS) bringing a variety of educational opportunities to state employees and DMHAS funded private non-profits through federally funded initiatives. Collaborations this year included workforce development, the Supporting & Empowering Women in Recovery Conference, the 2022 Harm Reduction Conference, the Women's Reach Program, hoarding disorder education, LGBTQIA+ education, and PROUD/One Key Questions (OKQ). Through all our combined partnerships with DMHAS, 1,300+ clinicians participated in training in 2022 alone. Additional details about each initiative are included on the following page.



Trauma & Recovery Conference 2022



204 ON-SITE



131 VIRTUAL

We were so thrilled to finally be able to host our Trauma & Recovery Conference on-site at the CT Convention Center in Hartford. This conference was particularly bittersweet for the team because it has been several years in the making – originally planned for the Fall of 2020, our plans were derailed by COVID-19 and we were forced to pivot to a fully virtual conference. This year, we are so grateful to have had the incredible experience of hosting 204 participants on-site and another 131 participants virtually. Our keynote speakers were inspiring, leading dynamic conversations about a variety of cutting-edge behavioral health topics, and who could forget about our show-stopping workshop presenters? Across 16 workshops, 28 presenters highlighted best practices in trauma-informed care and clinical intervention.



Above: Deran Young & Colette Anderson
Below: Keynote presentation at 2022 Trauma & Recovery Conference



Workshop session at the 2022 Trauma & Recovery Conference.

Keynotes



Archa Basu, PhD



Thema Bryant-Davis, PhD



Diana Chao



Marlee Liss



Vikram Patel, PhD



Deran Young, LCSW, MPA

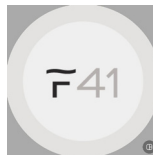
Vendors:

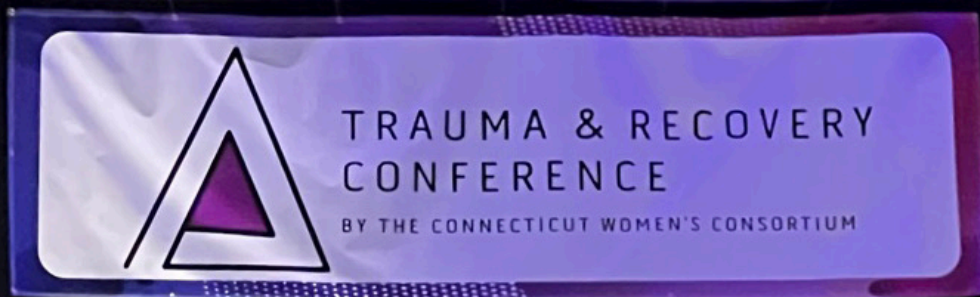
A Clay Zone, Designs by Melba, Helping Hands, Herbal Deva, and Ital Creations

Workshop Presenters

Allison Abramson, MPA
 Colette Anderson, LCSW
 Kai Belton MSW
 Cheri Bragg, MSW student
 Monica Carras, MS, BCBA, LBA
 Cathy Collyer, OTR, LMT
 Bonnie Daley, LMSW
 Sabrina Demsky-Cameron, LCSW,
 DSW
 Fredrick Dombrowski, PhD, LMHC,
 CASAC, LPC, LADC, NCC, CCMHC,
 MAC, ACS, BC-TMH, HS-BCP, ICADC
 Nancy Grechko, PsyD
 Tanya Iacono, DSW, LCSW
 Michele Klimczak, LCSW
 Tiesha Maddix, PsyD
 Tracey Meyers, PsyD
 Christina Quaranta, MPA
 Shane Scott, LCSW
 Anna Seidner Osman, LCSW
 Stefan J. Simanovich, LCSW
 Mary Sperrazza, OTR/L, CPRP
 Kathryn Templeton, LPC, C-IAYT,
 Ayurvedic Practitioner
 Anne Thompson, LPC
 Kay Warchol, MSW

Sponsors





“This training was my first training as a professional. I loved every part about it. I look forward to one day presenting in the future and being part of bringing information, experience and change to the professional.”

- Trauma & Recovery Conference Attendee 2022

Photo above of Marlee Liss giving her keynote presentation.

Women's Services Practice Improvement Collaborative (WSPIC)

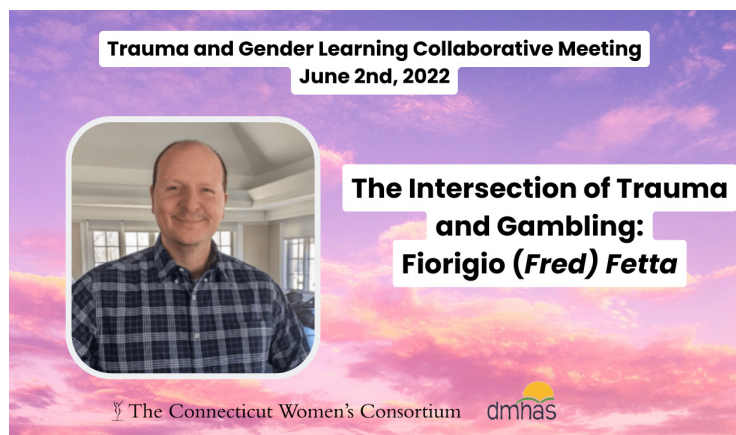
Women's Services Practice Improvement Collaborative (WSPIC) is a partnership of the Connecticut Women's Consortium, Department of Mental Health, and Addiction Services (DMHAS), and women's specialty service providers funded by DMHAS. Through expert panels and presenters, WSPIC focuses on improving behavioral health services for women. WSPIC continues to meet virtually via Zoom 6 times per year on the 4th Wednesday of the odd month. The

planning group organizes several diverse topics for presentation including Nutrition/ Well Being to Uprooting Addiction to Race and Maternal Health and Intimate Partner Violence. The attendance varies on topic but is always a robust group (on average 50 attendees) to discuss and offer support to the Women's programs in attendance.

Trauma and Gender (TAG) Learning Collaborative

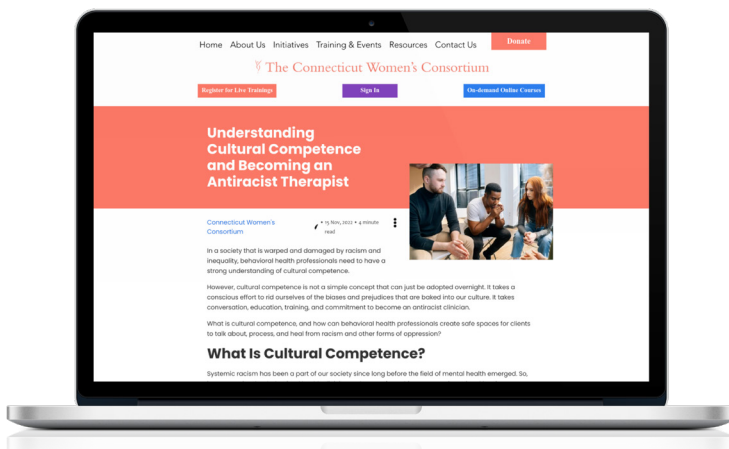
The TAG Learning Collaborative is a bi-monthly meeting between representatives from various DMHAS-funded agencies which provides learning resources, ongoing consultation, and opportunities for mentorship on becoming trauma-responsive. This collaborative also continues organization engagement in the TAG Initiative and fosters accountability and sustainability. The TAG LC continues to meet virtually via Zoom 6 times per year on the 4th Thursday of the even month.

The planning group organizes several diverse topics for presentation including Female Genital Mutilation/Cutting, The Intersection of Trauma and Gambling, Women in the Criminal Justice System. During the October 2022 meeting, the planning group invited 4 agencies that have participated in the TAG initiative to join the group and report on the system changes to their agencies based on lessons learned through the 18-24 month program. The attendance varies on topic but is always a robust group (on average 40 attendees) to discuss and offer support to individuals representing their agencies.



The Consortium Speaks

The Consortium Speaks had another successful year of fascinating blogs!



22+
blogs written
this year

Topics included cultural humility, substance use disorders, maternal mental health, restorative justice, and more. Visit www.blog.womensconsortium.org to see our latest blog entries.

“As our understanding of the interconnectedness of trauma and gender continues to grow and transform, so does the need to continue efforts to be trauma and gender-responsive. Now more than ever, the behavioral health field knows that trauma affects people’s brains, health, and functioning to a startling degree.”

– Kay Warchol, “TAG: Moving toward a trauma-informed and gender-responsive future”

Trauma Services Directory

The Connecticut Women’s Consortium’s Trauma Services Provider Directory, in collaboration with DMHAS, aims to connect individuals with behavioral health professionals that use trauma treatment models. Those models include EMDR, DBT, TREM and more. This year we officially launched the new and improved digital trauma directory that is now hosted on the Consortium’s website for public use at www.womensconsortium.org/traumaservicesdirectory. The goal is to include as many facilities as possible into the system to make finding trauma-informed services faster and easier for people in Connecticut.



Community Engagement



Amy Lane & Kelvin Young at Hamden Town Center Park for Hearts for Justice.

2022 has been a busy year for community engagement at the Connecticut Women's Consortium. This year, we began a partnership with Hamden Youth Services Bureau and organized a community drumming circle for the Town of Hamden's Summer Pizza and Ice Cream for a Dream event at Villano Park in August. This was an incredible opportunity for the Consortium to meet, greet, beat (drums), and share who we are with the public. It was a lot of fun! We also provided a Vision Board event with the nine members of the Hamden Youth Neighborhood Ambassadors in November.

We also shared our support at the Hearts for Justice event in Hamden. Hearts for Justice is an organization that brings awareness to social injustices through freedom of artistic expression. The Consortium sponsored Certified Sound Healer, Kelvin Young, as one of the event's entertainers, and we were there to spread the word about our mission and cheer on the performers.



Hamden Youth Neighborhood Ambassadors at our vision board event

Lastly, we sponsored the Department of Corrections' Women in Leadership Summit, taking part in celebrating the accomplishments of the women working in the Connecticut DOC.



Participants taking part in a drum circle event sponsored by the Consortium at Villano Park in Hamden.

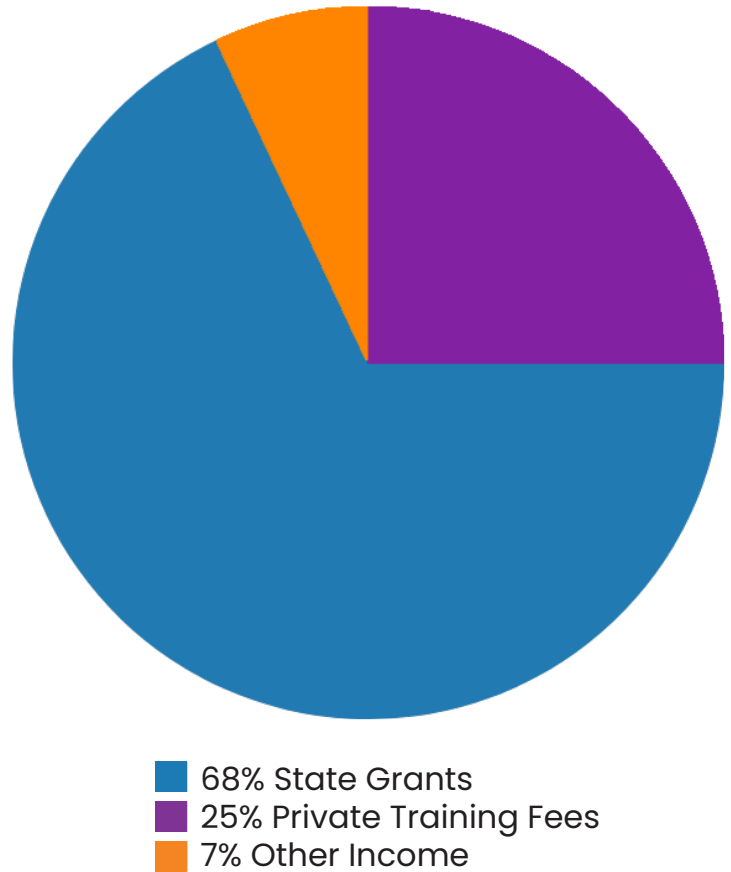
Staff

- Colette Anderson**
Executive Director
- Alexandra Caruso**
Administrative Training Specialist
- Casey Dowd**
Administrative Training Specialist
- Gloria Epps**
Director of Administration
- Morgan Flanagan-Folcarelli**
Project Coordinator
- Sheila Kinscherf**
Executive Assistant
- Amy Lane**
Administrative Training Coordinator
- Shannon Perkins**
Director of Programs
- Jaquanna Soules**
Marketing Coordinator
- Kay Warchol**
Project Coordinator

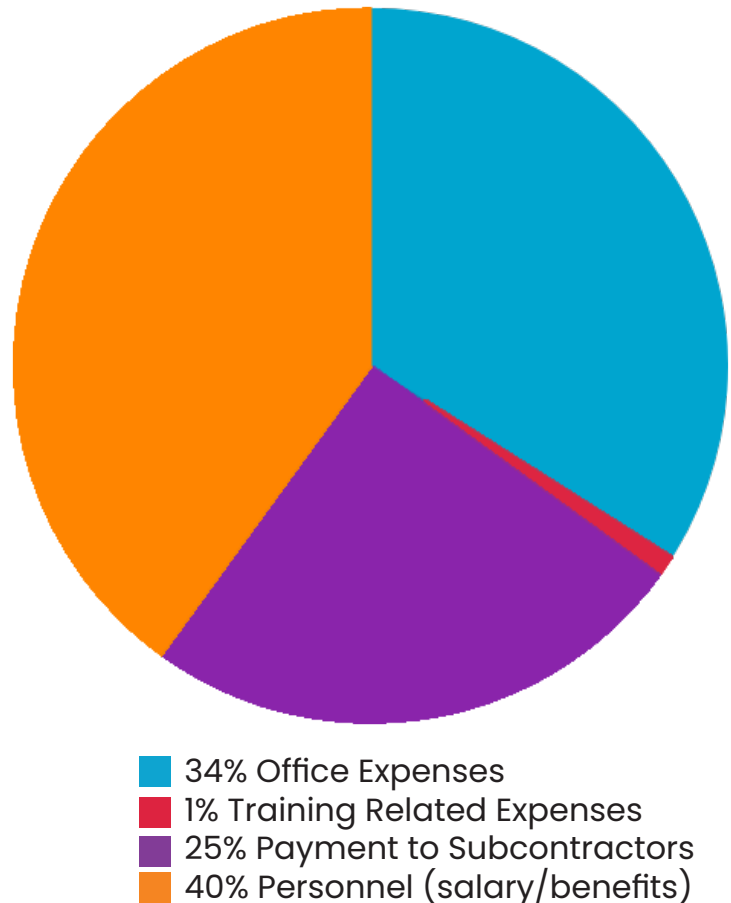
Board of Directors

- Carol Huckaby**
President
- Maria LaSala**
Vice President
- Emily Aber**
Secretary
- Tracy Beckley**
Treasurer
- Stephen Driffin**
- Opal Harmon**
- Diane Young Turner**

Total Revenue 2022
\$1,689,558



Total Expenses 2022
\$1,620,618





• Shannon Perkins, LMSW, CWC
 • Eileen M. Russo, MA, LADC
 • Tammy Sneed, DCF

A PDF version of this publication with a full list of references is available for download at:
www.womensconsortium.org

“Just wanted to let you know that I read this entire newsletter and I was struck by how well done it was—very informative and moving as well. Kudos to all involved”
 – Feedback received on one of our issues of Trauma Matters from DMHAS’s Public Information Officer, Art.



**Behavioral Health is
Community Wealth**

Annual
REPORT²⁰²²

The Connecticut Women's Consortium

2321 Whitney Ave, Suite 401

Hamden, CT 06518



(203) 909-6888



training@womensconsortium.org

www.womensconsortium.org