



# 33<sup>rd</sup> Annual Conference

With Keynote Speaker,

**Charles Atkins, MD**

**Psychiatrist, Author, Speaker, and Trainer**

**May 4, 2018**

Radisson Cromwell

100 Berlin Road, Cromwell, CT 06416



## Conference Partnering Sponsor

Our ability to deliver proven, effective treatment for drug and alcohol abuse lies in our unique High Watch Program that gives our guests the tools to live a life of sobriety both during their stay and after they leave us.

Every one of our guests receives an individual, bio-psycho-social evaluation. Our team develops a customized addiction recovery with each of our guests. This plan includes:

- ◆ An assigned therapist for two individual sessions per week.
- ◆ Biological interventions to repair brain neural and neurotransmitter systems that can be damaged by substance abuse.
- ◆ Diagnosis and treatment of any co-occurring mental health issues.
- ◆ Our Family Education Workshop is a full-day event where families and loved ones are educated about addiction and how it has impacted their lives.
- ◆ We encourage our guests' families and loved ones to schedule private family sessions with their therapist.



### HIGH WATCH RECOVERY CENTER

The world's first and finest addiction recovery center founded on 12 Step principles



The Joint Commission  
The Gold Seal  
of Approval™

Third-party Insurance Accepted

We offer an Extended Care  
Charity Program



[www.highwatchrecovery.com](http://www.highwatchrecovery.com) ~ 888.493.5368

## 33<sup>rd</sup> Annual Conference

# Welcome!



**SOCIAL WORKERS**  
leaders. advocates. champions.

Every day the 650,000 social workers in this country act as leaders, advocates, and champions and today, in 2018, it is more important than ever that social workers stand up to make our society a better place to live. Trained to look at situations in a holistic way, social workers bring people together with others and with their communities to find ways to address both individual and societal problems. We use this logo and theme, created by the National Office of NASW, for our Annual State Conference to acknowledge the profession's role in working to meet the basic needs of all people, especially the most vulnerable in our society. Social workers are present in our government, our schools, our communities, the military, and in healthcare and mental health organizations. Social workers are present in times of crisis; they push to protect and ensure human rights, working to solve social problems within their communities and bring about positive change. This is not always an easy job, especially when funding for services is being cut and health care is under threat and the government seeks to weaken certain hard fought rights. We applaud all the social workers in Connecticut who are Leaders, and Advocates, and Champions within their lives, their work, and their communities and honor the work you do.

We hope you find the conference to be timely, meaningful, and an asset to your work in the field. Please enjoy the day and don't forget to join us at the Wine & Cheese Reception immediately following the conference.

Thank you to those who are presenting today for giving so generously of your ideas and time. Thank you to the Sponsors and Exhibitors whose resources and contributions are truly invaluable to this event. Thank you to the NASW/CT staff, the workshop Moderators, and other volunteers who contribute to making this conference run smoothly. Thank you in particular to my hard-working Planning Committee: Jackie Alessio, Jennifer Bennett, Kaitlin Binnington, Amy Hood, Diana Lombardi, Michael Marshall, Leiana McIntire, Amy Myers, Kris Robles, Jessica Serra-Grant, and Lorraine Wozniak. And a special thanks to those of you who support NASW through your membership. Without you there would be no organization to advocate for those we serve as well as the profession of social work.

*Pat*

Patricia Hartman

Coordinator of Professional Development, NASW/CT

# 33<sup>rd</sup> Annual Conference

## Conference Notes

We're glad you could join us at our 33<sup>rd</sup> Annual Conference. There is a lot happening to squeeze into one day! In between the workshops please visit the Exhibitors and Sponsors who so generously support this event and be sure to take advantage of the resources available at the BookShop located near the Registration Desk. You'll find the Student Poster Session near the Registration Desk as well. Find the time to check out the work of our BSW and MSW Student participants!

This year we welcome High Watch as our Partnering Sponsor. Nestled in two hundred wooded acres in the lush Litchfield Hills of Connecticut, High Watch Recovery Center is a residential medical facility that provides state of the art treatment for Substance Use Disorders and co-occurring Psychiatric Disorders. As the oldest residential addiction treatment center in the United States their substance abuse programs are tailored to each individual addiction and administered in a safe, comfortable and healthy environment. The ability to deliver proven effective treatment for drug and alcohol abuse lies in what is called the unique [High Watch Program](#) where the latest breakthroughs in addiction medicine for treatment of both the neurobiology of addiction and any co occurring disorders (such as depression, anxiety or bi-polar disorder) are integrated into the time-tested spiritual teachings of the 12 Steps. Visit their Exhibit table at the conference, meet Jason Perillo, High Watch's Director of Communication and Marketing at lunch, and, for more information, go to their web site at [www.highwatchrecovery.com](http://www.highwatchrecovery.com).

### Books for Sale

Baystate Book Service joins us again, giving you an opportunity to purchase books and CD's of interest. Some of the most popular authors in the social work field, including some of our presenters, are among those represented and displayed in our very own "BookShop" located near the Registration Desk.

### Continuing Education Credits for:

#### **LCSWs, LMSWs, LMFTs, LPC's, and Licensed Psychologists**

This program has been approved for up to 6 Continuing Education Credit hours (including the keynote address) by the National Association of Social Workers CT chapter and meets the continuing education criteria for licensure renewal for LCSWs, LMSWs, LMFTs, LPCs, and Licensed Psychologists.

### Hotel Accommodations

Should you wish to stay at the Radisson Cromwell, the overnight rate is \$119 plus tax. Please call the Hotel directly to make reservations at (860) 635-2000 and say you are with NASW/CT.

## At a Glance...

6:30-7:30 am	7:30-8:30	8:30	8:45-9:45	9:45-10:15	10:15-12:15 pm
Exhibitor Set Up	Conference Registration Exhibitor Displays Light Breakfast Poster Session	Welcome	Keynote Address	Exhibitor Displays Poster Session	2 Hour Morning Workshops #1-14
12:15-1:30 pm	1:30-3:00	3:00-3:15	3:15-4:45	5:00	5:00-6:00
LUNCH Exhibitor Displays	First Half of Full Afternoon Workshops #15-17 and Early Afternoon Workshops #18-28	BREAK Poster Session	Second Half of Full Afternoon Workshops #15-17 Continue and Mid Afternoon Workshops #29-39	Drop Off CEC Participant Form at Registration Desk	Join us for a Wine & Cheese Reception

## 33<sup>rd</sup> Annual Conference

### SAVE MONEY!



EARLY BIRD

#### REGISTRATION DEADLINE

Register On-line by midnight

Friday, April 6, 2018

### LMSW and LCSW Prep Classes

Two Day Review for License Exam offered:

March 24-25

June 9-10

August 18-19

November 10-11

### Social Work Examination Services

In partnership with NASW/CT

For information and to register

go to [www.swes.net](http://www.swes.net)

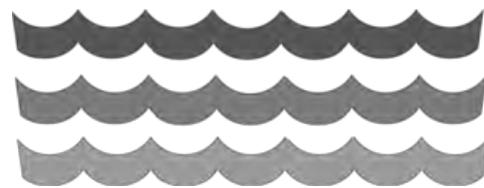
or call (800) 933-8802

### BookShop



Check out our bookshop near  
the Registration Desk!

### **Social Workers Rollin' on the River**



**SAVE THE DATE!  
Annual Awards Dinner  
November 15, 2018**

**"We make a living  
by what we get,  
but we make a life by what we give."**

## 33<sup>rd</sup> Annual Conference



**Charles Atkins, MD**

**Board-certified Psychiatrist, Author, Speaker, & Trainer**

Charles Atkins, MD, is well known to many in Connecticut as a Speaker and a Trainer and we are fortunate to have him as our Keynote Speaker for our 33<sup>rd</sup> Annual Statewide Conference. Dr. Atkins is the Chief Medical Officer for Community Mental Health Affiliates (CMHA), a multi-site non-profit agency that provides behavioral health and substance abuse services for children, adolescents, and adults.

Dr. Atkins received his BA from NYU and went on to Emory University to earn his Doctor of Medicine degree. He interned at the Hospital of St. Raphael and his Psychiatric Residency was at Yale. Dr. Atkins worked at Waterbury Hospital for a number of years and was then employed at the Western Connecticut Mental Health Network as Medical Director and Chief Medical Officer before returning to Waterbury Hospital Health Center as Attending Physician/Psychiatrist. His work took him from geriatric psychiatry and prolonged and persistent mental illness, to oversight of WCMHN clinical initiatives and participation on state-wide committees, to substance abuse and dual diagnosis treatment and medication-assisted treatment of opiate dependence to supervision of agency staff, program development, and statewide initiatives. He has written books on Bipolar Disorder, Alzheimer's Disease, and Co-Occurring Substance Use and Mental Disorders as well as hundreds of articles and columns for magazines, newspapers, and journals. In addition, Dr. Atkins writes paranormal fiction, including for Young Adults, under the pen name, Caleb James. He is a member of the Yale University School of Medicine Adjunct Clinical Faculty and a popular trainer at the Connecticut Women's Consortium.

Dr. Atkins' keynote will address *Humor, Healing, and the Power of the Positive*. We know that stress kills but what about the flip side? What about love, laughter, joy, prayer, meditation, and exercise? How might these impact all dimensions of wellness and contribute to resiliency? The plenary session will explore the emotional, spiritual, and physiologic changes that accompany positive states. Delve into the powerful literature on mindfulness and exercise with Dr. Atkins and explore the roles that humor and laughter can play, even, and perhaps especially, in the face of stress, sadness, and suffering.

## Morning Workshops

10:15—12:15

### 1. Getting Real with Opioid Use Disorders

2 CECs

Fueled by the introduction of potent and inexpensive fentanyl from China, the opioid-overdose epidemic rages on. The death toll rises and, every day, younger and younger people from all communities get hooked. This two-hour workshop presents important material around opioid-use disorders and how to recognize them, co-occurring mental health problems, and medication-assisted treatment (MAT) and also gives attendees the opportunity to develop reality-based treatment strategies through the use of dense case studies.

**Charles Atkins, MD**, our keynote speaker, is the presenter of this workshop. Dr. Atkins is the Chief Medical Officer for Community Mental Health Affiliates (CMHA), a multi-site non-profit agency that provides behavioral health and substance abuse services. Dr. Atkins has long been involved in the treatment of substance abuse and medication-assisted treatment of opiate dependence and in 2014 he published the book *Co-Occurring Disorders: The Integrated Assessment and Treatment of Substance Use and Mental Disorders*.

### 2. Intersex 101: An Introduction and Essentials for Social Workers

2 CECs

*This workshop meets the licensure requirement for cultural competence.*

This workshop will explain intersex from a biopsychosocial perspective, helping social workers to understand defining medical characteristics as well as the unique psychosocial needs of intersex clients. Falling physiologically between our commonly accepted binaries of “male” and “female”, many intersex people have had the right to an “open future” taken away when important decisions about sex and gender were made for them, often surgically, and frequently without their consent. Although intersex people have existed since the beginning of time, they are largely invisible to the world and have not received the care they need and are entitled to. This underserved group, estimated at representing about 1.7% of our population, has undertaken enormous advocacy projects aimed at visibility. Social workers are the perfect allies to join the intersex advocacy movement for basic human rights and self-determination.

**Bonnie Scranton, LCSW, CST** is a clinical social worker and an AASECT Certified Sex Therapist working in private practice where she specializes in couples work and on a multi-disciplinary team at CT Children’s Medical Center working with intersex children and their families. She serves on the Board of Directors of the AIS-DSD Support Group, a US and Canada based group of families, affected adults, and clinicians of many disciplines who work to improve the lives of intersex people.

### 3. Dispelling Myths: Deconstructing How We Engage Boys and Men

2 CECs

Male clients are frequently blamed and criticized for not accessing needed services and supports. What are the factors contributing to the reluctance of men to seek help, their disengagement, and the barriers to services for the guy population? This workshop will engage participants in an interactive workshop that will explore factors contributing to male client reluctance, resistance, and avoidance while offering strategies to enhance delivery of gender competent services. The workshop will deconstruct myths and misconceptions associated with male client service engagement while challenging participants to explore their own concept of gender competence and how it relates to their work to improve health and wellness outcomes for male clients.

**William Fothergill, MA, MSW, CPC, LPC** holds both a Master’s degree in Clinical Psychology and a Master’s degree in Social Work. He is a Certified Professional Life Coach, a Grief Recovery Specialist, and a Licensed Professional Counselor. Presently Mr. Fothergill is a member of the counseling faculty at Central Connecticut State University where he serves as an Associate Counselor in Student Wellness Services-Counseling Center. He is founder of the CCSU HEALTHYfellow Campaign and the Man Enough Support Initiative as well as being the founder of MANWELL, a health promotion campaign working to address health disparities and improve delivery of gender competent services to boys and men.

## Morning Workshops

10:15—12:15

4. **Burning Bright or Burning Out. Self-Care Matters!**  
**Walk the Talk of Self-Care and a Healthy Work Life Balance**  
**2 CECs**

Many counselors are familiar with self-care and work life balance and spend a great deal of time sharing this concept with their clients...while struggling to put this concept into action in their own lives. In this work we ask clients to go towards their pain, their dark places, and allow us to be the containers but research shows that counselors also need good self care or they are prone to health issues, including burnout, compassion fatigue, heart issues, depression, compromised immune systems, and suicidal ideation. Every counselor must be aware and alert to the potential for overextending themselves and failing to seek help when needed. This workshop will discuss the rituals and routines of self-care and taking care of one's own mind, body, soul, and relationships. The signs of burnout and fatigue will be shared while a personal self check-up list will be created for increasing resources, keeping your passion for your work, and maintaining good work life balance.

**Asha Patlikh, LMFT** is in private practice and is also an adjunct faculty member at Southern Connecticut State University. She is an approved AAMFT supervisor and an approved presenter of Impact Therapy. Ms. Patlikh has presented many workshops on creative therapy techniques as well as healthy living and finds counseling to be a most rewarding profession. She is a supportive member of her professional organization, the Association for Marriage and Family Therapy, and an AAMFT Approved Supervisor.

5. **“I just killed my mother”: Practice Principles for Helping Families with End of Life Decisions**  
**2 CECs**

Facing death is one of life's greatest challenges and appropriate care is critical to meet the patients' and the families' need for comfort and the reduction of anxiety and pain. In the United States, end of life decisions often focus on patient autonomy, the right of a patient to make their own decisions about which medical interventions he or she will or will not receive—often at the expense of family involvement. Or, alternatively, the family is asked to make a decision to terminate a family member's life, often a parent, within hours or a day of needing a decision. The process has led to a rivalry of care between medical staff and family members over who knows what is best for the patient. Being attentive to the family's moral universe when a family member is dying is often not given priority. Social workers find themselves ill prepared or without any guidelines when assisting a family faced with these dilemmas and fears. This workshop will provide an overview of end of life concerns, providing a set of clinical practice principles inclusive of a family's culture and values to assist social workers as they help families work through the moral decision to end a family member's life with the hope of “discovering what death can teach us about living fully”. (Ostaseski, 2017)

**Jack Paul Gesino, DSW, LCSW** is an Associate Professor of Social Work at Southern Connecticut State University where he chairs the Elders and Families Specialization. He has also been engaged for forty years in a clinical practice with elders at the Center for Elders and Families. Dr. Gesino has a special interest and expertise in Positive Psychology and Neuroscience Interventions and has presented on these topics at numerous NASW Conferences. He supports the mission of NASW as a long time member of NASW/CT.

**Kathleen Collins** is Director of Member Services at “Staying Put” in New Canaan, a member based, volunteer supported, non-profit dedicated to helping older adults who live in New Canaan stay safely in their homes and remain actively engaged in the community as they age. Ms. Collins is presently completing her MSW at Southern Connecticut State University and is currently participating in a 600-hour internship at the Yale New Haven Health Systems Center for Geriatrics and Bridgeport Hospital. She is a member of the National Hospice and Palliative Care Organization and supports the mission of NASW through her membership in NASW/CT.

## Morning Workshops

10:15—12:15

6. **When the Provider is the Outsider:**

**Cultural Competence Considerations When Working Outside Your Familiar**

**2 CECs**

*This workshop meets the licensure requirement for cultural competence.*

The field of social work places great emphasis on the importance of being culturally competent yet many of us find ourselves paralyzed or flustered when engaging with cultural groups with whom we are unaccustomed. Our assumptions, judgments, and blind spots often convince us we cannot help the client. We are ill prepared for working with translators and write off a difficult client/provider relationship by citing “cultural barriers”, thereby missing opportunities to engage. This workshop will explore ways to be effective when you are the “odd man out”, the “outsider” looking for a way to connect with someone whose experiences, norms, and traditions do not reflect your own. Participants will gain insights into their own biases and “privileges” as well as practical skills to use to enhance engagement and recovery.

**Sarah Finke, LCSW** has been providing psychotherapy in Spanish to clients from Latin America since 2008 as part of the CT Latino Behavioral Health System at CommuniCare Inc. She serves as both a clinician and Latino Coordinator. Sarah is also a certified trauma-informed yoga instructor, received specialized training with Health Right International, and is a volunteer with EMDR—Humanitarian Assistance Programs. She worked as a family reunification and child placement specialist with immigrant and refugee children in Washington, DC and spent a year in Tanzania with the UN High Commissioner for Refugees on efforts related to the protections of separated and unaccompanied minors. Sarah supports the mission of NASW through her membership in NASW/CT.

7. **Veteran’s Benefits to Fund Long Term Care in Connecticut**

**2 CECs**

*This workshop meets the licensure requirement for Veterans Services.*

The men and women who have served and fought for our country have many monetary programs and compensation benefits they can access to support their long term care needs but the VA system is very complex and can be difficult to navigate. It is critical that people who work with Veterans know about the programs that are available to veterans, with or without disabilities, and how the Veterans might qualify for the services even if at first glance they do not meet the financial requirements. This workshop provides social workers with an opportunity to give back to Veterans by educating themselves and their clients, learning about resources, and assisting Veterans in getting connected to the services that can help them and their families.

**Steven Rubin, JD**, is an attorney with the Drazen Law Group. He is a passionate advocate for helping clients maneuver the often rough terrain of estate and elder law planning in order to safeguard their assets, independence, and livelihood, no matter what the future holds. After losing his mom to ALS and becoming a primary caregiver to his disabled father, he experienced first-hand how solid legal planning can remove many obstacles that families face during a crisis while making future life transitions easier on everyone. In addition to practicing in the area of estate planning, Attorney Rubin is one of 12 attorneys in the State to earn the distinction of Certified Elder Lawyer by the National Elder Law Foundation (NELF).

8. **Addressing Adverse Childhood Experiences (ACEs) Through the Strengthening Families Framework**

**2 CECs**

The original ACEs (Adverse Childhood Experiences) study undertaken by Kaiser Permanente in 1995-1997 illuminated how early childhood experiences were an important health issue, showing how trauma, abuse, incarceration of a parent, divorce, and alcoholism in the family, for example, could have a significant negative impact on one’s lifelong health and opportunity. In 2006 The Center for the Study of Social Policy, with help from the Doris Duke Charitable Foundation, launched the Strengthening Families Framework as a strategy and national network to prevent child abuse and neglect by helping early care and education programs to assist families develop “protective factors” which contribute to child safety and well being. This Framework is a research-informed approach that focuses on engaging families in five areas to promote the optimal development of all children. In 2016, the presenters of this workshop became the first trainers in Connecticut to be certified as Strengthening Families Framework instructors and this presentation will review the highlights of the Framework, the “Protective Factors” that prevent child abuse and neglect, strategies to help families, and working with families in a strength based manner. Anyone working with children and families will find this presentation, complete with hands-on practical skills, to be an invaluable pathway to improved outcomes for the children they serve.

## Morning Workshops

10:15—12:15

**Allison Matthews-Wilson, LCSW** works at the Connecticut Children's Medical Center—Center for Care Coordination as a Clinical Program Specialist and is currently a Co-Investigator in an Emergency Department behavioral health pilot program. She is the acting facilitator of the North Central Care Coordination Collaborative and a Certified trainer for the Protective Factors Framework. Her focus has always been on mental health awareness and advocacy for children and families at risk.

**Katherine Ramirez, MS** is a Program Specialist at the Connecticut Children's Medical Center—Center for Care Coordination where she serves as the Co-Facilitator and Technical Advisor to the North Central Care Coordination Collaborative. She has worked as a community care coordinator for children who are at risk for poor health and developmental outcomes. She is a Nationally Certified Strengthening Families Protective Factors Trainer.

### 9. Complementary Alternative Methods of Treatment: Sacred Science for Clinicians

2 CECs

This workshop will embark on an engaging and informative seminar where mental health providers will learn about two treatment paradigms, Ayurvedic Medicine and Botanical Medicine. Ayurvedic Medicine is a 5,000-year-old system of natural healing that has its origins in Northern India. Although suppressed during years of foreign occupation, Ayurveda has had a major resurgence over the past decade in both its native land and throughout the world. Tibetan medicine, traditional Chinese medicine, and early Greek medicine all have their roots in Ayurveda. More than a system of treating illness, Ayurveda is an integrative and preventative wellness model that offers a body of wisdom designed to support vitality, balance, immunity, and longevity. The second paradigm, Botanical Medicine, functions dually as its own stand alone holistic treatment model yet also goes hand in hand with Ayurvedic medicine as a treatment protocol. Our plant based allies, their aromatic constituents, and the role they play as healers will be discussed - answering the questions, what are the connections between ancient theory and modern medicine and what are some self-care rituals that can be adapted to clinical work with clients?

**Jessica Serra-Grant, LCSW** is a clinical faculty member at Yale University's School of Medicine, Department of Psychiatry. Her leadership as a director in the mental health arena of evidence based practice and trauma informed care has spanned the past decade. Jessica is also an integrative wellness provider, credentialed by the National Ayurvedic Medical Association after years of study at the Himalayan Institute. She is certified in herbalism, is a community medicine provider, and is an IAYT certified yoga therapist. She is a supporter of the mission of NASW, a member of NASW/CT and a member of the Planning Committee.

### 10. Trauma, Violence, and Birth: Implications for the Entire Family System

2 CECs

Trauma and violence can intersect with birth in a myriad of ways and can pose significant risks to the well being and mental health of the mother, her partner, and the newborn. The presentation will examine both obstetric violence and traumatic birth as well as interpersonal/domestic violence in the perinatal period, including case studies that explore real-life implications of violence and trauma as they impact the family system. Perinatal mood and anxiety disorders as well as the potential impact on the maternal-child attachment will be discussed in relation to trauma, offering social workers some new language to use around the perinatal period. Appropriate care and treatment as well as barriers to treatment will be a part of the workshop.

**Catherine McDonald, MS, NCC, LPC** is the founder of Growing Well Counseling in Glastonbury and a founding member of Postpartum Support International, CT Chapter. She specializes in perinatal mood and anxiety disorders (PMADs), trauma and birth. She has completed extensive post-graduate specialty training in PMADs and in addition to her private practice offers clinical supervision in perinatal mental health. Catherine recently presented at the 2017 Postpartum Support International Conference and the Connecticut Counseling Association 2017 Conference.

## Morning Workshops

10:15—12:15

**11. Bullinamia: Bullying, Cyberbullying and the CT Landscape . . .The Good, the Bad and the Ugly**  
2 CECs

Data collected by the CT Department of Education over the past decade on “bullying” complaints indicate some important common features. The common characteristics provide a clear understanding about what is needed to ameliorate the deficiencies so that fewer complaints would be shared at the state level and, more importantly, at the local school level where bullying can sap resources in many ways. There are concrete and meaningful pathways and strategies that schools ought to embrace that will decrease the amount of bullying/cyber-bullying/harassment that both families and schools have to deal with. This workshop will provide an overview of what bullying/cyberbullying/harassment looks, feels, and sounds like—locally and statewide. Attendees will learn how to interact and manage bullying allegations and resolve complaints. The session will provide an overview for creating safe environments for students, exploring some promising and best practices to move from crisis intervention to prevention and early intervention.

***Jo Ann Freiberg, PhD*** is a Consultant at the CT State Department of Education where she manages the wide arena of school climate, restorative practices, bullying, and character education. Her career as a teacher, teacher educator, and national expert is devoted to empowering the adults who teach and work with children to exemplify respectful behavior so they create safe and positive learning environments.

**12. Striving and Surviving as a New Social Worker**  
*For new and near graduates, no CECs*

Why do many people feel underprepared to practice social work after finishing school? What will make your resume stand out and how do you present yourself in the most favorable light? How do you get the most out of your supervision, how do you cope with organizational life, how do you start a new job on the right foot and leave for your next job on good terms? This workshop is geared towards near and new graduates who might be looking for advice on how to approach the life-cycle of employment, helping to answer those questions that are hard to ask but are common concerns as you enter your first professional role. Trying to organize your skills while learning about your organizational setting can be difficult to navigate at times and this presentation is intended to assist the new social worker in thinking about the rules and expectations of the organization that employs you and your own professional growth.

***Edwin Renaud, LCSW, PhD*** has been a rejected applicant and a successful hire in federal, state, and private non-profit organizations. He has climbed up and down the organizational ladder. He has had articles published in academic journals and made spelling mistakes on cover letters. He’s learned so much from his mistakes that he makes new ones almost effortlessly. Despite all this he has more than 20 years of clinical and administrative experience in the field and is currently a manager with DMHAS at The Connecticut Mental Health Center in New Haven.

**13. The Impact of Restorative Practices with the Juvenile Justice Population**  
2 CECs

Restorative Justice Practices were first introduced at the Connecticut Juvenile Training School (CJTS) early in 2016 after the facility was selected as a participant through a grant to the Center for Children’s Advocacy. The program’s purpose was to provide training and support within a congregate care setting to reduce arrests of the students, some of the most challenging and troubled youth in the state, through the implementation of restorative principles. It soon became evident, however, that implementing this model within a secure juvenile facility had many more benefits than just reducing arrests. It changed the way students and staff related and spoke to one another. It provided avenues for everyone to have a voice. A new intake process was initiated along with welcoming circles, experiential restorative circles, and a movement away from individual consequences to repairs to the community for harm that was done. Preliminary results from the program show a reduction of arrests, a reduction in aggressive acts, and an overall improvement in the mental health of the students housed at CJTS. Even though CJTS is expected to close its doors in the near future, the progress made, the lessons learned, and the hopefulness that was initiated will be shared by a panel from CJTS that is optimistic about the implementation of Restorative Practices in other milieus and facilities within Connecticut.

## Morning Workshops

10:15 to 12:15

**John Beazoglou, LCSW** has worked for the Department of Children and Families for 21 years, focusing much of his career within the field of Juvenile Justice. He is a Supervising Clinician at CJTS, an author, a teacher, and maintains a small private practice.

**Elizabeth Chaterdon, LCSW** is a Clinician at CJTS, having worked for the past 10 years in the field of Juvenile Justice. She has been a key contributor to the Restorative Practices initiative at CJTS and is passionate about creating lasting change for the highest of at-risk youth. Beth also maintains a private practice.

**Donald Highsmith** has worked for the Department of Children and Families for the past 20 years, 17 of which have been at CJTS as a Youth Service Officer. In 2014 he earned the role of Associate Chaplain due to his commitment to a holistic approach incorporating faith into youth treatment. He is a licensed ordained minister with Grace Fellowship Church in Meriden.

**William Rosenbeck** is presently the Superintendent of the Connecticut Juvenile Training School. He began his career in 1981 in Massachusetts working with delinquent youth as a caseworker and ultimately became the Director of Operations for the MA Department of Youth Services until beginning his present position in 2007.

### 14. Policy Solutions to Human Trafficking

2 CECs

Human trafficking in Connecticut is a serious problem and it is getting worse. Our location along I-95 between New York City and Boston makes it a major corridor for traffickers selling women and children at highway hotels and motels. Home to the country's highest income inequality, Connecticut experiences human trafficking of both foreign- and domestic-born people in wealthy home and on city streets. Virtually every small town has an unregulated nail salon with non-English speaking workers who are often victims of known labor violations and suspected sex trafficking activity. Connecticut is also home to two of North America's largest casinos with transient populations and a culture of "pleasure and entertainment". Connecticut's Trafficking in Persons (TIP) Council seeks to address and prevent human trafficking by making policy recommendations to the State Legislature. The Council's Chairperson and the Council's Intern will present this workshop, discussing how changes in state law over the past 2 years were formulated. The workshop will examine human trafficking from a state policy perspective with attention to both policy development and policy implementation.

**Jillian Gilchrest, MSW** is the Director of Health Professional Outreach for the Connecticut Coalition Against Domestic Violence. She has extensive experience advocating for women's health and safety, in particular influencing public policy. She currently Chairs the State's Trafficking in Persons Council for the Connecticut General Assembly and leads the State's End Demand campaign. Ms. Gilchrest supports the mission of NASW and in 2008 was named NASW/CT MSW Student of the Year.

**Leianna McIntire** is currently pursuing her MSW in Policy with a focus on International Social Work at the UCONN School of Social Work. She is interning at the Trafficking in Persons Council with Ms. Gilchrest. Although new to the social work field, Leianna has a strong passion for human rights and social justice in regards to children. She supports the mission of NASW and is a member of the Planning Committee for NASW/CT, and the Macro Social Workers Network.

## Thank you to the Conference Planning Committee members

Jennifer Bennett, LMSW; Kaitlin Binnington, BSW; Amy Hood, LMSW;  
 Diana Lombardi, MSW; Michael Marshall, LMSW; Leianna McIntire; Amy Myers, LCSW;  
 Kris Robles, LCSW; Jessica Serra-Grant, LCSW; and Lorraine Wozniac, LCSW.

## Full Afternoon Workshops

1:30—4:45

**15. Countertransference is Essential for Effective Clinical Practice**

3 CECs

No matter where or with whom they practice, social workers will inevitably develop countertransference reactions to their clients, which, from other perspectives is often dismissed as interference or as a reflection of the social worker's own unresolved psychological work. In fact, countertransference is not only inevitable; it is essential in helping clients solve their problems. Drawing on Control-mastery theory, this workshop will allow participants to explore how the social worker's countertransference reveals a client's dilemma and how to use this information to help a client reach his or her goals. Not only does this understanding help the therapist address particularly difficult moments in the work, it can also promote greater empathy in the therapist for even the most challenging clients. Woven throughout the presentation, the use of countertransference reactions will be illustrated using case material and participants will be encouraged to practice applying this method to their own cases.

**Jo Nol, PhD, MS, LCSW** has been a social worker for 32 years. She was a partner at the Women's Center for Psychotherapy in West Hartford, from which she recently retired, and continues to teach as an adjunct professor at the University of Connecticut School of Social Work. In addition to authoring professional articles, Dr. Nol has published 2 mysteries where a social worker is the protagonist. Dr. Nol supports the mission of NASW and has served as the President of the NASW/CT Chapter Board, was chair of the Ethics Committee, and presently chairs the chapter's Clinical Social Work Network.

**16. Clinical Aromatherapy: Using Essential Oils for Health & Wellbeing**

3 CECs

Aromatherapy is one of the fastest growing complementary therapies, the most simple to integrate into clinical practice and possibly the most misunderstood. In this highly experiential workshop, learn the history and foundational science of aromatherapy, how to use essential oils safely and effectively, how to choose specific oils to support healing and remediate trauma, and how to enhance self-care for clinicians. Learn the proven, therapeutic effects oils can have on many conditions including trauma recovery, anxiety, grief, depression, insomnia, chronic pain, brain disorders, and other conditions. Legal and ethical practices for the use of essential oils in clinical practice will be discussed as well as regulation, licensing, and certification guidelines for aromatherapy.

**Alicia Davis, PCC, LMT** is a professional certified coach and a CT licensed massage and Shiatsu therapist who uses aromatherapy in her clinical practice. She maintained a private healing practice for 22 years and now consults with organizations on how to effectively incorporate complementary methods of stress reduction and wellbeing into clinical and staff care through coaching, training, and teambuilding.

**17. Emotions Matter! Emotional Intelligence for Clinical Practice**

3 CECs

Emotional intelligence is the attitudes, knowledge, and skills associated with the ability to accurately recognize, understand, label, express, and regulate emotions and to use emotions in the service of your goals and achieving greater well-being. Decades of research reveal that people who are skilled in emotional intelligence are more engaged in school and work and perform at higher levels, have positive peer and family relations, and have more effective decision-making. People less skilled tend to have greater levels of anxiety, depression, and substance abuse as well as more challenged relationships. Mental health workers are uniquely positioned to support clients in building emotional intelligence skills across various settings and diagnoses and this workshop will introduce clinicians to the concept of EI as well as to RULER, an evidence-based social emotional learning framework being integrated into school curriculum.

**Seth Wallace, LMSW** is a clinician at the Trauma-Informed Schools program at Clifford Beers Clinic and the Assistant Director of the Yale University Office of LGBTQ Resources. He previously worked on the inspirED project at the Yale Center for Emotional Intelligence, collaborating with Facebook and high schools across the country to develop resources for students and teachers looking to create a positive emotional climate in schools. Seth also consults with schools and organizations on topics related to LGBTQ identity. He supports the mission of NASW through his membership with NASW/CT.

**Sarah Kadden, LMSW, MAR** is the Program Manager of RULER for Early Childhood at the Yale Center for Emotional Intelligence where she provides training, content, and coaching for the early childhood community. Prior to joining the Center she worked as a teacher, social worker, professional development provider, and organizer across nonprofit, school, and community settings.

## Early Afternoon Workshops

1:30—3:00

**18. Pathways to Family Involvement**

1.5 CECs

While family involvement is pivotal in creating positive outcomes in the treatment of mental health issues and substance abuse, knowing which form of family involvement is appropriate and how to implement it is where the rubber meets the road. There are a variety of pathways to family involvement and the clinician that is aware of the differences can determine how to use it appropriately. Particular attention will be given to the distinctions between family support and family therapy. In this workshop participants will learn new ways to engage, support, and include families to support their clients and promote change and resilience taking special note of HIPPA relevant information for family involvement.

***Joshua Watson, LMFT*** currently has a private practice in Greenwich and is a family therapist at Turnbridge in New Haven. Previously he was a Clinical Team Leader for Young Adult Services at BHcare and a primary clinician at the Yale Child Study Center working with youth and families. He is a supportive member of his professional organization, the Association of Marriage and Family Therapy and an AAMFT Approved Supervisor.

**19. “Hope through Healing”, a Psychoeducational Group for Children of Incarcerated Parents**

1.5 CECs

According to recent statistics from the CT Department of Corrections, over half of those incarcerated in 2016 reported themselves as being a caregiver to children—leaving over 17,000 dependents in our state with a caregiver behind bars. Research has found that children of incarcerated parents carry a tremendous burden and are vulnerable to anger, shame, and depression. This shame is enhanced when they believe they are alone in their experience. The company of other children whose parents are in prison allows young people to share their secret, learn they are not to blame for their family's troubles, and perceive of themselves as having potential. This workshop will illustrate the development and implementation of a psychoeducation support group called “Hope through Healing” created as an after school program for adolescent girls. Case examples will be used to facilitate discussion and school social workers will discuss how trauma-informed and attachment theory perspectives informed the program development to mitigate the adverse effects these children face.

***Joanne León, PhD, LCSW*** has been working in the field of mental health and school social work for 19 years. She is currently a faculty member and Chair of the Social Work Department at Central Connecticut State University. Her research interests are in mental health with Latinos, inner-city children's academic success, and student retention in higher education. She has a Professional Educator Certificate in School Social Work. Dr. Leon supports the mission of NASW and is a member of the NASW/CT Board of Directors as the Region I representative.

***Samantha Alzate, LCSW*** is a school social worker for the Consolidated School District of New Britain. She also maintains a small private practice.

***Andreia Almeida, LMSW*** is also a school social worker for the Consolidated School District of New Britain.

**20. The Secret to Unleashing Your Superpower**

1.5 CECs

Sociologist Brene Brown has jump-started a dynamic worldwide movement inspiring people to live courageous lives of purpose and authenticity through vulnerability. In this interactive presentation, we'll rediscover what inspired you to enter the field of social work and reconnect with the original passion that animates your professional life. Learn what blocks your creativity and robs you of joy as we unlock the simple secrets of fostering connection, compassion, and true authenticity in your personal and professional life. The presentation includes storytelling, guided meditation, dialogue, and humor.

***Brandon Nappi, D. Min***, founder and Executive Director at Copper Beech Institute, is a mindfulness teacher, speaker, and writer who passionately believes in the capacity of the human spirit to awaken. He has received extensive mindfulness training from the University of Massachusetts Medical School's Center for Mindfulness founded by Jon Kabat-Zinn. Dr. Nappi blogs for the Huffington Post and teaches a course in mindfulness at Yale University.

## Early Afternoon Workshops

1:30—3:00

**21. Early Years Matter: Using an Attachment Approach to Clinical Work with Young Children**

**1.5 CECs**

An infant's first task in life is to form a secure relationship with a safe caregiver, making attachment a task of survival. Attachment theory gives us language for how this first relationship is developed and a framework for understanding relationships through the lifespan. Risks to attachment often lead to challenges in relationships and with regulating emotions; challenges that frequently prompt clinical intervention. This workshop will review Attachment Theory and observe young children interacting with caregivers. Attachment will be presented as a theoretical framework as well as an approach for intervention.

**Amy Myers, LCSW** is an Assistant Clinical Professor of Social Work at the Yale Child Study Center. She provides consultation for the Family-Based Recovery (FBR) program, an intensive, in-home clinical intervention that provides substance use treatment and dyadic attachment-focused treatment to parents with children from birth to 3. Amy supports the mission of NASW and is currently the NASW/CT Chapter Board Region 2 Representative.

**Jeanette Radawich, LCSW, IMH-E®III** is a Parent-Child consultant for the Family-Based Recovery Program and an Instructor of Clinical Social Work at the Yale Child Study Center. She is endorsed at a Level III by the Connecticut Association of Infant Mental Health.

**22. Bereavement Crisis Interventions for School Social Workers**

**1.5 CECs**

Bereavement is a universal part of the human experience. Social workers regularly are called upon for bereavement crisis intervention and support and, sadly, more and more often it is the school social worker that is called to provide help and resources for an event within the school. Therefore, it is important to understand lifecycle perspectives, developmental issues, styles of grieving, crisis responses, and referral sources for follow-up. This workshop will discuss the essential components for helping children and adolescents begin to process their grief, providing information that will enhance their ability to support individual students as well as the school community.

**Karen Carney, RN, LCSW, FT** is a Registered Nurse and a Licensed Clinical Social Worker with a wide range of professional and clinical experience. She founded the bereavement center at the D'Esopo Funeral Home and is currently on the faculty at Goodwin College in the Human Services Program. She has a private practice with a specialization in bereavement and trauma. Karen is the author and illustrator of the Barkley and Eve collection of coloring books for children, coloring books that are designed to address issues of loss and transition related to the illness or death of loved ones. Karen is a long time supporter of the mission of NASW and serves as Chair of the Review Committee for Continuing Education.

**23. Connecticut LGBT Aging Advocacy**

**1.5 CECs**

***This workshop meets the licensure requirement for cultural competence.***

Currently there are an estimated 95,000 LGBT adults living in Connecticut and of these adults more than 20,000 are 62 or older. The population of older LGBT adults could reach 35,800 by 2025 according to estimates by the UCONN State's Data Center. LGBT elders often encounter unique barriers in gaining access to housing, healthcare, long-term care, and other services and there are few agencies or providers prepared to meet the needs of this aging population with an open and affirming climate across all levels and functions of their agency. In response to these gaps in our communities, the Connecticut LGBT Aging Advocacy Initiative/Coalition was established in 2013 to address the existing resources and outstanding needs. Comprised of community members, providers, and Connecticut policy makers, the Initiative provides information, training, resources and evolving opportunities to create a framework that will establish an affirming environment for Lesbian, Gay, Bisexual, and Transgender elders. The workshop will disseminate the lessons learned in organization, plans for the future, and implications for practice and policy in Connecticut with special attention given to the Getting It Right (GIF) Initiative and The Movable Senior Center project.

## Early Afternoon Workshops

1:30—3:00

**Colleen Richard, PhD, MSW** is the Program Coordinator of Human Services at Tunxis Community College and a founding member of the Connecticut LGBT Aging Advocacy Initiative/Coalition. Her graduate school dissertation was entitled: *Older Lesbians in Connecticut: Attitudes and Experiences Toward the Social Service Delivery System*. **Dianne Stone** has been the Director of the Newington Senior and Disabled Center for the past 20 years. The first CT Senior center to receive National Accreditation, Newington's center is intensely involved in the development and promotion of community based programs and services that improve the wellbeing of older adults and people with disabilities. Dianne is a founding member of the LGBT Aging Advocacy group and the lead person in the LGBT Moveable Senior Center.

**24. Demystifying Islam**

1.5 CECs

*This workshop meets the licensure requirement for cultural competence.*

This workshop will raise awareness and empower participants to effectively work with the Islamic population. Participants will explore ways in which Muslims have been interpreted and misinterpreted throughout society, including an analysis of the media's portrayal of Islam. An overview of the history, fundamentals, practices, and rituals of Islam will be included in the presentation with attention given to the social, emotional, and psychological implications for a person of the Muslim faith.

**Qur-an Webb, MSW** is a Child Welfare Trainer with the Department of Children and Families and Director of Operations at Welcome 2 Reality, a company that provides psycho-educational programming for youth and their parents on media literacy and social literacy. His research interests include how to educate and empower individuals to make healthy choices by examining cyber/social environments and the ways in which social media marketing has an impact on decision making.

**25. Effective Interventions with Interpersonal Violence Offenders:**

**Assessment, Engagement, Practice, and Cross-system Collaborations**

1.5 CECs

Definitions of interpersonal violence/domestic violence in order to assess for patterns of coercive controlling behavior will start off this workshop. During the assessment, what are the questions to ask, the patterns to look for, and the tools to use when intervening with DV offenders? What are the strategies that can be used effectively to assess for risk? Case examples will be provided to walk the attendees through various scenarios to illustrate the use of clinical interventions such as Motivational Interviewing and CBT with DV offenders. The presenters will also address the importance of cross system collaboration, the use of community partners who can work with you to ensure accountability and behavioral change. A Canadian program called Caring Dads, a current pilot program at the Center for Safer Communities in Danbury, as well as a new batterer intervention program called Changing Behaviors, will be described.

**Carolina Grijalba-Rodriguez, MSW** is the Gender-Based Violence Prevention Program Director at Center for Safer Communities, LLC. She has over 17 years of experience in the domestic violence field including direct service to adult/children survivors of domestic violence, home visiting with at-risk families, and psycho-educational groups for survivors and perpetrators of domestic violence. In her current role she developed and pioneered a new batterer intervention program called Changing Behaviors. Carolina supports the mission of NASW as a member of NASW/CT.

## Early Afternoon Workshops

1:30—3:00

**Elke Calero Sweeney, LCSW** is the Relapse Prevention Program Director at Center for Safer Communities and has worked for 20 years in the social service field. She worked in the HIV/AIDS and communicable disease field and has clinical experience focusing on issues of chronic pain and depression. Elke works as an advocate and social worker at and Youth and Community Center as well as teaching at a local college.

**Lynn Nichols, MS** works at the Women's Center of Greater Danbury as a Family Violence Victim Advocate at the Danbury Superior Court. She has worked with thousands of crime victims since 2006 and gives frequent trainings within the community. Lynn has a special interest in trial advocacy and has assisted countless trauma victims as they prepare for the physically and emotionally draining process of testifying in court. She is active in advancing legislation that directly affects sexual assault and domestic violence victims.

### 26. Brain-based Social Work Practice: Academic Engagement with Anxious, Avoidant Adolescents

1.5 CECs

Students impacted by anxiety and depression are particularly susceptible to school avoidance, disengagement, and difficulties focusing and sustaining motivation. The result is a cycle of delays in academic and social-emotional growth, low confidence, and apathy. An understanding of how emotions, cognitions, and behaviors are closely linked to neurological structure and function is helpful to the development and implementation of skills and strategies to improve student engagement. Given the fragility of the anxious teen and the tremendous neurological changes characteristic of adolescence, social workers and educators have a critical window of opportunity to support student development. This workshop will discuss some specific training and practices to enhance engagement, build skills and confidence, and encourage lifelong learning.

**Tammy Moscrip, PhD, LCSW** is the Executive Director and Chief Administrator of The Spire School, a NEASC-accredited and CT State Approved Special Education School in Stamford. She is particularly interested in the intersection of the brain, cognition, and behavior. Tammy holds a doctorate in psychology, is a certified school social worker, and is an adjunct professor at UCONN. She supports the mission of NASW as a member of NASW/CT.

**Kelly Barrett, LCSW** is the lead clinician at The Spire School. The focus of Kelly's clinical work centers predominately on counseling students who are diagnosed with mood disorders or severe anxiety preventing them from accessing education in a typical setting. Prior to joining The Spire School, Kelly worked in the foster care system in NYC.

**Katarzyna Mariak** is a May 2018 University of Connecticut School of Social Work graduate where her concentration is in group work. She currently is a social work intern at The Spire School in Stamford working with middle and high school students. After receiving her Masters in Social Work, Katarzyna hopes to work with adolescents in a school setting.

### 27. Helping Families with Transgender Children Navigate the Emotional Transition

1.5 CECs

*This workshop meets the licensure requirement for cultural competency.*

In the book, *At the Broken Places: A Mother and Trans Son Pick Up the Pieces*, Mary and Donald Collins explore their enormous emotional struggles when Donald came out in high school and transitioned from female-to-male during high school and college. Mary embraced Donald's right to realize his own identity but disagreed with the medical options available to him at such a young age. In their joint memoir and in this workshop, Mary and Donald explain why they struggled, how things could have worked better for them during their hardest years, and how, in the end, they came to a loving, respectful middle space. Their struggle, embarked upon long before Caitlin Jenner and Laverne Cox, prior to the word *transgender* even making it into the mainstream of the American lexicon, captures the unique emotional challenges they faced and the lack of professional infrastructure they experienced. Their workshop advocates for a more encompassing plan for treating family units, not just the individual in transition.

**Mary Collins** worked for 25 years in Washington, DC as a writer and editor for a range of clients, including the National Geographic Society and the Smithsonian Institution. She has written five nonfiction books and is currently a Professor of Creative Writing and Director of the Writing Programs at Central Connecticut State University.

**Donald Collins** is a trans advocate, writer, and graduate of Emerson College in Boston. His culture and commentary writing has appeared in *PopMatters*, *Salon*, *Next Magazine*, among others. He has spoken on trans issues on the college circuit, including Wesleyan University, Emerson, and Trinity College.

## Early Afternoon Workshops

1:30—3:00 pm

**28. Navigating the Coordinated Access Network:**

**Person-Centered Planning for Individuals & Families Experiencing Homelessness**

**1.5 CECs**

Connecticut is on the cutting edge of working to end homelessness. As a state, we have effectively ended veteran homelessness and have reduced the number of chronically homeless individuals by 60% from 2014 to 2017. However, more than 10% of the people who seek substance abuse or mental health treatment in the public health system are homeless. The exponential rise of opioid abuse is felt in unique and notably harmful ways by people experiencing homelessness. People living in shelters are more than twice as likely to have a disability compared to the general population and on a given night in 2015, roughly 18 percent of the homeless population reported having a serious mental illness, conditions related to chronic substance abuse, or HIV/AIDS. Clearly there is still work to be done. This workshop will provide an overview of Connecticut's Coordinated Access Network (CAN), which serves as a single-point of entry for individuals and families experiencing homelessness, addressing the federal legislation that guides this work. There will be discussion of the HEARTH ACT and the innovative ways emergency shelter and housing providers are working across the state.

**Leigh Shields-Church, LCSW** is a Coordinated Access Network Manager at the Connecticut Department of Housing. Her background includes 9 years as the Director of New Haven Shelter Plus Care and acting as the Team Leader for New Haven's 100-Day Challenge to End Chronic Homelessness. Her clinical work includes being a Clinician with the Affective Disorders Team at the Connecticut Mental Health Center in New Haven.

**Kara Capobianco, LCSW** is a Coordinated Access Network Manager at the Connecticut Department of Housing. She previously worked with Operation Hope of Fairfield and, prior to that, was Assistant Director of Programs at New Reach, Inc., working with a SAMHSA Homelessness project. Her clinical background includes work at Wheeler Clinic and at New Reach.

**Beau Anderson, MA** is the Statewide CAN Manager, Data Analysis, for the Connecticut Department of Housing. He has both a Master of Arts in Survey Research and a Master of Public Administration. Prior to working for the Department of Housing, Beau worked as a Project Manager for Community Results Center at the United Way of Connecticut.

# Thanks to our Tote Bag Sponsors!

**UCONN**  
**SCHOOL OF SOCIAL WORK**



**Wheeler**

Innovative Care. Positive Change.

## Mid Afternoon Workshops

3:15—4:45

**29. Inner Warrior's Way™**

**1.5 CECs**

Inner Warrior's Way™ is a timed, bilateral processing protocol developed over a period of ten years by the lead presenter. It combines elements of EMDR therapy with research regarding Kundalini yoga and has shown itself to be a useful clinical tool to reduce stress while increasing new learning, health, and insight in adult clients. While this presentation does not attempt to teach the full Inner Warrior™ protocol, several elements can be taken into clinical practice with no further study. The presenters will demonstrate three exercises to deepen understanding of the model.

**Louise Ann Baylock, LCSW** is a Certified EMDR Clinician and an EMDRIA approved consultant and facilitator. Her interest in EMDR therapy and mantra meditation led to the development of Inner Warrior's Way™. Lou Ann has provided services to individuals and groups in a wide variety of clinical settings for over 20 years. Inspired and challenged by her clients, she is a life long learner in a field that holds unending fascination for her—the healing of the human heart and mind.

**Karen Carney, RN, LCSW, FT** has a wide range of professional and clinical experience. Currently she is on the full-time faculty at Goodwin College in the Human Services Program. In addition, she has a private practice with a specialization in bereavement and trauma. She is a long time supporter of the mission of NASW and presently serves as Chair of the Review Committee.

**30. Creating an Innovative Organization that Develops and Sustains Resilient Treaters**

**1.5 CECs**

Vicarious traumatization, secondary trauma, compassion fatigue, and burnout are all realities for the child welfare work force. Often the solutions to sustaining hope and energy in our difficult work are seen as the responsibility of the individual, and the recommendations center around self-care that the worker needs to do in their own time. While self-care is crucial, recent research suggests that it is not the most powerful driver of workplace satisfaction or longevity. This workshop will outline steps organizations can take to help their staff thrive including supervision, teamwork, connections, choice, and celebration. Participants will receive specific, actionable tools and techniques for sustaining a trauma-informed organization in which workers can grow and thrive.

**Patricia Wilcox, LCSW** is the Vice President of Strategic Development at Klingberg Family Centers in New Britain. She specializes in the treatment of traumatized children and families. Pat is the creator of Restorative Approach™, a trauma and relationship-based treatment, faculty trainer for Risking Connection®, and is an adjunct faculty member at UCONN School of Social Work and the University of Saint Joseph. An author and presenter, she presents locally and nationally. Pat is a supporter of the mission of NASW and was awarded the NASW/CT Social Worker of the Year Award in 2010.

**31. Changes to the NASW Code of Ethics**

**1.5 CECs**

In January of 2018 the updated NASW Code of Ethics became effective. The revisions address cultural awareness and social diversity and the use of all forms of technology and social media. As the Code of Ethics is a guiding document for social workers and is the standard used by the CT Department of Public Health when investigating allegations of misconduct, it is imperative that social workers know and understand the Code of Ethics. A panel from the NASW/CT Ethics Committee will conduct the workshop and they will review the revisions in detail with special focus on changes that relate to the use of technology. The panel will use case studies to facilitate discussion and each attendee will receive a copy of the revised Code of Ethics. Participants will be encouraged to discuss any ethical challenges they may have experienced and how the Code can be used as a standard for ethical decision making.

## Mid Afternoon Workshops

3:15—4:45

**Nancy Hubbard, LCSW** is the Director of Outpatient and Ancillary Services at the Institute of Living where she oversees the Family Resource Center, the Department of Psychiatric Vocational services, the ACCESS Mental Health CT program, Residential Services as well as 3 outpatient clinics. She is currently working on implementing Zero Suicide at the Institute of Living. She has been the driver of the peer initiative at the IOL and is co-chair of the newly formed Patient Family Advisory Council. A supporting member of NASW, Nancy is presently the Chair of the NASW/CT Ethics Committee.

**Catherine Hogan, LCSW** is a retired School Social Worker and Yale Clinical Supervisor. She is a practicing clinician in New Haven and Branford, serving Medicaid and private insurance clients. Catherine founded the Social Communication Foundation, where young people engage each other's social differences. Catherine has had a career long interest in the ethical dilemmas between systems and clients. She is a supporting member of NASW and a member of the Ethics Committee.

**Ron Sturm, LMSW, MS, CBIS** is an ABI (Acquired Brain Injury) Care Manager with Connecticut Community Care. He is also a medical social worker with New England Home Care. As an active educator and instructor, Ron has offered presentations both within his company and in the community on emergency preparedness, diabetes self management, and LGBTQ sensitivity in the workplace. Ron supports the mission of NASW as a member of NASW/CT, was a Student Representative on the CT Board, and now serves on the NASW/ CT Ethics Committee.

**Marie Carlin LCSW, CCHP-MH, CBIS** is a clinical social worker at the Hartford Correctional Center. She is also a surveyor consultant for the National Commission on Correctional Health Care and surveys jails throughout the country to gather information for accreditation purposes. Marie is a supporting member of NASW/CT and a member of the Ethics Committee.

### 32. Mindfulness in a School Setting

1.5 CECs

Practicing mindfulness has been shown to improve attention, reduce stress and increase one's ability to regulate emotions and feel compassion and empathy. It benefits the body and the mind. Many students are stressed for a host of possible reasons and their stress inhibits the ability to learn. This workshop will define mindfulness and the benefits of the practice while offering several mindful activities that participants can practice independently and in their work environment. Attendees will gain resources to begin their own mindful practice in school or in a clinical setting and learn strategies to help themselves, students, and clients struggling with emotional regulation and inattention.

**Jyl Lozier-Oman, LCSW, CSSW** has more than 25 years of experience in several mental health settings and working with diverse populations in schools, communities, and in private practice. Presently a School Social Worker in the Guilford Public Schools, Jyl completed the Mindful Schools "Mindful Fundamentals Training" as well as the Mindful Schools "Mindful Educator Essential Training". She supports the mission of NASW through her membership in NASW/CT.

**Maya Schofield, MS, MA** is a Certified Elementary and Adult Education Teacher in the Guilford Public Schools where she teaches grades 2-4. She has participated in many Mindful School Courses and completed the year-long teacher training. Maya plans and implements mindfulness lessons and activities for teachers, classrooms, and the entire school, also offering workshops for teachers, students, and caretakers after school.

### 33. Think Ahead to Higher Ed! Developing a trauma-informed program for foster care youth

1.5 CECs

Across the U.S., many foster care youth aspire for a college education. Some apply to college but fewer graduate. Connecticut is not immune to this dilemma. Child protective agencies, with complex caseloads, never ending demands, and evaporating revenue can't do it all so the help and support they perhaps "should" provide isn't there. At the same time, the colleges and universities that are facing decreasing enrollments and cuts in revenues are a likely partner in solving this problem. This workshop discusses the planning, implementation, and evaluation of a social work trauma-informed college awareness and support program: *Think Ahead to High Ed!* Undergraduate social work students, both current and recent graduates, with their professor and a social worker from a partnering not-for-profit child welfare agency will talk about how schools can address and provide the necessary academic, emotional, and social support during the college experience to culminate in graduation.

## Mid Afternoon Workshops

3:15—4:45

**Catherine Baratta, PhD, LMSW, MPIA** has been a social work educator for 24 years with 21 of those years at Central Connecticut State University where she has served as the Field Education Coordinator and Chair of the Department of Social Work. As a macro social worker her areas of specialty include undergraduate education, poverty and associate problems, social welfare history, and international social welfare. She is presently President of the Board of Directors of the New Britain Human Resources Agency. Dr. Baratta has been a supporting member of NASW for over 30 years.

**Shannon Robles, MSW**, is the Family Resource Coordinator of Dare Family Services in East Hartford.

**Benjamin Moore, Brandy Perrone, Zandra Barnes** are student co-presenters.

### 34. A Look at the Culture of the Transgender Community

1.5 CECs

*This workshop meets the licensure requirement for cultural competency.*

This workshop is “Trans 101” an introduction to the vocabulary and definitions used by the trans-community; an explanation of how gender identity and sexual orientation are separate and independent from one another but how they have some similarities as well. Looking at both the micro and macro perspectives, the presentation will address the therapist/ transgender client relationship and how the frequent gap between the two can be bridged while also discussing the barriers that society and the government have erected against the transgender community. The presenter will speak to some of the very personal issues trans-people have to confront such as the sense of loss family members feel and the actual requirements for a client to transition.

**Diana Lombardi, MSW** is the Executive Director of the Connecticut Trans-Advocacy Coalition. She worked with ctE-Quality to pass the gender inclusion Anti-Discrimination law in Connecticut in 2011 and in 2015 worked to help pass the legislation that allows Connecticut birth certificate gender markers to be changed without surgery. She is a member of the LGBT Aging Advocacy, a committee working with senior center and non-profit agencies to create an open and affirming aging services environment. Diana is a member of the World Professional Association for Transgender Health, an active member of NASW, and a member of the NASW/CT Macro Social Workers Network.

### 35. Creating a Culture of Self-Care

1.5 CECs

Those choosing to work in social work and other helping professions may expect to encounter clients who have experienced high levels of stress and trauma. However, they may not have given serious thought to how that stress and trauma will impact them and they may not be cognizant of how their own trauma experiences may make it difficult to meet the demands of the career they have chosen. This interactive workshop is designed for students majoring in a helping profession where an internship/field placement is required. At the beginning of the presentation, participants will be asked to participate in a survey to determine knowledge of burnout, secondary trauma, and self-care activities. The second phase of the workshop will include engagement in activities designed to increase their knowledge of conditions associated with the helping profession’s empathetic engagement with client trauma. During the final portion of the workshop, participants will focus on self-care and activities that will heighten their awareness of vulnerability to burnout and transference, including constructive use of supervision.

**Karen McLean, PhD, LMSW** is a member of the social work faculty at Western Connecticut State University. She has over 26 years of social welfare experience, both as a social worker and a fair hearing officer where she conducted hearings of behalf of clients who were aggrieved by actions taken on their public assistance benefits. Her passions include participatory action research, intersectionality and its impact on oppressed communities, and immigration. Dr. McLean supports the mission of NASW through her membership and presently is a Member At Large on the NASW/CT Board of Directors.

## Mid Afternoon Workshops

3:15—4:45

**April Moreira, LCSW** is Assistant Professor and Field Coordinator in the Department of Social Work at Western Connecticut State University. Her areas of interest include Promoting Positive Social Change, Trauma Work, Culturally Competent Social Work Practice, LGBTQI Advocacy, and Mindfulness. She enjoys the opportunities to inspire her students on their own journey to a career in social work.

**Deneen Harris, PhD, MSW** is currently the chair of the Department of Social Work at Western Connecticut State University. She is a child welfare practitioner who has served as a child welfare consultant and a quality assurance reviewer. Her areas of research include child welfare practice and policy, social work education, and HIV infection among older African-Americans.

### 36. Rose and Ed: A Real Life Story

1.5 CECs

Rose and Ed are an elderly couple who have made it through life despite their shortcomings and the turmoil they have experienced based upon the strength of their relationship. When Rose falls gravely ill, Ed is left to face life in the community alone for the first time in 50 years. He is confused and overwhelmed by the myriad services available to him and struggles to accept that he needs assistance at all. His health spirals downward as case managers, attorneys, fiduciaries, and bureaucrats all scramble to meet his need and to satisfy agendas that are not necessarily in line with Ed's care. What is going wrong here? Why is the system failing Rose and Ed? This workshop will address client centered planning, consistency of care, and collaboration between service providers. Participants will "think outside the box" and learn about Interrelated Service Systems and the 7 C's, an effective delivery of service system developed by Conservator Care/Guardian Ad Litem Services to assist our most at need populations.

**Michael Mackniak, JD** is an attorney and a strategist. His team at Conservator Care/Guardian Ad Litem Services consults on the most difficult and challenging cases for those most at need and living in our communities. His innovative programs have received multiple awards and honors and in 2017 Michael received the NASW/CT Public Citizen of the Year Award. He is the Co-Creator of the Guardian Model, the author of Rethink Recovery and Saving Melissa: 7C's to Cure the Mental Health System and a supporter of NASW through his membership in NASW/CT.

### 37. Caring for the Caregivers of Special Needs Students

1.5 CECs

The importance of addressing the needs, concerns, and priorities of caregivers cannot be underestimated in planning and implementing programs for students with special needs. School social workers play a key role in building and maintaining relationships with caregivers and community based providers to ensure students have access to all the available resources. This workshop will review the current standards and common practices which guide parent involvement in addition to introducing creative and innovative ways to nurture and support ongoing caretaker involvement in the education of students. Topics of discussion will include effective communication, on-going support, proactive interactions, and the value of self-care in addition to a review of some case studies with peer feedback.

**Anne Cuvellier, MSW** has been a Certified School Social Worker at CREC River Street School for 20 years. Her work has been focused on students with special needs with an emphasis on those diagnosed with Autism Spectrum Disorder. She is also a fee for service clinician at an inner-city clinic in Springfield where she has worked for 10 years.

Wondering how to get 6 Continuing Ed Online Credits

that you know will meet Connecticut's licensing requirements?

Go to the **CE Institute** on the NASW/CT website  
[www.naswct.org](http://www.naswct.org)

Click on Continuing Education/CE Institute.

You'll discover dozens of classes on dozens of topics  
at reasonable prices—  
all accepted in Connecticut!



## Mid Afternoon Workshops

3:15—4:45

### 38. PT Partners: A Panel Presentation

#### Effective Community Organizing Practice in Public Housing Neighborhoods:

1.5 CECs

Initiated in 2014, PT Partners is a community organizing initiative at PT Barnam Apartments, a public housing neighborhood in Bridgeport. The initiative planned to address socio-economic inequities and social justice issues, with a special focus on education. The work of the resident leaders as well as the non-resident partners did not, at first, roll out as anticipated, largely due to issues of cultural competence and the number of families who could not make themselves available to aspirational activities when it was difficult to meet their daily needs. This panel will address the barriers encountered in community organizing and the work that has been done over the past year to revise their organizational structure so it jibes more authentically with the mission, vision, and values of PT Partners to better reflect their needs, hopes, and dreams. Panel members will share their insights on effective organizing, including their philosophies for addressing the fundamental barrier presented by structural racism.

**Stephen Tomczak, PhD, LMSW** is Associate Professor in the Department of Social Work at Southern Connecticut State University. He teaches courses in social welfare policy and community organization. He has been a non-resident partner in PT Partners since its inception and services on the advisory board. Dr. Tomscak supports the mission of NASW through his long membership, and is a member of the NASW/CT Macro Social Workers Network.

**Shaurice Bacon** is President of the PT Barnum Apartments Resident Council and a founding member of PT Partners.

**Dione Dwyer** is Vice President of the PT Partners Board and an officer of the PT Barnum Resident Council.

**Kate Kelly, MSW** coordinates collective impact opportunities for PT Partners and served resident leaders as the initiative's original project director.

**Vanessa Liles, PhD** has recently completed a doctorate in Urban Education at Texas A&M University and has returned to Bridgeport to direct resident-directed PT Partners operations on the ground.

**Lee Mabry** is the lead organizer for PT Partners.

**Shaquana Shaw** is Chair of the Board of PT Partners and a founding partner in the initiative.

### 39. Everything You Wanted to Know About Sex-Positive Social Work

#### (But Were Afraid to Ask!)

1.5 CECs

Social work practitioners often need to address highly personal and, at times, uncomfortable topics with clients, agency representatives, and communities. It is important to be equipped with the proper tools to address matters of concern to our clients, for example, issues regarding sex, sexuality, and sexual health. In this workshop, a safe and affirming space will be provided to engage in an open and honest dialogue about effective practice methods and models for sex-positive social work, particularly in the context of HIV/STI prevention, care, and treatment. The presenters hope to encourage social workers in all fields to care more empathetically about the sexual health of their clients through strategies that destigmatize dialogue about sexual behavior while offering cutting-edge activism ideas and innovations around sex-positive social work.

**Alberto Cifuentes, Jr., LMSW** is a doctoral student and research assistant at the UCONN School of Social Work. His primary areas of social work interest include criminal justice reform, racial justice, climate justice, HIV/STI prevention, and sex-positive social work theory and practice. Alberto is presently in a leadership position with GLSEN Connecticut and is an active, supportive member of NASW/CT, co-chairing in the Macro Social Workers Network and the Latino/a Social Workers Network.

**John Bonelli, MSW** works at the UCONN School of Social Work as a Field Education Coordinator. He also taught New Perspectives on LGBT Issues and an Independent Study on Sexuality and HIV Prevention. Throughout his life he has worked on homeless issues, drug policy reform, HIV/AIDS issues, LGBTQ support efforts, anti-poverty initiatives, and other community issues.

**Nilda Fernandez-Betancourt, LMSW** works as a Community Health Specialist at the University of Connecticut/CT Children's Pediatric & Youth HIV Program and is a member of the International Association of Social Workers for Groups. She has worked in the field of HIV/AIDS for 20 years, writing and presenting on youth and HIV. Nilda serves as a field instructor for the UCONN School of Social Work, loving what she does and doing it with passion and compassion.

# Call For Nominations

## NASW/CT ANNUAL AWARDS 2018

LIFETIME ACHIEVEMENT AWARD ∞ SOCIAL WORKER OF THE YEAR  
 STUDENT OF THE YEAR, MSW & BSW ∞ EDUCATOR OF THE YEAR  
 LEGISLATOR OF THE YEAR ∞ PUBLIC CITIZEN OF THE YEAR

The Connecticut Chapter of NASW annually honors individuals who have made valuable contributions to the social work profession. Anyone who **appreciates a Social Worker is eligible to make a nomination. NASW/CT's 2018 Annual Awards Dinner Committee considers all the** nominations and the selected honorees are recognized at the Annual Dinner. The awards give the Chapter an opportunity to show appreciation to the members of the profession who exemplify the commitment, spirit, advocacy, and integrity of a social worker.

Those wishing to resubmit past nominations are encouraged to do so.

### Criteria For Awards

The LIFETIME ACHIEVEMENT award is given to a person having a career-long history of exemplary performance representing the mission of social work and notable participation in NASW. She/he should be a role model to other social workers.

The SOCIAL WORKER OF THE YEAR should have made a recent outstanding contribution to the profession. She/he should demonstrate exceptional qualities that make her/him exceed the expectations of her/his job.

The STUDENT OF THE YEAR, either a MSW or a BSW student, should have an above average academic record in addition to having made noteworthy contributions to the professional community beyond the expectations of the field experience. *May include students who graduated in 2017.*

The EDUCATOR OF THE YEAR award is given to an educator who has excelled in the field of social work education.

The LEGISLATOR OF THE YEAR award is given when a legislator demonstrates outstanding leadership and commitment to social and economic justice.

The PUBLIC CITIZEN OF THE YEAR award is given to someone who is not a member of the social work profession but who has advanced the profession's aims and ideals.

All nominees must:

- Be a member of NASW/CT in good standing (with the exception of the Public Citizen of the Year and the Legislator of the Year); demonstrate notable ability to take a leading role in contributing to the growth and development of the social work profession; and stimulate the contributions of others. NASW/CT Board Members are not eligible for consideration.
- Contribute to the positive image of the social work profession.
- Effectively integrate experience and education to promote the development of social work practice to meet human needs.
- Represent the professional ethics of social workers as defined in the NASW Code of Ethics.
- Demonstrate a willingness to take risks for improved social services.

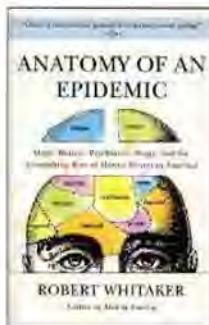
#### To Submit Nominations

Send to: NASW/CT, 2139 Silas Deane Highway, Suite 205, Rocky Hill, CT 06067

**ALL NOMINATIONS MUST BE RECEIVED by 9/21/18** \*\*\*\*\* Dinner will be held on 11/15/18  
 Nominations should include:

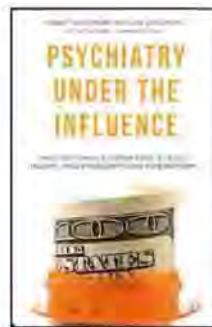
- A statement explaining why you are nominating the individual AND the award for which the candidate is being nominated. (Please include clear and specific description of the nominee's outstanding contributions)
- Supporting documentation (i.e. letters of support from colleagues, newspaper clippings, AND her/his resume or c.v.).
- The CANDIDATE's name, place of employment, address and phone.

**Special  
CEC  
Event!**



***Mad in America: Why We Need to Create a New Paradigm of Care***  
**Presented By: Robert Whitaker**

"In 1980, the American Psychiatric Association adopted a "disease model" for diagnosing and treating mental disorders when it published the third edition of its Diagnostic and Statistical Manual. We soon learned that major disorders were diseases of the brain, characterized by chemical imbalances, and that psychiatric drugs fixed those imbalances, like insulin for diabetes. However, while that was a story that benefits psychiatry's guild interests and the interests of pharmaceutical companies, it was belied by psychiatry's own research. The biological causes of major mental disorders remain unknown, and there is a growing body of evidence that psychiatric drugs, on the whole, *worsen* long term outcomes. The challenge for our society today is to organize psychiatric services around a new narrative, one that is truly science-based, rather than the commercially- driven narrative that drives care today." – Robert Whitaker



**June 15, 2018 9:00 am to 1:00 pm**  
**Four Points by Sheraton, Meriden**  
**Member Cost: \$70 Non-member Cost: \$95**  
**Approved for 4 CECs by NASW/CT**  
**Sponsored by the NASW/CT Clinical Social Workers Network**

**TRACKING Your Workshops**



*While there is always some overlap between workshops, this may help you locate presentations of interest.*

**Children & Families:** Workshops 8, 10, 11, 19, 21, 22, 26, 30, 32, 33,  
**School Social Work:** 11, 22, 26, 32, 37  
**Clinical Social Work:** 1, 2, 3, 15, 17, 18, 29, 39  
**Alternative Therapies:** 9, 16  
**Self Care:** 4, 12, 20, 35,  
**Advocacy and Policy:** 14, 28, 36, 38  
**Cultural Competency:** 6, 24, 27, 34  
**Aging Issues:** 5, 23  
**Veterans Services:** 7  
**Forensic Social Work/Domestic Violence:** 13, 25  
**Ethics:** 31  
**For Students and New Social Workers:** 12, 35

# REGISTER TODAY

(Registration Deadline is midnight April 27, 2018. No refunds given after April 27)

All Registrations Must Be Completed Online

[www.naswct.org](http://www.naswct.org)

**Look for the link to register in the green “Special Events” box on the home page.**

2018 Fee Schedule	Submitted by April 6, 2018	Submitted After April 6, 2018
NASW Member	\$155.00	\$175.00
Non-Member	\$195.00	\$225.00
Full Time Student	\$65.00	\$85.00

Note: We Accept Visa, Master Card, Discover and American Express.  
All conference registrations must be paid in full to be considered complete.  
For consideration of hardship contact NASW/CT in confidence.

## SPECIAL ACCOMMODATIONS!

If you require special accommodations to permit your attendance or participation, please contact Pat Hartman at the chapter office.  
(860) 257-8066

Deadline for Requests to contact resources is April 6, 2018



## Lunch Choices at the Radisson Cromwell

- ◆ Southwestern Wrap: Blackened chicken, corn and black bean relish, pepperjack cheese and chopped romaine. Served with a dill pickle and a side salad. Dessert too!
- ◆ Grilled Chicken Cobb Salad: greens, applewood smoked bacon, slow-roasted tomatoes, grilled red onion, blue cheese crumbles, and herb grilled chicken with buttermilk ranch dressing. Served with warm rolls and butter. Dessert too!
- ◆ The Hummus Wrap: roasted red pepper hummus, match stick sliced vegetables, chopped romaine and alfalfa sprouts in a spinach wrap. Served with a dill pickle and side salad. Dessert too!



## ADVANCE YOUR SOCIAL WORK SKILLS

Springfield College offers part-time or full-time MSW programs in Western Massachusetts including:

- MSW - part-time weekend program, Springfield and Worcester
- MSW - full-time weekday program, Springfield
- MSW advanced standing for BSW graduates of CSWE accredited programs, full-time weekday, part-time weekend, Springfield
- MSW/Juris Doctor four-year dual degree program with Western New England University School of Law
- BS/MSW five-year program with Springfield College Department of Social Sciences
- Post-master's Certificate Program in Trauma-informed Practice with Children and Adolescents, 90 Continuing Education Units

**SPRINGFIELD**  
COLLEGE



**School of Social Work**

[springfield.edu/ssw](http://springfield.edu/ssw)  
(413) 748-3060

Accredited by the Council on Social Work Education



PROJECT  
**COURAGE**  
SUBSTANCE ABUSE RECOVERY CENTER

**WE ARE PROUD TO BE A PART OF THE  
33RD ANNUAL NASW/CT CONFERENCE**

<http://projectcourageworks.com/>

**NASW/CT Chapter**

2139 Silas Deane Highway, Suite 205

Rocky Hill, CT 06067

Phone: (860) 257-8066 • Fax: (860) 257-8074

Email: [naswct@naswct.net](mailto:naswct@naswct.net)

**Directions to the Radisson Cromwell**

100 Berlin Road, Cromwell, CT

(860) 635-2000

Traveling from the North (Hartford): Take I-91 South to Exit 21. Turn left off exit. The hotel is on the left and the Parking Garage is behind the hotel.

Traveling from the South (New Haven): Take I-91 North to Exit 21. Turn left off the exit. The hotel is on the left and the Parking Garage is behind the hotel.

Traveling from the East (Waterbury Area): Take I-84 to Exit 27 for Route 691E to I-91 North. Take I-91 North to Exit 21. Turn left off the exit. The hotel is on the left.