



36TH ANNUAL CONFERENCE

June 9, 2023

Wyndham Southbury

1284 Strongtown Road, Southbury

With Keynote Speaker,

DR. KAREN BULLOCK, PHD, LCSW, FGSA, APHSW-C



Thanks to Our Brochure Sponsor!

Root Center for Advanced Recovery Services

We create relationships that empower patients with the courage and ability to change. This means being there from the start and providing guidance and support throughout the entire recovery journey.

Supplying hope for 150 years

Root Center for Advanced Recovery is a private, nonprofit, behavioral health care organization providing mental health and substance use prevention, treatment, community health services, and research. Originally established in 1871, the agency's humble beginnings came in the form of an outpatient medical facility chartered specifically to provide medical services to the poor and indigent residing in the greater Hartford area. Today, we are proud to now have 10 clinics across the state, and we continue to grow to help as many people as possible on their journey to recovery.

Adult Clinic Services

Methadone Maintenance Treatment (MMT)
except Middletown

Medication Assisted Treatment (MAT) (virtual for Middletown)

Substance Use Intensive Outpatient Program - morning/day/evening (IOP)

Mental Health Outpatient - Medication management and group treatment

Dialectical Behavioral Therapy (DBT)
Henderson Johnson Clinic (also virtual)

Substance use (PHP)

Adolescent Services Middletown

Substance Use Intensive Outpatient Program (IOP)
Middletown (also virtual)

Mental Health Intensive Outpatient Program (IOP)
Middletown - afternoon (also virtual)

Ambulatory withdrawal management - must be in-person

Medication Assisted Treatment (MAT) including Suboxone (Vivitrol at 18)

Mental Health Outpatient - Medication management and group/individual treatment - (also virtual)

Substance Use Outpatient (SUO) - Medication management and group/individual treatment - (also virtual)

In-school counseling

Middletown Adult Services

Ambulatory Detoxification Program - must be **in-person**

Substance Use Partial Hospital Program (PHP)
(also virtual)

Mental Health Partial Hospital Program (PHP) (also virtual)

Mental Health Intensive Outpatient Program (IOP) - day/evening (also virtual)

Substance use IOP - day/evening (also virtual)

Spravato (for treatment resistant depression) - **must be in-person**

Transcranial Magnetic Stimulation (TMS) (for treatment resistant depression)



Additional Services

Acupuncture - Henderson Johnson Clinic

Narcan (overdose reversal drug) - All clinics



ROOT
center for advanced recovery
rootcenter.org

36th Annual Conference

Conference Notes

Thank you for joining us at our 36th Annual Conference. We are delighted to be at a new venue this year, the Wyndham Southbury. The venue boasts extensive event space and elegant accommodations surrounded in a rustic setting. We squeeze a lot into one day so plan to arrive early enough to visit our Sponsors and Exhibitors who so generously support this event. We also invite you to join the Wine and Cheese Reception immediately following the conference. This is a wonderful opportunity to network and spend some time with fellow colleagues.

For the fourth year, we welcome High Watch as our Partnering Sponsor! 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 first addiction recovery center founded on the 12 step principles, their substance abuse programs are tailored to each individual addiction and administrated in a safe, comfortable and healthy environment. Visit their exhibit table at the conference and meet Cynthia Mejorado-Flint, Director of Outreach and Marty Gaudrault, Director of Provider Relations. For more information, go to their website at www.highwatchrecovery.com.

Thank You

Thanks to our 2023 Conference Planning Committee, Jackie Alessio, Joy Hollister, Diana Lombardi, Karen McLean, Jennifer Bennett and Lorraine Wozniak.

Early Registration Special

Have your registration submitted online by midnight May 3rd and you will save on your registration fee! All registrations this year must be made online. Go to www.naswct.org for more details. All registrations must be paid in advance to be considered complete.

Exhibitor Display Area

Don't miss the chance to visit and talk with our exhibitors. They've brought information about their products and services that may prove helpful to you in your work and your life. Exhibitors are located in the lobby and pre-function area.

Continuing Education Credits for licensed social workers, marriage and family therapists, professional counselors and 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. All trainings **must be attended in their entirety** to earn CECs.

Hotel Accommodations

Should you wish to stay at the Wyndham Southbury, the overnight rate is \$129.00 plus tax. You can reserve online at [NASWCT Conference](http://NASWCTConference)

RESERVE BEFORE **May 9, 2023 (CUT-OFF DATE)**. RESERVATIONS RECEIVED AFTER THIS DATE WILL BE ACCEPTED ON A SPACE AVAILABILITY BASIS ONLY AND THE GROUP RATE MAY NOT BE APPLICABLE.

6:30-7:30 am	7:30-8:30	8:30	8:40-9:40	9:45-10:30	10:30-12:30 pm
Exhibitor Set Up	Conference Registration Exhibitor Displays Light Breakfast	Opening & Welcome Stephen A. Wanczyk-Karp, LMSW, NASW/CT Chapter Executive Director	Keynote Address Dr. Karen Bullock, PHD, LCSW, FGSA, APHSW-C	Exhibits & Break	2 Hour Morning Workshops #1-11
12:30-1:45 pm	1:45-3:15	3:15-3:30	3:30-5:00	5:00	5:00-6:00
LUNCH Exhibits	First Half of Full Afternoon Workshops #12-15 and Early Afternoon Workshops #16-22	BREAK	Second Half of Full Afternoon Workshops #12-15 Continue and Mid Afternoon Workshops #23-29	Drop Off CEC Participant Form at Registration Desk	Join us for a Networking Reception

Thanks to Our Conference Partnering Sponsor



Now Offering The Full Continuum of Care

- ◆ We now offer **Detox** services for those guests who need it.
- ◆ **Inpatient** residential in a rural setting
- ◆ Inpatient **Extended Stay at no cost** for those guests who apply and qualify
- ◆ **Partial Hospitalization** is available for individuals who must step down after residential care.
- ◆ **Sober Living** for is available both men and women
- ◆ Diagnosis and treatment of co-occurring mental health issues.
- ◆ Family Education Workshop is a full-day event where loved ones are educated about addiction and how it has impacted their lives

Nestled in 200 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 Abuse Disorders and co-occurring Psychiatric Disorders.

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.

We utilize the latest breakthroughs in addiction medicine for treating the neurobiology of addiction and any co-occurring disorders (such as depression or anxiety). We integrate those therapies with the time-tested spiritual teachings of the 12 Steps.



The Joint Commission
The Gold Seal
of Approval

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

Third-party Insurance Accepted
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www.highwatchrecovery.org ~ 860-927-3772

Thanks to Our Tote Bag Sponsors!

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School of Health Sciences

Social Work



Sacred Heart UNIVERSITY

SCHOOL OF SOCIAL WORK

Don't forget to visit our exhibitors and fill those bags up!

Keynote Speaker



Dr. Karen Bullock, PhD, LCSW,
FGSA, APHSW-C

Dr. Karen Bullock is the Ahearn Endowed Professor in the Boston College School of Social Work. She has over 25 years of clinical practice experience in mental health and aging. Her areas of expertise include health disparities, health equity in serious illness care, aging and gerontology as well as hospice, palliative care and end of life decision making. Her research focuses on cancer care, social support for older adults with serious illness and health equity. Dr. Bullock has served as Principal Investigator and/ or Co-Investigator of over \$5 million in federal funding focused on equity and inclusion for workforce development, aging and health network sustainability.

Dr. Bullock serves on several national boards and committees, including the Social Work Hospice & Palliative Care Network (SWHPN) as vice-chair, a board member of the Palliative Care Quality Collaborative and is the immediate past chair of the American Cancer Society (ACS) Oncology Social Work Research Peer Review Committee. She is a member of the National Academies of Sciences, Engineering and Medicine Roundtable Committee on Quality Care for People with Serious Illness, a Steering Committee member for the Duke University REACH Equity Center and affiliate faculty at the Center for Advance Palliative Care (PCQ). Dr. Bullock is also affiliate faculty at the Center to Advance Palliative Care (CAPC) and has appointments at the Department of Psychosocial Oncology and Palliative Care at Dana Farber Cancer Institute. She is a John A. Hartford Faculty Scholar and won the 2012 Best Article Award from the Routledge Journal of Social Work in end-of-life palliative care. The Washington Post, USA Today and the Los Angeles Times have also featured Dr. Bullock as a leading expert in these areas.

Thanks to our Keynote Sponsors!



Morning Workshops

10:30—12:30

1. Options in Legal Decision Making

Steven L. Rubin, B.A., J.D., CELA

2 CECs

When a child with disabilities approaches age 18, parents and caregivers often find themselves surprised and overwhelmed to learn that they will soon lose the legal right to manage their child's affairs or make key medical and financial decisions on the child's behalf. Special Needs Planning is critical to ensure that parents can stay in control, and access key benefits/resources that will be necessary to ensure a smooth transition into adulthood and beyond. In this workshop, you will learn how to navigate the complicated world of special needs planning and cover a number of topics: Guardianship, Conservatorship, Power of Attorney, Supported Decision-Making, Estate Planning, Financial Considerationsand more!

2. Survival Skills for First Year Social Workers

Caitlin Merriman, LCSW

Katherine Houghtaling, LCSW

2 CEC's

This presentation is an in-depth look into preparing for your first year as a Social Worker. Discussion will include qualifications, licensure and maintenance of credentials, tips on how to stay organized, caseload management and the use of basic tools. We will look at best practices for establishing relationships with clients, colleagues and collateral stakeholders as well as discuss the differences between the various settings where first-time social workers are likely to be employed. Attendees will be led in creating treatment goals for school and clinical settings that are individualized, specific, measurable and observable. Communication with families in a culturally responsive manner to increase engagement and improve treatment outcomes and common tools and strategies for navigating language barriers will also be introduced. This workshop will help attendees develop a deeper understanding of the requirements of a social worker and how they can effectively nurture clients' well-being in a safe and respectful climate.

3. Die Wise: Hospice, Death and Dying

Karen Lemieux, LCSW

2 CEC's

All Social Work practice is impacted by death and dying. It's inescapable. This workshop will educate, demystify death and dying and what it means to die a natural death. We will debunk the many myths, fears about hospice, death and dying, as well as explore the sacredness of end of life. What does it mean to die wise? We don't talk about death and dying in our culture and when it is upon us/our clients we are unprepared. Dying is a natural process. We are active participants in our living and dying. We'll discover what it is that shows up in this space between life and death and what it is about this work that has its hooks in the presenter. You will come away from this conversation feeling confident, empowered and uplifted.



Morning Workshops

10:30—12:30

4. Stories of Resilience and Hope Told by Mothers Who are Survived by their Child's Suicide

Laura J. Albee, DSW, LCSW, BCBA, LBA

Julie Piepenbring, Ph.D., LCSW

2 CEC's This workshop meets the 1 hour licensure requirement for Cultural Competency

Given the overwhelming prevalence of suicide this talk will explore the maternal narratives of those survived by a child's suicide. The intent of this presentation is to illuminate a mother's private, relational, and somatic toll that occasions from having endured such heartbreak. Anchored by storytelling this workshop will broaden learner understanding about a mother's sorrow associated with her child's death. This will allow behavioral health professionals to better identify and establish the most appropriate treatment methods. Moreover, we will give a voice to those mothers whose stories need to be heard to deepen participant understanding about the factors that attribute to posttraumatic growth. Case studies will assist learners identify positive and negative psychosocial factors that influence a mother in the wake of her child's suicide. Finally, compassion fatigue and postsecondary trauma will be emphasized. Ethical considerations and cultural competencies will be discussed throughout.

5. Social Work Meets Sports

Qur-an Webb, MSW

Zerrell Stalling

2 CEC's

Athletes are often revered throughout society for their exploits and accomplishments. People look up to them for inspiration and motivation. Beyond the spotlight, beyond the fame and fitness and locker rooms, numerous athletes struggle to keep up with all of it. From the audience's perspective, they are crowned heroes, who are living the life some can only dream of with respect, fame, money and everything one needs to live happily. But this is far from reality. Dealing with the fame, the expectation, the wealth, maintaining fitness, and the pressure to perform to stay in the spotlight all takes a psychological toll on the athlete, which often goes unnoticed. Psychological support is almost non-existent because they are often deemed to be "young and healthy" individuals that are "free of mental health challenges and social problems". As much as we celebrate sports, we must learn to appreciate the help needed and deliver them as effectively as possible. This workshop will help you understand the psychological needs of athletes and how to provide the support required virtually through social work.

6. Embodying a Coaching Mindset for Social Workers

Dr. Elizabeth Lasky, Ph.D., LCSW, ACC

2 CEC's

This presentation focuses on the relationship between coaching and social work, such as the ethical and practical congruence of coaching and social work. As the coaching industry grows, and as helping professionals coach more and more, it's important to examine how and if social workers can coach. The aim of this presentation is to explore how social workers can embody a coaching mindset. This workshop has many implications for social work practice. It is vital for social workers to know the difference between coaching and therapy to avoid ethical violations. It is possible (and ethical) to blend coaching and social work practice but social workers must learn how to shift their mindset in order to do so. This workshop will teach you how to cultivate a coaching mindset by teaching you exactly what coaching is, how it is different from therapy, and how to bridge coaching and social work.

Morning Workshops

10:30—12:30

7. Gambling As a Co-Occurring Disorder

Fiorgio (Fred) Fetta, LPC, ICGC-II, CGT, AADC

Jeremy Wampler, LCSW, ICGC II, BACC, CGT, LADC

2 CEC's

As the behavioral health field continues to expand, we are learning more about how mental health and substance use disorders do not occur alone. When it comes to gambling, the same message applies. Depending on the study you review, clients who are receiving treatment for a mental health or a substance use disorder, have a higher probability of meeting criteria for a gambling disorder; conservatively, it is 10 times the rate if the general population.

During this training, we will explore clinical criteria for Gambling Disorder in the DSM-5 and discuss three different pathways that can lead an individual towards problematic or disordered gambling behaviors. Similarities and differences between gambling and substance use disorders will be compared and a model for how to integrate gambling into mental health, substance use and recovery-based organizations will be introduced. This training will contain lecture, but will also be interactive through work on case study, learning tasks and a media discussion.

8. Having FUN: The Use of PLAY for Helping Our Clients and Ourselves to Thrive and Flourish

Jack Paul Gesino, DSW, LCSW

2 CEC's

Play is a profound neurobiological process. The ability to play is critical, not only to be happy, but also in helping to sustain social relationships and in being creative and innovative (Brown, 2009). “Lifestyles propensities, one of those being play, turn out to be more important than genetics, wealth, ethnic origins, or other factors in predicting how happy adults were in late life” Kestly, 2014, pi xiv) Erik Erikson saw playfulness as a vital quality for elders and all adult living, stating the opposite of play is death. Despite all these testimonies and advocates, few practitioners incorporate or understand how to use play with adults or know what kinds of play are appropriate for adults. This presentation will review the neurobiological benefits of play for adults, covering properties of play, assessing the audience’s own level of playfulness, and differentiating play for the purpose of therapy or simply for “fun”. Various play forms will be offered, including improvisation, therapeutic humor, play groups, novelty and games. How to incorporate these play modalities into clinical practice will be explored. To play is to be in the world, a way of being human. Enhance your level of happiness and learn to gracefully play.

9. Trauma-Informed Mindfulness: Practices for Regulation and Resilience

Vamsi Koneru, PhD.

2 CEC's

Trauma is an event or series of events that is highly stressful, profoundly difficult to integrate and can leave us feeling overwhelmed, helpless, and profoundly unsafe. It has been said that trauma “leaves traces on our minds and emotions, our capacity for joy and intimacy, and even our biology and immune system” (van der Kolk). The landmark Adverse Childhood Experiences (ACE) study demonstrated that trauma is shockingly commonplace and associated with increased risk and burden from most physical and mental health conditions. Individuals who have endured trauma can experience intrusive memories and flashbacks, tendencies to avoid reminders of their trauma and physical hyperarousal as well as intense feelings of shame, self-blame, and guilt. Offering mindfulness practices to individuals

Morning Workshops

10:30—12:30

who have experienced trauma can be a highly effective approach to support well-being and recovery. However, asking individuals to play focused, sustained attention to their experience can be challenging and potentially dysregulating, thus it is important to offer mindfulness in a trauma-informed manner. This workshop will offer theory, practices and skill to effectively and safely support trauma survivors.

10. When Your Child Comes Out: Supporting the Whole Family's Journey

Robin P. McHaelen, MSW

2 CEC's, This workshop meets the 1 hour licensure requirement for Cultural Competency

When a child comes out as LGBTQ+, the whole family is thrust into new territory. Family Response is the primary indicator of outcome for LGBTQ+ youth. This workshop will begin with an overview of risk and protective factors. Work with LGBTQ+ youth must include culturally competent work with their families and caregivers. Using a research-based best practices model and case studies, this workshop will explore a 'blueprint' for supporting parents/ caregivers as they navigate their new understanding of their child's identity. There will be time for questions and answers.

11. Addressing Oppressive Processes and Practice Challenges with the Re/UN/DIScover Heuristic

Elizabeth Keenan, Ph.D., LCSW

2 CEC's

Many people are increasingly reactive, exhausted, and overwhelmed because of the pandemic, inflation, political polarization, racism and many other forms of oppression. Social workers are seeing heightened demands for social work services while simultaneously experiencing oppressive organizational and systemic processes that place limits on who can be helped and in what way. The RE/UN/DIScover heuristic is a set of three practices that can guide social workers response to these ongoing pressures and uncertainties in everyday practice. Social workers use the heuristic practice in the order and ongoing flow needed for each situation. This experimental workshop presents the heuristic practices and allows opportunity to apply it to one's own practice challenges.

Full Afternoon Workshops

1:45—5:00

12. Creating Culturally Responsive Teaching Pedagogy

Karen McLean, Ph.D., LMSW

Yvonne Patterson, Ph.D., MSW

Loida Reyes, Ph.D., MSW

3 CEC's, This workshop meets the 1 hour licensure requirement for Cultural Competency

Culturally responsive teaching is in demand given our changing student demographic. Culturally responsive teaching enables educators and students to understand different worldviews, appreciate others' strengths, and build empathy. Culturally responsive pedagogy demands a user to engage in ongoing reflection about their biases and assumptions. The overall goal of this workshop is for participants to learn skills and knowledge necessary in creating a culturally responsive teaching pedagogy. Given the demographic shifts in students attending college, it is imperative that professors create environments to prepare students to work with different types of people.

Full Afternoon Workshops

1:45—5:00

13. Social Justice Issues in Supervision

Patricia D. Wilcox, LCSW

Aminah Ali, LMSW

3 CEC's

This workshop focuses on trauma-informed supervision through a social justice lens, an approach that moves from the personal to the professional. Personal histories, identities, characteristics and psychological experiences of supervisors, as well structural and environmental conditions of the organization, are considered in supervision. This perspective promotes the role of the supervisor as a leader in establishing a culture within their team that is responsive to and inclusive of the positionalities and unique experiences of clients and colleagues. Supervisors are encouraged to remain vigilant in their commitment to social justice by leading their teams and organizations in achieving truly inclusive diversity. The workshop is participatory, and has three parts: The Person of the Supervisor; The Supervisor's Relationship with the Supervisees and the Team; and Helping Supervisees Gain Skill in Helping Their Clients with Racial Issues.

14. The SWLE Project: Preparing Police Social Workers

Steven Hoffer, Ph.D., LCSW

Isabel Logan, Ed.D., LCSW

Robert G. Madden, LCSW, JD

Lieutenant Matthew Solak

3 CEC's

The Social Work & Law Enforcement (SWLE) project is dedicated to advancing the ethical and effective integration of social work services into law enforcement agencies by preparing social work students to assume roles in the emerging field of police social work. The SWLE Project began as a collaboration between Eastern Connecticut State University's Social Work Program and the Willimantic Police Department and now includes various schools of social work and police departments. Through the partnership, police social work interns advanced social justice and policy by helping the police department meet legislation requiring police departments to explore using social workers. Connecticut Legislation has put pressure on social services to meet the demands of the emerging field of police social work without guidance. Through this workshop, social work professionals will meet the SWLE Project Team and learn how to prepare to work in law enforcement settings. In addition, you will learn about supervision, training, safety, and ethical practice standards from the social work and law enforcement perspectives. Ultimately, this workshop will provide tools for professional social workers interested in the emerging field of police social work.

15. Everything You Wanted to Know About Sex-Positive Social Work (But Was Afraid to Ask!)

Alberto Cifuentes, Jr., LMSW

John Bonelli, MSW

Nilda Fernandez-Betancourt, LMSW

3 CEC's

As social work practitioners, we need to be equipped with the proper tools to address matters of deep concern to our clients and client systems, especially issues regarding sex, sexuality, and sexual health. In this workshop, we will provide a safe and affirming space to engage in an open, honest dialogue about effective practice methods for sex-

Full Afternoon Workshops

1:45—5:00

positive social work, especially in the context of HIV/STI and pregnancy prevention, care, and treatment. This workshop serves as a beginning exploration of the role of sex and sexuality in social work practice as well as effective models for addressing sexual health service delivery and equity with underrepresented populations, including people of color and older adults. Participants will also be introduced to biomedical HIV prevention tools, such as pre-exposure prophylaxis (PrEP), and engage in interactive activities to help them integrate a more sex-positive approach into their practices.

Early Afternoon Workshops

1:45—3:15

16. “Nothing About Us Without Us” Veteran Social Workers Shifting the Narrative About Veterans Within the Social Work Profession

Tim Scott, LICSW, MSW, Ed.D.

Matt Dionne, MSW Student, UConn, NASW/CT Intern

Thomas Alfano, BSW Student, CCSU

Bernard Sykes, BSW Student, CCSU

Kaitlin Palance, MSW

Jesse Ede, MSW

Michael Corsini, MSW Student, Sacred Heart

1.5 CEC This workshop meets 1.5 of the 2 hour Veterans Services required every six years

Veterans are persistently other, rhetorically honored for political purposes, and systemically labeled by reductive institutional and medicalized practices that hijack social work values. Guided by the mantra, “nothing about us without us” we argue that veteran social workers should play a larger role in determining social work practice with veterans. This interactive workshop seeks to examine the complex perspectives, guided by us-as veteran social workers who advocate for more veterans to be recruited into the social work profession and play an active role in determining the needs of our fellow veterans. The target audience for this workshop includes social workers who are interested in practicing with veterans in the following areas: Individuals and Families, Small Groups, Communities and Organizations, Policy Practice and Advocacy and Social Work Education.

17. Transgender Healthcare Awareness

Jillian Celentano, LMSW

1.5 CEC’s This workshop meets the 1 hour licensure requirement for Cultural Competency

To educate and bring awareness to attendees, student and mental health professionals on the topic of working with transgender and nonbinary (TGNB) clients/patients. The presenter will explore issues across the lifespan of the TGNB population, with consideration to when building developmental stages, based on education, experience as an advocate for TGNB community, and the presenter’s own lived personal experience. The audience will become familiar with basic language, terminology, and tools that are extremely important when building rapport and trust with clients. This will be an interactive presentation as attendees will be encouraged to share experiences and ask questions on this topic. The presenter strives to make the audience feel comfortable and supported throughout the presentation.

Early Afternoon Workshops

1:45—3:15

18. Ethics of Equitable Care

Dr. Karen Bullock, PhD, LICSW

1.5 CEC's This workshop meets the 1 hour licensure requirement for Cultural Competency

Cross-cultural practice can raise numerous challenges for social work practitioners as we aim to integrate cultural competence and the ethics of professional practice. Emphasis on the intersectionality of race, ethnicity, age, social identity and orientation, as well as religion, SES, immigration status are among the diversity of factors that must be taken into consideration when promoting social justice in social work practice. This workshop will explore guiding ethical principles that can be applied to working cross-culturally.

19. Incorporating Trauma Informed Care into Faith-Based Settings: An Introduction

Dr. Vianette Hernandez, LCSW, DSW

1.5 CEC's

This workshop meets the 1-hour licensure requirement for Cultural Competency

The Latino population experiences unique circumstances that increase the likelihood of developing mental illness. Research suggests that prevalent stigma associated to mental illness with Latino communities. It also suggests that many people, particularly people of color, are more likely to seek support from leaders within their faith-based communities than from a mental health provider, but that spiritual leaders do not always feel equipped to support others with mental health needs. The presentation introduces ways for behavioral health providers and faith-based leaders to collaborate in incorporating concepts of trauma informed care in faith-based settings.

20. Family Care Plans for Infants with Prenatal Substance Exposure

Margaret Lloyd Sieger, PhD

Kris Robles, MSW

Rebecca Petersen, LCSW

1.5 CEC's

Overdose is a leading cause of maternal mortality and morbidity and infants with prenatal substance exposure are at heightened risk for child maltreatment and child protective services system involvement. To address these concerns and responsive to 2016 changes to federal Child Abuse Prevention and Treatment Act (CAPTA), Connecticut implemented one of the first universal, public health approaches in the U.S. aimed at identifying and meeting the needs of both the caregiver and the infant. Best practices dictate that “Family Care Plans” (FCP)- the title of this approach-should be developed prenatally to connect birthing persons to community resources to support the holistic needs of the dyad and family. The purpose of this presentation is to describe the legislative history and practical implementation of Family Care Plans and to present data from the first years of implementation.



Early Afternoon Workshops

1:45—3:15

21. Money Stories: Helping Clients Understand Emotional and Behavioral Habit

LaQueshia Clemons, LCSW, AFC®

Rahkim Sabree

1.5 CEC's

There are several situations that a client can encounter around money that can be psychologically draining such as conflict between spouses, a job loss or business failure, financial enmeshment between parents and family members, overspending, lots of debt, living paycheck to paycheck, and many more. It is imperative for clinicians to understand how to assist their clients on building healthy relationships with money which can lead to the client living a less stressful or anxious life around money. In this session we will give case examples and have open discussion around how we can best assist our client. This includes understanding the unconscious beliefs one has learned about money, and being able to change those that are detrimental to one's psychological and financial health. Also understanding one's financial history and early experiences and how it has impacted the development of their money beliefs and financial behaviors.

22. Engaging in Anti-Oppressive Social Work Practice

Deneen Harris, Ph.D., MSW

April Moreira, DSW, LCSW

1.5 CEC's This workshop meets the 1 hour licensure requirement for Cultural Competency

This interactive workshop will expound on the needs for social workers to engage in anti-oppressive social work practice. It will provide opportunities to explore this practice paradigm, discuss and share knowledge and skills which support anti-oppressive social work practice. Throughout the presentation, the relationship between anti-oppressive social work practice and social justice will be discussed.

Mid Afternoon Workshops

3:30—5:00

23. Self-Determination vs. Mandated Reporting

Amber Borges, LCSW, ACHP-SW, CCTP

Suzanne Rosenberg, LCSW

Yvette Tyndale, LCSW

1.5 CEC's

As mandated reporter, social workers face ethical challenges in their practice with older adults and children/families. Recent changes in mandated reporting laws in CT increase pressure to make rapid decisions about whether to make a report with little time to evaluate the implications. This workshop provides an opportunity for dialogue and didactic learning, with a framework provided for inclusion of ethical and sociocultural factors to be considered in mandated reporting.

Mid Afternoon Workshops

3:30—5:00

24. Demystifying Self-Care for Social Workers

Andrew Matusiak, LCSW

Melissa Hurley, LCSW

1.5 CEC's

Providing therapy often comes with emotional stressors that are at times very difficult to manage. Burn-out rates in our industry are very high, and those that remain in the field are often riddled with many physical and emotional unresolved wounds due to lack of self-care. Our group practice, Challenging Minds, offers a holistic approach to healing our clients by offering behavioral and mental health supports. We also offer a separate Wellness Center that focuses on offering somatic work through a variety of offerings, all in one place. We bring this same intentional support to our employees: valuing a strong work-life balance, intentional positive culture, exposure to our Wellness Center offerings, shorter work weeks with remote options, and generous earning potential. We have been successful in retaining most all of our providers since breaking ground in 2019 due to this carefully designed culture, and plan to continue to grow in a similar fashion into the future. This workshop will focus on the importance of caring for their own needs first, with genuine self-care practices, improving working longevity, and enjoying our gifts for as long as we are all led to heal others!

25. Engaging with Clients in a Crisis: Trauma-Informed Crisis De-Escalation

Michele Klimczak, MA, LMSW

1.5 CEC's

Mastering the art of crisis management is not only necessary for the safety of staff and clients; it also offers powerful opportunities to assist clients in learning to modulate their emotions. This course will present a trauma-informed approach to crisis management which begins with a mindset of connection vs. control. As helpers we tend to move quickly to a “squash it and fix-it” approach, which can quickly enflame situations. In contrast, a focus on empathic engagement will move clients out of fight, flight or freeze states so they can problem-solve rather than react. The Heart-Head-Heart model will be presented as an extremely effective way to validate, de-escalate, and provide solution-focused strategies to assist those in need.

26. The Ethics of Body Trust and Body Justice in Trauma Work

Wednesdae Reim Ifrach, REAT, ATR-BC, ATCS, LPC, NCC, CLAT, LCMHC, TPMH, LPCC

Sharlene Kerelejza, LMSW

1.5 CEC's

Trauma disrupts our relationships with our bodies. This is further intensified by diet culture, and reinforced by the weight loss industry, providers, family and media, differentially impacting marginalized populations. Come divest from diet culture and apply Trauma-Informed principles to support clients in reclaiming their bodies, voices and agency.

27. Collect, Share, Act: Cultivating Clinical Collaboration Through Measurement Based Care

Marianne Silva, LCSW

1.5 CEC's

Measurement based care (MBC) empowers providers and clients to collaboratively establish goals and plan treatment. This presentation provides an overview of the Collect, Share, ACT model of MBC. Clinical Application of MBC will be described with care examples and strategies for troubleshooting common barriers.

Mid Afternoon Workshops

3:30—5:00

28. Clients' True Stories: From Amputation to Advocates

Michelle M. Pandolfi, LMSW, MBA, LNHA, cPMP

Herb Kolodny

Brenda Novak

1.5 CEC's

Social Workers are often early responders to patients who just learned that their medical condition mandates amputation of one or more limbs. Informed social workers are in better positions to actively help amputees. A right above the knee amputee bravely shares his story from cancer to amputation to advocacy and how his interactions with social workers shaped and influenced his experiences.

29. A Mental Health Crisis: The Impact Social Workers Have When Collaborating with Interdisciplinary Teams to Promote Access to Care, Intervention and Treatment

Catherine Gingras, LMSW

Susan Dalmoura, LCSW

Lori Burns-Galdenzi, LCSW

Dayna DiBiasi, LCSW

1.5 CEC's

As the mental health crisis surges across the nation, regulatory requirements have been revised to implement depression and suicide assessment/screenings for hospitals and behavioral healthcare settings. Suicide has been identified as the second leading cause of death in people ages 10-14 and 25-34. This presentation demonstrates the importance of utilizing validated depression screening tools to promote patient safety and care. Early assessment, intervention, and access to behavioral health is critical to individuals suffering from depression and suicidality. The importance of social work in providing extensive education, consultation, and training to nursing and other medical providers as well as emphasis on a need for enhancement of mental health services in the community. Attendees will also learn the role technology plays in enhancing access quality of care by utilizing Telehealth platforms to assess patients at locations without an imbedded social worker.

Speaker bios can be found [here](#).

Thanks to our Save the Date Sponsor!



NASW Anti-Harassment Policy

NASW-CT is committed to providing a safe and welcoming environment for professional participation for all our members, partners, and other conference attendees. Our strength as an association is our people, and we cherish their diversity and strive for equity and inclusion. We value all our attendees equally, and will not accept any treatment at the event, or in any sphere of Association business, that undermines this value. By registering for this event, you agree to abide by this policy.

Our conferences and other meeting events, including those conducted virtually, are dedicated to providing a harassment-free experience for everyone, regardless of race, ethnicity, religion, color, age, gender, gender identity and expression, sexual orientation, disability, physical appearance, or other personal characteristic. In keeping with the Social Work Code of Ethics we expect that all participants and conference staff treat each person in a caring and respectful fashion, mindful of individual and cultural and ethnic diversity. We have a zero-tolerance policy for hostile or harassing conduct directed toward event participants in any form, including at related social events.

Unacceptable Behavior

Unacceptable behavior includes offensive verbal comments related to one of the above characteristics, as well as intimidation, stalking, the use of harassing photography or audio or video recording, disruption of presentations or other events, inappropriate physical contact, and unwelcome sexual attention. Participants asked to stop any harassing behavior are expected to comply immediately.

Reporting Hostile or Harassing Conduct

If you are being harassed or know of someone being harassed, please contact a member of NASW-CT staff immediately. A staff member may be contacted at the registration desk, by calling 860-371-8183, emailing pnixon.naswct@socialworkers.org, etc. Staff are committed to assisting participants, which includes contacting local law enforcement, providing participants with necessary support, and follow up or assisting participants to determine what is needed for them to feel safe.

Consequences for Policy Violations

If a participant engages in harassing behavior, NASW-CT may take any action deemed appropriate, including removal from the event with no refund, and imposing restrictions on attendance at future events.

Your agreement to this policy is a requirement of registration and your attestation will be on the registration form.



COVID-19 Health and Safety Protocols

Our goal is to hold a safe event, recognizing it is not possible to remove all risks, in particular concerning COVID-19. We intend to make every effort to provide a safe environment. In order to do so, we are requiring all registrants to provide an attestation regarding their vaccination status. There is no requirement to provide proof of vaccination. Further, under limited circumstances, registrants will be required to wear a mask.

In addition, registrants will be required to consent to a waiver of liability related to COVID.

NASW-CT will monitor applicable state and local requirements and public health recommendations and update the policies below as appropriate to best protect the health and safety of attendees. Please check this website periodically for updates.

COVID-19 Attestation Requirement

All registrants must attest that they are either (1) up to date on their COVID vaccinations ([as defined by the CDC](#)), or (2) if they are not up to date, that they will take an antigen (rapid) test within 48 hours of the event and refrain from attending if testing positive.

Under current CDC guidelines, being up to date means one has completed the primary vaccination series and has received the most recent booster dose recommended by the CDC. All registrants are strongly encouraged to be up to date on their vaccinations.

Please provide your attestation below: (your attestation will be on the registration form)

I **attest** that I am up to date on my COVID vaccinations or will become up to date before the event, or, if not up to date, that I will take an antigen (rapid) test within 48 hours of the event and refrain from attending if testing positive.

Mask Requirement

Under [CDC guidance](#), persons in areas with designated “high” COVID-19 community levels are encouraged to wear a mask indoors in public, regardless of vaccination status. If at the time of the event, the community level is high where the venue is located, registrants will be required to wear a mask indoors. Registrants will be notified via email prior to the Event if masks will be required.

Other Precautions

Registrants will be expected to take reasonable precautions to reduce the risk of COVID transmission and to behave responsibly. We ask all registrants to be vigilant in monitoring their health. If you have COVID or suspect you may be infected but do not yet have test results, please do not attend the event. For information on preventing the spread of the virus to others, see the [CDC guidance on isolation and precautions for people with COVID](#). Also, if you have been exposed to someone who has COVID, please follow the [CDC guidance on precautions to take after exposure](#).

Continued, next page

COVID-19 Health and Safety Protocols

Waiver of Liability Related to COVID-19

NASW-CT and Wyndham Southbury (the Venue) have taken enhanced health and safety measures for event registrants related to COVID-19. Nevertheless, attendance at the NASW/CT Annual Conference (Event) may give rise to an increased risk of contracting COVID-19. Although the safety of Event attendees is our highest priority, NASW-CT cannot guarantee that attendees will not become infected as a result of their participation.

In order to attend the Event, we require that all registrants consent to a waiver of liability related to COVID-19. Please carefully review the waiver that follows and indicate your consent below.

I acknowledge the contagious and evolving nature of COVID-19 and voluntarily assume the risk that I may be exposed to the virus at the Event and become infected as a result. I accept sole responsibility for any potential illness or other harm to myself (and any associated expense) related to contracting the virus while attending the Event. I hereby release, covenant not to sue, discharge, and hold harmless NASW, its employees, agents, and representatives from all liability of any kind related to COVID-19.

I will comply with all COVID-related policies that may be implemented by NASW and the Venue.

**I HAVE CAREFULLY READ AND FULLY UNDERSTAND ALL PROVISIONS OF THIS WAIVER,
AND I CONSENT TO ITS TERMS.**

Your attestation to the terms and conditions will be on the event registration form. The link to the registration form is on the next page following the pricing schedule.



Membership

If you are not already, please consider becoming a NASW member at 800-742-4089 or membership@socialworkers.org



REGISTER TODAY

(Registration Deadline is midnight June 5, 2023. No refunds given after June 5)

All Registrations Must Be Completed Online

www.naswct.org

**The link is below and can also be found on the
Special Events box on our home page.**

2023 Fee Schedule	Submitted by May 3, 2023	Submitted After May 3, 2023
NASW Member	\$170.00	\$190.00
Non-Member	\$210.00	\$240.00
Student	\$75.00	\$95.00

**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. A 2.5% fee, plus
.50 cents will be added at the time of registration. This is being added by Constant
Contact at the point of sale**

[Click here to register.](#)

SPECIAL ACCOMMODATIONS!

**If you require special accommodations to permit your attendance
or participation, please contact Pam Nixon at
(860) 371-8183 or pnixon.naswct@socialworkers.org**

Deadline for Requests to contact resources is May 15, 2023

Lunch is included in the registration price and includes an assortment of fresh deli sandwiches: Roast Beef & Provolone, Turkey & Cheddar, Ham & Swiss, Fresh Veggie & Hummus, Wrap Caesar Salad with grilled chicken. Includes bagged chips, fresh fruit, granola bar, fresh baked cookie, bottled water or soda.

If you need a gluten free option, you will be able to make that choice on the registration form. (Caesar salad with grilled chicken)

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- April 29 - 30 — Two-day Course
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Phone: (860) 257-8066

Email: info.naswct@socialworkers.orgWebsite: www.naswct.org

Serving the Profession and Advocating for
Responsive Social Policy

**Directions to Wyndham Southbury**
1284 Strongtown Road, Southbury, CT

Wyndham Southbury is on I-84, immediately
off of Exit 16 and is visible from the highway.