

**SOCIAL WORK**  
PAVES THE WAY FOR

NASW AT 60

*change*

# NASW/CT's 30<sup>th</sup> Annual Conference

## May 1, 2015

With Keynote Speaker

**Nancy A. Humphreys, DSW**

Founder, Nancy A. Humphreys Institute for Political Social Work

The Crowne Plaza  
100 Berlin Road, Cromwell, CT 06416  
Tel: (860) 635-2000



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

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# Practical Mindfulness Training for Professionals: Earn CECs While on Retreat

 CONTINUING EDUCATION CREDITS



**The Joy of Aging Mindfully**   
*Sharon Gutterman, Ph.D.*  
September 26, 2015



**Autumn Day of Mindfulness:  
Mindfulness in Action**   
*Zayda Vallejo*  
October 3, 2015



**An Introduction to  
Mindfulness-Based Relapse  
Prevention**   
*Sarah Bowen, Ph.D.*  
October 23-25, 2015



**The Science and Art  
of Fulfillment**   
*Emma Seppala, Ph.D.*  
November 13-15, 2015



**Mindful Parenting: Yoga and  
Meditation to Help Parents  
Stay Focused on What  
Really Matters** 



*Carla Naumburg, Ph.D. and  
Hunter Clarke-Fields*  
December 4-6, 2015

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# Welcome!

Welcome to NASW/CT's 30<sup>th</sup> Annual Conference. This year we also celebrate the 60<sup>th</sup> Anniversary of the founding of NASW and the 40<sup>th</sup> Anniversary of the beginning of the Connecticut Chapter. There are many milestones to acknowledge this year!

As we have done for several years, we are using this year's Social Work Month theme, developed by NASW and NASW National, to provide the foundation for Connecticut's state conference. The theme **"Social Work Paves the Way for Change"** was selected to convey what NASW and the social work profession have done over the past six decades to bring about positive changes in society and for individuals. The logo represents how social workers continue to guide communities and clients on a positive path to change—despite societal and personal obstacles.

Social workers have been on the front line when the rights of women, African Americans, other ethnic minorities, or members of the LGBT community were in jeopardy. Social workers have been advocates for strengthening the safety net through programs such as Medicaid, Medicare, and the Affordable Care Act. They have spoken up for social justice initiatives such as the Voting Rights Act and the Community Mental Health Act. They have marched, written letters, testified, protested, spoken up and lived their lives as examples for others by offering their expertise to those who need help addressing poverty, lack of education, health care access, trauma, and discrimination.

In over 50 fields of practice more than 600,000 social workers in the United States—and even more across the globe—make a difference in the day-to-day lives of millions by improving individual lives and altering social systems to strengthen society. In schools, hospitals, private and public agencies, government, and communities social workers are present, knowing there is work to be done. We honor the work that social workers perform in so many different capacities and hope that this conference will provide some degree of thanks, support, and inspiration to the social workers of Connecticut.

Thank you to the presenters who take great care in preparing for this conference and who give generously of their time. Thank you to the Sponsors and Exhibitors whose resources and contributions are invaluable. Thank you to my planning committee—Jennifer Bennett, Tom Broffman, Deborah Guidetti-Gerwein, Jessica Grant, and Diana Lombardi—for their time and thoughts. Thanks to the NASW/CT Chapter Staff, workshop Moderators, and other volunteers who contribute to making this conference run smoothly. And, finally, thank you to all of you who attend the conference and a special thanks to those who support NASW through your membership.

**Happy 60! 40! 30!**

*Pat*

Patricia Hartman

Coordinator of Professional Development, NASW/CT

# 30<sup>th</sup> Annual Statewide Conference

## Conference Notes

We encourage your participation in the PACE Drawing where you can purchase tickets to raise money for our Political Action for Candidate Election fund. CT-PACE is the political action arm of the NASW/CT and they endorse and financially contribute to candidates from any party who support CT-NASW's policy agenda.

The NASW/CT Clinical Social Work Network will be presenting their Clinical Social Worker of the Year Award at lunch. Join us as we celebrate!

Visit the exhibitors and sponsors who so generously support this event and take advantage of the resources available at the bookshop located in the Grand Ballroom. We hope you reconnect with old friends, meet new colleagues, learn something new and enjoy the day!

<p><b>Books for Sale</b> 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 in the Grand Ballroom.</p>	<p><b>Exhibitor Display Area</b> Don't miss the chance to visit and talk with our exhibitors. They've brought information about their products and services that might prove helpful to you in your work and your life. Exhibitors are located in the hallways surrounding the Grand Ballroom. If you receive this brochure and wish that you were an exhibitor, too – give our office a call. Perhaps a space is still available.</p>
<p><b>Continuing Education Credits: LCSWs, LMFTs, LPCs, Licensed Psychologists and LMSWs</b> 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 license renewal for LCSWs, LMFTs, LPCs, licensed psychologists and LMSWs.</p>	<p><b>Early Registration Special</b> Have your registration postmarked by April 13, or call us by the end of the day on April 13 and you will save on your conference registration fee! To register online, go to <a href="http://www.naswct.org">www.naswct.org</a>. The mail-in registration form is on page 25 of this brochure.</p>
<p><b>PACE Drawing</b> This is a great opportunity to donate to a good cause and end up with a winning ticket.</p>	<p><b>Walk-Ins</b> While we might be able to accommodate walk-ins on the day of the conference, workshop choices might be limited and lunch tickets might not be available. Don't take a chance; register today!</p>
<p><b>Hotel Accommodations</b> If you wish to stay at the Crowne Plaza in Cromwell, the overnight rate is \$119 plus tax. To make reservations, please call the hotel directly at (860) 635-2000 and say you are with NASW/CT.</p>	<p><b>Poster Session</b> Check out our first Poster Session next to the Registration Desk. Students in BSW and MSW programs in Connecticut are encouraged to participate. Call Pat Hartman at (860) 257-8066 for more information.</p>

## At a Glance...

6:30-7:30 am	7:30-8:30	8:30	8:45-9:45	10:00-10:30	10:30-12:30 pm
Exhibitor Set Up	Conference Registration ~ Exhibitor Displays ~ Light breakfast ~ Poster Session	Welcome	Keynote Address	Exhibitor Displays ~ Poster Session	2 Hour Morning Workshops #1-12
12:30-1:30 pm	1:30-3:00	3:00-3:15	3:15-4:45	5:00	
LUNCH ~ Exhibitor Displays	Full Afternoon Workshops Begin #13-16 ~ Early Afternoon Workshops #17-24	BREAK ~ Poster Session	Full Afternoon Workshops Continue ~ Mid Afternoon Workshops #25-32	Drop Off CEC/CEU Participant Form at Registration Desk	

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**30<sup>TH</sup> Annual  
Statewide Conference  
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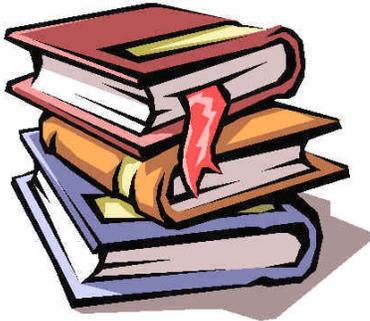
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in the Grand Ballroom!

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



**Annual Awards Dinner  
October 1, 2015**

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

*- Winston Churchill*

## Introducing Our Keynote Speaker



... she gave leadership and support to the many international activities  
... consultation to the Republic of Armenia in the creation of social  
... programs in that country. She was a member of the faculty at Rutgers  
... Social Work for many years and also served as Associate Dean for one

# Morning Workshops

10:30 a.m. – 12:30 p.m.

## 1. The Code of Ethics: Universal Social Work 2 CECs

The mission of the social work profession is rooted in a set of core values. These core values, embraced by social workers throughout the profession's history, are the foundation of social work's unique purpose and perspective and form the backbone of the core of ethics we subscribe to: service, social justice, dignity and worth of the person, importance of human relationships, integrity, and competence. This workshop will provide an open discussion on some key issues facing our society today, such as crime and the prison system, the education of our children, the poverty that exists within our wealthy country, and the cultural diversity and growing multiplicity of our society. Members of the NASW/CT Ethics Committee will offer this interactive panel presentation.

**Rosaline Brown, LCSW, CMC** is a social work supervisor with the Department of Social Services. Programs under her supervision include Elderly Protective Services, The Acquired Brain Injury Program, and the Personal Care Assistance Program. A long time member of NASW, she serves on the Board of Directors and is Chair of the Ethics Committee.

**Marie Carlin, MA, LCSW, CCHP, CBIS** is the designated discharge planner for mentally and medically compromised inmates at the Hartford Correctional Center. She is a NASW member.

**Catherine Hogan, LCSW** has Professional Educator Certification in School Social Work and is certified in EMDR. She is self-employed as an educational consultant and has been a member of NASW's Ethics Committee for five years.

**Nancy Hubbard, LCSW** has a background of work with children and adolescents and is presently the Director of Outpatient and Rehabilitative Services at the Institute of Living. She has long been a member of NASW.

**Ron Sturm, MS, MSW** is a Geriatric Care Manager at Connecticut Community Care. A NASW member, he served as a Student Representative on the Board of Directors and presently serves on the Ethics Committee.

**Cheryl Toth, LCSW** works for the State of Connecticut Department of Mental Health and Addiction Services. She also holds a Certification in School Social Work. An NASW member, she serves on the Ethics Committee and was formerly on the Board of Directors as a Member-at-Large.

## 2. Healing: How Treating Trauma is More Than Trauma Treatment 2 CECs

Trauma research in recent years has led us to understand more about the developing brain and the impact of trauma. Evidence based practices have come into play that support the use of specific tools and protocols designed to lessen the long term impact of trauma on child development. This workshop will explore the evolution of our menu of trauma treatment for children and their families at the Village for Families and Children, with a special emphasis on two of our new evidence based models of treatment—Eye Movement Desensitization and Reprocessing (EMDR) and Child and Parent Psychotherapy (CPP). Through the use of clinical examples the panel will highlight the implementation factors for each model as well as discuss the initial data and the implications for future practice.

**Catherine Corto-Mergins, LCSW** is the Director of Training and the Director of the Collaborative Trauma Center at The Village. She is also a Multidimensional Family Therapy Master Trainer. Ms. Corto-Mergins is a member of NASW and a member of the Chapter's Latino Mentoring Program.

**Jennifer Jaffe, LCSW** is trained in EMDR therapy and serves as the lead for the EMDR Learning Collaborative at The Village, implementing a grant from SAMHSA. A member of EMDRIA, she is involved with ongoing efforts to support, supervise, and monitor the use of EMDR throughout the agency.

**Jessica D'Angelo, LMFT** works as an Enhanced Care Clinician at The Village and is trained in two evidence based trauma treatment models: EMDR and Trauma Focused CBT. She is a member of CTAMFT and AAMFT.

**Alane Sawka, LCSW** is an IICAPS supervisor at The Village, is trained in EMDR, and uses this model regularly with her clients. Her experiences include extensive work with mobile crisis services.

**Maryellen Sciallo, LCSW** is a certified therapist and consultant for Trauma Focused Cognitive Behavioral Therapy. She is also a Child-Parent Psychotherapy (CPP) trained therapist and is the lead for the CPP implementation of the Village's SAMHSA grant.

# Morning Workshops

10:30 a.m. – 12:30 p.m.

**Sandy Kyriakopoulos, PsyD** is the Senior Director of Maternal and Child Health at The Village where she oversees the Child First program, the Nurturing Families Network, Friends of the Family, and the Mid Level Developmental Assessment program.

**Beth Weston Meekins, LCSW** is a Clinical Supervisor in the Enhanced Care Clinic at The Village. She is part of the Early Childhood Team and is trained in Trauma Informed Child Parent Psychotherapy (TI-CPP) and in Mid Level Development Assessments.

### 3. The Mindful Case Conference 2 CECs

The tools of mindfulness, somatic awareness, and contemplation are actively being incorporated in clinical work these days. Applied Mindfulness is the term for bringing these tools into our interaction with the world, particularly in the workplace. The Mindful Case Conference, thus, is a direct way to bring applied mindfulness into an agency, a group practice, or a peer supervision group. Case conferences and group supervision can be transformed into a truly supportive experience that facilitates clinical work, counters vicarious traumatization, and improves client care when mindfulness, somatic awareness, and contemplation are incorporated. This primarily experiential workshop is appropriate for clinicians, supervisors, and management who wish to learn more about this highly effective process.

**Barbara Heffernan, LCSW, LADC** has a private psychotherapy practice in Norwalk that focuses on trauma, anxiety, and life transitions. She utilizes CBT, EMDR, meditation and visualization in her practice and developed the concept of the Mindful Case Conference through workshops she has led on Applied Mindfulness in the psychotherapy field. She is a member of NASW.

### 4. Professional Health: Healthy Professionals/Healthy Patients 2 CECs

Healthcare professionals are not immune to substance abuse and mental illness and the notion that these professionals are stronger and more able-minded than the rest of the general population is a myth. Created in 2007 by the passage of Public Act 07-103, HAVEN, Health Assistance InterVention Education Network, is a confidential assistance program for those healthcare professionals licensed by the State of Connecticut who are facing the challenges of physical illness, mental illness, chemical dependence, or emotional disorder. This workshop will illuminate an important resource in the state where healthcare professionals can address personal issues for themselves and their colleagues in a confidential and sensitive manner.

**Maureen Sullivan Dinnan, JD** has dedicated her career to assisting health professionals in medical malpractice, licensing, and regulatory issues. She is the Executive Director of HAVEN, the Health Assistance InterVention Education Network that has assisted more than 700 professionals since 2007, including social workers, doctors, nurses, dentists, paramedics, APRNs, optometrists, and many other licensed healthcare disciplines.

### 5. “Rewiring” the Brains of Elders 2 CECs

The focus of treating elders with mental health issues often, sadly, continues to be around simply helping them to survive or to recover from their stressors. Helping elders to thrive and to flourish is rarely the goal of treatment. In fact, elders themselves do not necessarily believe such a goal is possible. This workshop will describe the utilization of various positive psychology interventions such as kindness, gratitude, self-compassion, humor, and the models of Rick Hanson, PhD, author of Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence. Do these interventions really “rewire” a brain toward more positive states? The skills found most beneficial for elders by the presenters in their work at a life care community will be discussed and how clinicians can implement these skills in their own clinical practice will be reviewed.

**Jack Paul Gesino, DSW, LCSW** is an Associate Professor at Southern Connecticut State University and Chair of the Elder and Family Specialization. He maintains a private practice at the Center for Elders and Families in Hamden. A practicing clinician and educator for over thirty years, he provides clinical supervision and training in Positive Psychology. Dr. Gesino is a member of NASW.

# Morning Workshops

10:30 a.m. – 12:30 p.m.

**Cate Barber** is a second year MSW student at SCSU. She is specializing in Geriatrics and currently interns at The Whitney Center in Hamden. She is a graduate of Eastern CT State University in 2011 with a degree in Communication.

## 6. To Tweet or Not to Tweet: Welcome 2 Reality 2 CECs

Welcome to a presentation about social media and the impact social media has on youth; a presentation about cyber space and the messages being sent in the cyber/social environment. Welcome 2 Reality is an organization that addresses issues related to media literacy and technology, the impact social media and the use of mobile devices might have on society and today's youth, and how there might be other, healthier, alternatives. Based in Waterbury, Welcome 2 Reality has taken on the task of educating and empowering individuals with the hope that they will see these mediums in a clear light. Through trainings, listening forums, workshops, and mentoring, the curriculum of Welcome 2 Reality is designed to raise the consciousness and knowledge base of those who might overlook the potential dangers of social media. The panel from Welcome 2 Reality will share their thoughts and goals for today's youth who are living in a world of heightened social media impact.

**Anthony Gay, BA** is currently an Adolescent Supervisor for DCF. He previously was a trainer for the agency facilitating and participating in the development of various trainings offered at the DCF Training Academy. He is also the statewide co-lead of the Department's fatherhood initiative. Mr. Gay is the co-creator of the "Man Up" program for incarcerated/at risk youth and has taught courses on Civility and Success at Post University. Lastly, he is the organizer for the Annual Dads Matter Too! 5K Community Awareness Day, an effort to promote engagement and combat fatherlessness in CT.

**Marcus Stallworth, LMSW** has been employed in the field of child welfare for the past 15 years. He was employed by the Department of Children and Families for 14 years, working in child protective services. Mr. Stallworth currently works for the Child Welfare League of America as a trainer and consultant. The owner of Stallworth Counseling Services which provides individual, family, and group therapy services, he also works as a Prevention Education Associate for Love 146 and is a member of the Disaster Behavioral Health Response Network formed after 9/11.

**Qur-an Webb, MSW** is an Adolescent Supervisor at DCF and also provides services to children and families through Bristol Youth Services. Mr. Webb co-facilitates a mentoring program through the Queen Ann Nzinga Center where he works to ensure that each mentee is able to develop a sense of self and the confidence to overcome obstacles.

## 7. Equine Assisted Activities as Therapeutic Strategies 2 CECs

Equine Assisted Activities and Therapies (EAAT) are becoming a "hot" therapeutic intervention. Horses are sensitive and sentient beings that belong to complex social groups (herds) and communicate primarily through body language. They live in the moment and are very adept at reading and reflecting the feelings of other beings, including humans. This presentation will discuss the benefits of the human/horse bond, and why horses, in their non-judgmental responses, allow humans to develop self-awareness. Clinicians who wish to learn more about this evolving therapeutic approach, how it can be helpful and who is qualified to provide EAAT will find this workshop beneficial. Learning how to evaluate programs in order to make appropriate and safe referrals will also be a part of the presentation.

**Jeanna Pellion** is the Program Director at Hidden Acres Therapeutic Riding Center in Naugatuck. Horses have been a part of Jeanna's life for over 30 years, 15 of which have been spent as a full time professional in the EAAT field. She has presented at numerous professional conferences and most recently has expanded her services to include programming that collaborates with wellness professionals.

# Morning Workshops

10:30 a.m. – 12:30 p.m.

**Branwen O’Shea-Refai, LCSW** is in private practice in Bethany and is co-founder and a teacher of Equine Assisted Learning Workshops at Hidden Acres Therapeutic Riding Center. She has worked in the mental health field for over 17 years, with a specialty in trauma recovery and holistic counseling. Ms. O’Shea-Refai is a Certified Kundalini Yoga Teacher, a Healing Touch Practitioner, and a Sound Healer.

**Nadine Finger-Thomas** is a senior social work major at Western Connecticut State University. Her junior intern placement was with Hidden Acres Therapeutic Riding Center where she engaged with program participants and participated in Equine Assisted Learning (EAL) workshops. She is a member of the Phi-Alfa Social Work Honor Society and a member of NASW.

**Meg Currie, LCSW, ACSW, CCDP-D** does clinical work at the Family Study Center in Danbury and also teaches in the social work department at Western Connecticut State University. Her current interest is animal assisted social work interventions and she is pursuing certification as a therapy dog team with her puppy, Norbert. As the field liaison for Hidden Acres placements, she experienced the healing powers of equines and is now an enthusiastic EAL supporter. Ms. Currie is a member of NASW.

## 8. LGBTQIA...SOS! Sexuality and Gender, Differentiated and Demystified 2 CECs

*\*This workshop meets the cultural competence requirement for licensure renewal*

We are witnessing the dawn of a new civil rights movement and the question is no longer whether we will have LGBTQIA clients, but when, and whether we will be adequately prepared to serve these populations respectfully. So let’s talk about sex, and gender, and what, if anything, the two have to do with one another. This highly experiential and interactive workshop will explain in plain language—using case examples, group discussion, and video—exactly what it means to be gay, lesbian, bisexual, queer, transgender, cisgendered, intersex, FTM, MTF, and any other term you may have heard but aren’t yet familiar with.

**Mara Gottlieb, LMSW, PhD** is presently an adjunct faculty member at the NYU Silver School of Social Work and Smith College School of Social Work. Her primary areas of teaching and scholarship are in direct practice, theory, and pedagogy, particularly with an anti-oppression and social justice lens. She is the founder and CEO of Talking Changes, a training and bias-awareness organization that seeks to create safe learning environments, targeting clinicians and social service professionals and addressing issues ranging from self-care to cultural competence. Ms. Gottlieb is a member of NASW.

## 9. Mum’s The Word—Unmasking the silence of adoption secrets 2 CECs

Adoption has long conjured up a sense of secrecy. While many have worked to bring honesty and transparency to this way of creating or enlarging families there is still work to be done. The presenters of this workshop will use case vignettes and experiential activities to facilitate the discussion of family secrecy, adoption policies, and adoption practices. Those who attend will be asked to explore their own biases and increase their level of awareness on adoption issues. Participants will have the opportunity to share their own experiences working with children, families, and adult adoptees, offering strategies and resources to others.

**Lorna Little, LCSW** is the Executive Director of St. Agnes Home, a group home for pregnant and parenting young mothers and their babies. Her diverse background melds an interesting mix of social services and media as Ms. Little is a clinical social worker, a television producer, a community activist, and diversity consultant, and the author of a new book entitled “Mum’s the Word”. She holds a Post Master’s certificate in Foster and Adoption studies, is a certified Therapeutic Crisis Intervention trainer, and serves on the Social Work advisory board for the University of Saint Joseph and Springfield College. Ms. Little is a member of NASW.

**Alice Farrell, LCSW, JD** sees clients in her private practice, Olive Branch Clinical Counseling, and also provides clinical supervision. She has worked in the field for 24 years and has served as the interim Executive Director for several non-profits in the behavioral health service arena over the years.

# Morning Workshops

10:30 a.m. – 12:30 p.m.

**Alicia Little Hodge, MA** is a licensed professional counselor presently working at both Saint Agnes Family Center and the University of Hartford. She is a doctoral candidate in the University of Hartford's clinical psychology program and an adoption competent mental health professional, trained through the Center for Adoption Support and Education.

## 10. Building Organizational Capacity to Advance Cultural Competence: A Case Study 2 CECs

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

The importance of cultural competence and cultural humility for providing effective services and achieving positive outcomes are widely recognized in social work and related professions. Individual practitioners must engage in ongoing efforts to enhance their knowledge, skills, and attitudes. But organizations also have a responsibility for advancing culturally competent practices as well—beyond promoting individual competency development. This interactive session will examine a process for increasing organizational cultural competence by examining the specific efforts of a School of Social Work. Five elements that are crucial to this journey will be discussed and participants will have opportunities to consider their organization's readiness for change while strategizing ways to promote cultural competence in their organizations.

**Salome Raheim, PhD, ACSW** is the Dean and Professor at the University of Connecticut School of Social Work. Known nationally and internationally, Dr. Raheim is a scholar, educator, and consultant to educational institutions and health and human service organizations to increase their ability to work effectively in the context of diversity. She is a collaborator on an international initiative entitled *The Privilege Project* and founder and Co-chair of the UCONN School of Social Work *Just Community: Change Starts Here* initiative. She has been a member of NASW since 1985.

**Nelly Rojas Schwan, PhD, LCSW** is Assistant Professor of Social Work and Latino Community Practice at the University of Saint Joseph. Dr. Schwan's clinical and administrative experience has focused on delivery of culturally appropriate child welfare, treatment, and prevention services to the community. A member of NASW since 1980, she has been active both locally and nationally on numerous NASW boards and committees. Professor Schwan is Co-chair of the UCONN School of Social Work *Just Community: Change Starts Here* initiative.

**Milagros Marrero-Johnson, MSW** is Director of the Office of Student and Academic Services at the University of Connecticut School of Social Work. She has served as chairperson of the NASW/CT Latino/a Social Worker's Network since 2013. She is a dedicated, multi-cultural, social work professional with more than a decade of successful experience in higher education, community organizing, and administration. An adjunct faculty member as well, she is an active member of the *Just Community: Change Starts Here* initiative.

## 11. De-Stress Using Your Mind, Body, and Breath—Yoga and Other Wellness Techniques for the Practitioner 2 CECs

As staff becomes the change they desire to see, they translate into powerful and inspirational models for their clients. In this experiential workshop, participants will learn chair yoga poses and deep breathing exercises to de-stress and restore themselves. When clinicians can model and share these benefits with their clients they can have a lasting, positive effect. Participants will experience a shift in their own state of being through deep breathing, chair yoga poses, and mindfulness meditation. The benefits of these techniques will be discussed.

**Kathleen Kiley Fisher** is the Founder and President of Wellness Insights, LLC. As a certified Yoga Facilitator, Energy Medicine practitioner, and Pastoral Counselor, she works with clinical staff in healthcare facilities offering "Train the Trainer" Wellness programs. She is the author of several Wellness training manuals that include instruction and exercises for optimal self-care.

# Morning Workshops

10:30 a.m. – 12:30 p.m.

## 12. The Poverty Simulation and Its Impact on Raising Awareness of the Difficulties Faced by Low Income People 2 CECs

Historically social work is a profession that has been committed to helping the poor and disadvantaged--but has the profession and social work school curriculum abandoned this commitment to some degree? Students entering social work programs rarely have direct experience with poverty and may also have attitudes that conflict with the social justice values of the profession, values that may impede their ability to provide non-judgmental services to poor clients. This workshop will present the "Poverty Simulation", a tool used to sensitize students by way of an experiential learning activity that allows participants to take on the roles of individuals and families living in poverty, thus "simulating" poverty and the difficulties faced by the poor in daily living. Both Southern Connecticut State University's and Western Connecticut State University's Departments of Social Work engaged in this "simulation" and their findings from focus groups illustrate the impact such a "simulation" can have on student understanding and attitudes. The research shared by this panel of presenters will provide examples of how practitioners might use these findings to impact their own communities.

**Stephen Monroe Tomczak, MSW, PhD** is an Assistant Professor at Southern Connecticut State University School of Social Work. Dr. Tomczak has extensive background in social work education and research, particularly in the areas of social welfare policy, poverty, and the history of social work and social welfare. He is a member of NASW. **Rebecca Wade-Rancourt, LCSW** joined the faculty of the Social Work Department at WCSU after 15 years of practice in the field. Her clinical work has included outpatient, home-based, and residential treatment for children and youths. She is a member of NASW.

**Deneen Harris, MSW, PhD** is an Assistant Professor at WCSU. She is a child welfare practitioner who has served as a 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.

**Saraphina Mwangi** is a Senior social work student at WCSU. She is currently interning at DCF where she was accepted into the highly competitive stipend program. She is a member of the Phi Alpha Honor Society and NASW and plans to pursue a MSW degree with a focus on Black and International studies.

**Anna Marie Sachs** is a Senior social work student at SCSU. She currently interns at Bridges in Milford in the Social Rehab Program. A member of the Phi Alpha Honor Society and President of the Social Welfare Organization at Southern, she plans to pursue a MSW degree with a focus on policy practice.

**Megan Silver** is a Senior social work student at WCSU. She was awarded the Beatrice K. Nemzer Outstanding Junior Award for showing a strong commitment to the profession and served as a student mentor for the Global Issues Internship in Uganda. While overseas she worked with the most vulnerable populations including HIV/AIDS patients, former child soldiers, and teen mothers in rural villages. Her future plans include partnering her social work skills with missions.



# Full Afternoon Workshops

1:30 p.m. – 4:45 p.m.

## 13. Creative Ways to Deal with Difficult Clients: Thinking Outside the Box 3 CECs

Do you feel stuck dealing with difficult and resistant clients? The latest brain research suggests that the more parts of the brain that are stimulated the more likely a lasting impact. Thus, getting away from the standard talk-listen approach and engaging clients in a multisensory approach, might just help the client to better visualize their problems and diminish resistance. This workshop will offer a variety of simple, yet effective, creative techniques that can be used with almost any theoretical approach, with couples, families, and children. It will show how these innovative techniques can be used in the pre contemplation and contemplation stage of change, adding interest to the session for both the client and the counselor.

**Asha Patlikh, LMFT** is in private practice and is also an adjunct faculty member at Southern Connecticut State University. The author of two articles, she also co-edited a book for Dr. Barbara Lynch. She has been shadowing and mentoring with Dr. Ed Jacobs, the creator of Impact Therapy. Ms. Patlikh has presented numerous times on creative techniques and her commitment to counseling as an exciting, creative, rewarding profession is evident in the positive response of her students.

**Alma Jarasevic, LMFT** worked in-home with diverse multicultural populations and is now in private practice. She has been a co-presenter of Impact Therapy workshops for the past two years.

## 14. Is it ADHD or Trauma? Using Play Therapy to Differentiate 3 CECs

Attention Deficit Hyperactivity Disorder (ADHD) and Posttraumatic Stress Disorder (PTSD) are commonly heard terms in the mental health field today and are labels often applied to children. While the origins and symptoms differ, the clinical presentation can be markedly similar. This workshop will help clinicians increase conceptual competencies regarding the two. Participants will learn what play therapy is, how it can be a powerful intervention for trauma in particular, and how one can apply play techniques to treat each of these conditions. Differences in the play styles of children with ADHD compared to trauma reactions will be discussed and suitable play therapy techniques to treat both diagnoses will be presented.

**Julie Nash, PhD** is a Clinical Psychologist and Registered Play Therapist-Supervisor at Riverside Psychological Associates, LLC in Middletown. While she works with people of all ages, her specialties include play therapy, women's issues, and child/adolescent needs. She is the author of multiple book chapters on the development of social skills and using play therapy to treat social skills deficits. Dr. Nash has presented nationally and internationally on play therapy and has been trained in using Trauma-Focused CBT.

## 15. Microwave Version of Motivational Interviewing for Social Workers 3 CECs

This evidence-based workshop is intended to provide information to social workers about: stages of readiness to change, motivational interviewing, and utilizing MI techniques to more effectively assist their clients. Developed by Miller and Rollnick, MI is a client-centered approach that elicits behavior changes by assisting individuals to explore and resolve ambivalence. It is a style of talking with clients in a constructive manner about the whys, when's, and how's of risk reduction and behavior change. Based upon the tenet that most individuals have the requisite skills to successfully modify lifestyle and decrease risky behaviors, MI employs strategies that will enhance the client's own motivation for and commitment to change. Readiness rulers, decisional balances, and change plans will be demonstrated through interactive exercises.

**Tom Broffman, PhD, LICSW, LCDP, LCDS, CEAP** is an Assistant Professor and Coordinator of Field Education in the BSW program at Eastern Connecticut State University. He has been a Motivational Interviewing trainer and practitioner for over nineteen years, assisting a variety of human service agencies to integrate MI into their programs. He is a past Board of Directors member of the RI Chapter of NASW and a present Board member of the NASW/CT Chapter. Dr. Broffman is presenting this popular workshop for the 5<sup>th</sup> time!

## Full Afternoon Workshops

1:30 p.m. – 4:45 p.m.

### 16. Loyalty: The Root of Perpetual Unhappiness. A Control-Mastery Perspective 3 CECs

This workshop will focus on clients who, despite the therapist's best efforts to help, remain stuck, go in and out of unsatisfying or abusive relationships, and appear to seek out situations that result in their ongoing suffering and unhappiness. The presentation will draw on Control-mastery theory, an empirically supported, cognitive, psychodynamic, relational, theory of psychotherapy, which offers a framework for understanding clients struggling with these dilemmas. These behaviors can be understood to convey useful information about a client's past as well as reflecting acts of deeply held unconscious loyalty to her/his family and culture of origin. Drawing on Control-mastery theory, participants will learn how to identify this loyalty and how to develop intervention strategies to help free clients from this misplaced loyalty.

**Jo Nol, PhD, MS, LCSW** has been practicing psychotherapy for 29 years and is a partner at the Women's Center for Psychotherapy in West Hartford. An adjunct professor at the University of Connecticut School of Social Work, Dr. Nol is also the author of two mysteries with a social worker as the protagonist. An active member of NASW, she served as the President of the NASW/CT chapter as well as the chair of the Ethics Committee, and is presently the chair of the chapter's Clinical Social Work Network.

**Sandy Wolf, LCSW** is employed in private practice, having 19 years of clinical experience working with adults, families and youth in community mental health agencies, psychiatric hospitals, and the juvenile justice system. She has been studying and practicing Control-mastery for 10 years. Ms. Wolf is a member of NASW.

## Early Afternoon Workshops

1:30 p.m. – 3:00 p.m.

### 17. Journaling for Patients and Families During Hospice Care 1.5 CECs

Through journaling, writing letters, and perhaps writing poetry, patients and their families can find support and ways to preserve memories while at the end of life. This workshop will offer a variety of ideas, as well as tangible materials, to engage patients and their families with a Life Review and the opportunity to work on a legacy project together. Discussion of the benefits of this process and some discussion of working with a hospice team will also be a part of this workshop.

**Sheila Tincher** is an Expressive Arts Specialist with Masonicare Home Health and Hospice in Norwalk. She brings art, music, puppetry, and legacy work to clients and their families in hospital settings, nursing homes, assisted living facilities, and their own homes. Ms. Tincher has a BA in Theater Arts and a Secondary Teaching Degree in English and Drama. She is a certified Alzheimer's Care provider and a certified Therapeutic Recreation director.

### 18. Trauma is No Excuse: Motivating Students to Pursue Educational Excellence 1.5 CECs

This workshop will examine the issues of poor academic performance and how social workers can promote academic success for urban youth. There will be discussion of the racial achievement gap in education, the detrimental impact of trauma in the lives of students, and ways to support students of color. Rather than accepting social media that harms and misleads, this workshop will provide strategies and examples of how to utilize and integrate popular media to motivate students to achieve academic excellence.

**Anthony C. Hill, EdD, MSW** is an assistant professor at Springfield College School of Social Work. His prior work experience includes working as a school Social Worker, being a Middle School Assistant Principal, an Elementary School Principal, and the Associate Director of Field Work at Smith College School for Social Work. He has presented at numerous conferences, including the NASW/MA State Conference, and is a member of NASW.

# Early Afternoon Workshops

1:30 p.m. – 3:00 p.m.

## 19. The Healing Benefits of Animal Assisted Therapy: Changing our Response to the Care of Children with Trauma and Loss 1.5 CECs

For children living with the impact of trauma, animals can often be a source of comfort and healing. This presentation will explore a model of understanding the impact of the human-animal bond on attachment, affirmation, affect regulation, and attunement in both animal assisted interventions and in day-to-day human-animal interactions in the lives of children. The incorporation of animal assisted therapy into trauma focused cognitive behavioral therapy will also be explored as an example of how therapy animals can provide supplemental benefits in evidence based practice. Interaction with a therapy animal will be a part of the presentation to demonstrate the critical importance of body awareness and play.

**Kate Nicoll, LCSW** is CEO of Soul Friends: Animal Assisted Therapy Programs of CT. Having more than 20 years of clinical experience, she has specialized in working with children with severe trauma and grief—and has partnered with community agencies and the state in adding the comfort of an animal partner to specific treatment plans. She completed a graduate certificate in Animal Assisted Therapy and Education.

**Lori Ratchelous, MSW** brings to Soul Friends her experience in grief and bereavement services from her work at Yale. She is currently completing a post Master's certificate in Animal Assisted Therapy and has a canine partner, Nutmeg.

**Kate Cygler, LCSW** joined Soul Friends after working at a residential treatment program with traumatized children and adolescents where she received training in Trauma-Focused Cognitive Behavioral Therapy. She is a clinician and Group Therapy Program Manager with Soul Friends, assisted by her canine partner, Murphy.

## 20. The Things We Carry: An exploration of our social identities, privilege, and their influence on social work 1.5 CECs

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

As social workers, it is our ethical duty to have the skills and knowledge to competently serve diverse client populations. In order to provide culturally competent services, we must not only educate ourselves on the unique attributes of various cultures and social groups, but also recognize how our own cultural and social identities affect our clinical role. It is imperative that we be aware of the privileges we carry and regularly reflect on the way in which they manifest within the clinical relationship. In this interactive and discussion-based workshop participants will also acquire specific interventions and ways to address their personal identities within their clinical work. Participants will have the opportunity to explore their social/cultural identities and reflect on issues of power and privilege inherent in our work.

**Alana DiPesa, MSW** works for the Department of Veterans Affairs providing clinical services and supportive housing services to homeless and severely mentally ill Veterans. She graduated from Smith College School for Social Work where she was trained in anti-racism practice. She has presented several times for NASW at their regional meetings.

**Linzy Barnett, MSW** also graduated from Smith College School for Social Work, choosing this program due to their anti-racism commitment. Since graduation she has worked at The Connection Inc. where she facilitates psychotherapeutic groups for individuals with problem sexual behavior.

## 21. Serving Post 9/11 Veterans in the Community: What You Need to Know 1.5 CECs

Post 9/11 veterans are a unique population with specialized needs. Although many veterans utilize the VA hospitals and clinics to care for their psychological war injuries, a significant percentage turn to civilian providers. It is incumbent upon clinicians in the community that they are prepared to respond to the needs of service members returning from Iraq and Afghanistan. This workshop will offer information and training to that end—exploring the deployment cycle and the transition home; examining how military training and experiences can have long-lasting effects, even for those without PTSD; understanding the fundamentals of military culture and the reticence of veterans to seek help, particularly from civilian providers.

# Early Afternoon Workshops

1:30 p.m. – 3:00 p.m.

With this additional knowledge, clinicians in the community can use their knowledge of working with adjustment, depression, and trauma as a foundation for work with veterans.

**Sharon Young, PhD, LCSW** is an assistant professor of social work at Western Connecticut State University. She has presented and published research on the adjustment of veterans to college and teaching military social work. She is an Embedded Clinician in the Connecticut National Guard and a member of NASW.

**Jennifer Lewis, LCSW** is in private practice in Windsor. She has been providing clinical services to military service and family members through the Military Support Program since 2007. She is an Embedded Clinician in the Connecticut National Guard 1/102<sup>nd</sup> Bravo Company and runs a Military Family Education and Support Group for military families. Ms. Lewis is a member of NASW.

## 22. CRIMMIGRATION: The Criminalization of Immigration Post 9/11 and its Impact on Latino Populations 1.5 CECs

*\*This workshop meets the cultural competence requirement for licensure renewal*

Crimmigration is the merger of immigration law and criminal law (and enforcement) after September 11, 2011, which has resulted in the increased incarceration, detainment, and deportation of immigrants in the United States. Over one billion immigrants have been deported since Obama took office and restrictive immigration laws passed at the federal, state, and local levels have often targeted the growing Latino population. These laws, couched in the rhetoric of “national security”, are in fact race and ethnicity based. Billions of dollars have gone towards the detainment and deportation of immigrants in the last five years, creating an ever expanding “industry” of privatized detention for profit that further oppresses and marginalizes immigrant groups. Thousands of children, citizens of the United States, are in foster care because their parents were undocumented, detained, and removed...at what cost? This presentation intends to inform social workers of this rarely publicized phenomenon occurring in the U.S. and articulate implications for theory and practice regarding this human rights crisis.

**Walter Belsito, MSW** works for the Department of Children and Families, is an adjunct professor at the University of Connecticut School of Social Work, and is also a Field Instructor for Social Work students. He is presently a PhD candidate, his primary area of research being immigration issues, in particular with the Brazilian/Latino population. He is a member of NASW.

## 23. How to Incorporate Gambling Education into Your Practice: An Interactive Approach 1.5 CECs

Going to the casino on your 21<sup>st</sup> birthday has become a rite of passage in Connecticut. Daily fantasy sports are the “new frontier” for sports betting activities. Plans for new casinos are on our borders and every day there are new opportunities to gamble within the state. Pathways to problem gambling surround us. This presentation will identify the signs and symptoms of problem and Disordered Gambling and the impact of Disordered Gambling now being classified as an Addictive Disorder in the DSM-5. The presenters will identify tools to integrate gambling and problem gambling awareness into existing Mental Health and Substance Abuse treatments, with particular attention on harm reduction techniques that have been shown to be effective with young adults. Case examples will be shared and attendees will leave the workshop with resources to aid in assessment, treatment, and the potential referral of clients with gambling concerns.

**Scott Nelson, LCSW** is the Director of The Bettor Choice program with The Connection, Inc. in Middletown and New Haven. This program provides counseling for problem gamblers and their families as well as engaging in community awareness and prevention activities. Scott has been involved in treating those with problem and Disordered Gambling for the past 6 years and will be presenting at the National Conference on Problem Gambling this summer.

**Katherine Marshall, LCSW, NCGC-II** works as a therapist with The Connection’s Bettor Choice program. She is also an adjunct group work professor at the UCONN School of Social Work. An experienced presenter, Ms. Marshall’s recent focus has been on the development of treatment and engagement activities for young adults with problem gambling concerns.

# Early Afternoon Workshops

1:30 p.m. – 3:00 p.m.

## 24. Engaging the Community In Intervention:

### A Case Study of Community Based Participatory Research in Hartford

1.5 CECs

**A PROBLEM:** How can food insecure residents of Hartford access quality, culturally acceptable, affordable, and healthy food?

**A SOLUTION:** The Hartford Mobile Market, a 39-foot, retrofitted bus, loaded with local produce, takes the product to low-income and food insecure neighborhoods.

**THE INTERVENTION:** In order to understand the needs of the community for the design and operations of the Hartford Mobile Market (HMM), the social work team of Hartford Food System and Hispanic Health Council utilized community-based participatory research (CBPR). CBPR was utilized as an equitable research partnership approach to address the lack of access to quality produce in Hartford. By engaging residents through targeted focus groups, the community's knowledge was used as an asset and will contribute to the community investment and sustainability of the intervention. Currently operating in two neighborhoods, the HMM is one piece of a solution to address the gap in quality, affordable, healthy food in Hartford. Methods, benefits, challenges, and sharing how CBPR can be effective will be a part of this workshop.

**Nikki Seymour** is a second year MSW student with a concentration in policy practice. She is completing a yearlong independent study at the Hispanic Health Council collaborating on the mobile produce market in Hartford. At UCONN School of Social Work, Nikki is the policy practice concentration chair and one of 6 social workers in the Urban Service Track. She is a member of NASW.

**Jasmin Hayes** is a second year MSW student and is currently completing fieldwork at Hartford Food System. She is a member of the Greater Hartford Alliance of Black Social Workers and acts as the co-chair for the UCONN School of Social Work Graduate Student Organization and the Community Organization sub-committee.

**Renee Hamel** is a second year student pursuing a dual MSW and MPH degree at UCONN School of Social Work. In her field experience with the Hispanic Health Council she is focusing on health promotion strategies for the mobile produce market. Renee serves as co-chair of the Asian and Asian-American Student Organization.

## INSOMNIA...z.z.z.z.z?

*Sleeplessness: the inability to fall asleep or stay asleep.*

**This troubling issue can wreak havoc with a person's life...but there is a solution.**

Join NASW/CT and Gregg Jacobs, PhD an Insomnia specialist at the Sleep Disorders Center at the University of Massachusetts Medical School and a leading authority on the treatment of insomnia, for a one day CBT-Insomnia workshop enabling clinicians to develop competence in CBT-I using an empirically and clinically validated protocol.

**April 10, 2015**

**Copper Beech Institute, 303 Tunxis Road, West Hartford, CT 06107**

**9 AM to 4 PM**

**Approved for 6 CECs by NASW/CT \* \$99 for NASW Members; \$129 for non Members \***

**Price includes coffee breaks, a delicious lunch on site, and a brief CBT-I clinician manual!**

**Call (860) 257-8066 for more information or register online at [www.naswct.org](http://www.naswct.org)**

**A presentation of the NASW/CT Clinical Network's Clinical Solutions Series**

# Mid Afternoon Workshops

3:15 p.m. – 4:45 p.m.

## 25. VETS4VETS™: Social Work Do's and Don'ts in Working with Aging Veterans

1.5 CECs

Many social workers are finding a rapidly aging veteran population that needs help with many different services so they can remain independent and in the community. These veterans may also be dealing with cognitive issues such as dementia, ABI, and PTSD. This presentation is intended to provide information about accessing various veterans services and benefits inside as well as outside of the Veterans Administrative spectrum—agencies, advocates, and individuals who can assist social workers who are helping a veteran and/or caretaker of a veteran. This is one gerontological social worker's experience navigating through the complex system of state and federal benefits, dealing with challenges and overcoming barriers all while gaining knowledge and honing his sensitivity to the veteran culture.

**Eric Rodko, LMSW** is the Executive Director of St. Luke's Community Services, a small non-profit social services agency in Middletown. For the past 20 years, he has worked in the field of elderly services, Medicare education and advocacy, volunteerism, and clinical care management. His employment at the Western CT and North Central CT Area Agencies on Aging involved working in conjunction with the CT Department of Social Services, the Centers for Medicare & Medicaid Services, and the Social Security Administration on the mass education and implementation of the Medicare Advantage and Part D benefit programs. A member of NASW, he is also a member of the Aging Committee.

## 26. From Youth At Risk to Confirmed Survivors: Providing a Spectrum of Services and Care

1.5 CECs

Love146 is a Connecticut based anti-trafficking organization providing prevention and aftercare services to youth at risk for and confirmed survivors of human trafficking and commercial sexual exploitation. This presentation will provide an overview of Love146's programs such as Not a#Number, Rapid Response, and their therapeutic based aftercare program. Working collaboratively with state agencies, law enforcement, and community providers, Love 146's Prevention Curriculum is designed to teach youth how to recognize recruitment tactics and how to safely navigate potential exploitative situations. This workshop will provide information on protecting youth in YOUR community and will introduce their new model for providing survivor care services focused on reintegration and the provision of services in community settings.

**Erin Williamson, LMSW, MPA** has over 10 years of direct service and program management experience, with particular expertise in human trafficking and child sexual exploitation. She has published articles on these topics and has presented at numerous conferences including the National Academy of Sciences' Committee on Sexual Exploitation and Sex Trafficking of Minors in the United States.

## 27. Reaching for the Light Together: Working in Partnership with Children & Adolescents Who Have Intellectual Disabilities and A History of Trauma

1.5 CECs

Working with children who have intellectual disabilities as well as histories of trauma and/or abuse can be a daunting task. Often their families may be depleted by the normal demands of raising a child with a disability and they are overburdened by the presence of sexualized behavior, which may be the result of trauma or abuse. Their behaviors are often attributed to the exacerbation of symptoms of the disability rather than the abuse. But, children with disabilities suffer from the same effects of abuse and often have the same capacity to heal. This presentation will focus on direct and indirect methods of trauma treatment that can assist both the child and their family in utilizing newfound strengths and coping skills to facilitate healing.

**Diane Cox-Lindenbaum, LCSW, ACSW** has spent most of the past 30 years developing and implementing psychotherapeutic services for individuals with intellectual disabilities, mental health issues, and their families. She is a founder and former director of New York State's first Mental Health Clinic for persons with dual diagnosis and is a founding Board Member of National Association for the Dually Diagnosed (NADD).

# Mid Afternoon Workshops

3:15 p.m. – 4:45 p.m.

An experienced clinician, consultant, lecturer, and expert witness on behalf of the dually diagnosed and their families, she has been providing treatment to victims of sexual abuse and sexual offenders who have complex psychological impairments. Ms. Cox-Lindenbaum is a member of NASW.

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

1.5 CECs

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

When talking to members of the transgender community the same concerns are repeatedly expressed—trans people are hesitant to come out to their therapist because they fear the therapist will not understand what they are going through. This workshop is designed to bridge that gap and lay the groundwork for understanding the needs and culture of individuals in the transgender community. So, join “Trans 101”, an introduction to the vocabulary and definitions used by the trans community and learn how gender identity and sexual orientation are separate and independent entities. Look at the losses that take place in families and the effects of transition. Find out more about the barriers that society, businesses, and the government have erected against the trans community.

**Diana Lombardi, MSW** is a Director on the Board for the Connecticut Trans-Advocacy Coalition. She worked with ctEQUALITY to pass the gender inclusive Anti-Discrimination law in Connecticut in 2011 and was a Project Coordinator on a research project that studied the transgender population in the Greater Hartford area for HIV/AIDS. An active member of NASW/CT and the World Professional Association for Transgender Health, she has presented numerous workshops on transgenderism.

## 29. Help! A Patient Just Texted Me: A Non Overwhelming Introduction to Electronic HIPAA Compliance for Therapists

1.5 CECs

Social workers often find themselves in the position of receiving unanticipated texts, phone calls, or emails from clients without having discussed this possibility ahead of time. Receiving an electronic communication opens up a clinician to legal responsibilities, regardless of whether the clinician responds. Deleting an email does not absolve the clinician of their legal responsibility to protect them if there is a breach and client information is exposed. Current HIPAA regulations can be difficult to understand and are open to interpretation, thus, this presentation will include a review of the HIPAA Omnibus Rule with a discussion of the policies and security measure that must be in place to protect patient information. Patients want and need electronic communication so clinicians need to become compliant, and understand the legal issues as well as the secondary benefits of HIPAA compliance.

**Katy MacRae, LCSW** has a private practice in New Haven where she specializes in Art Therapy and Mindful Creativity. She has worked in psychiatric hospitals, outpatient clinics, and in research. She finds that more and more of her clients enjoy the convenience of being able to work with her by phone, email, or video chat and she has responded to this need by becoming informed about this new tool of communication. Ms. MacRae is a member of NASW.

## 30. Self-Knowledge: The Missing Link for Integrated Provider Self Care

1.5 CECs

Many social workers work in challenging and emotional environments, witnesses to the consequences of violence, abuse, neglect, alcohol and drug dependence, social injustice, and trauma. The results of such exposure, sometimes called “compassion fatigue”, “vicarious traumatization”, or “burn out” are often treated by focusing on the “outer environment”, for instance, eating well, exercising more, embracing hobbies, and spending more time with loved ones. Another dimension of self-care for the clinician that has received less attention concentrates on the “inner environment”, paying attention to the clinician’s own history and helping style, practicing mindfulness and awareness, developing a positive working alliance, and recognizing early warning signs. The presenters of this workshop will utilize exercises and techniques drawn from Gestalt therapy, Family Systems and Mindfulness to incorporate Self-Knowledge as a complementary dimension to Integrated Provider Self Care.

# Mid Afternoon Workshops

3:15 p.m. – 4:45 p.m.

**Gerardo Sorkin, LCSW** is a consultant with the Connecticut Health Foundation in the Health Leadership Fellows Program and has a private practice in New Haven. His professional career includes holding management and supervisory positions in Health and Human Services Organizations in New York and Connecticut.

**Miriam Perez, MA** has extensive experience as a psychotherapist working with children and families, individuals, couples, and groups. She also coordinates Family Constellation workshops and works as a consultant for organizations.

## 31. When a Program Becomes a War Zone—and How to Bring Peace

1.5 CECs

The clients are aggressive and uncooperative. The staff is demoralized and overwhelmed, punitive and unengaged. The physical setting is damaged and tired. Structure and programming have been lost. Restraints and interventions are commonplace. Members of the team are angry at each other and everyone wants more rules. Neither the clients nor the staff feels safe. These are some of the signs that a treatment program has become a war zone. What can be done to restore a healing, compassionate environment? A case study of one treatment team that experienced this situation will be used to illustrate the tools and strategies needed to help a struggling treatment programs. A workshop for administrators, clinical staff, line staff, and supervisors, the presentation will examine the factors that lead up to such a situation and the concrete plan that can restore a healing environment.

**Patricia Wilcox, LCSW**, Vice President of Strategic Development, Klingberg Family Centers in New Britain, specializes in treatment of traumatized children and their families. She created the Restorative Approach™, a trauma- and relationship-based treatment model. She is a Faculty Trainer for Risking Connection® and an adjunct faculty member at the University of Connecticut School of Social Work. Ms. Wilcox is a long time member of NASW and was the 2011 NASW/CT Social Worker of the Year.

## 32. Task Force to Prevent Child Abuse and Neglect A Community Response Led by Social Workers

1.5 CECs

Windham is one of Connecticut's poorest communities with the lowest academic achievement of any school district with a majority of the children coming from minority populations. In less than 2 years, two children under the age of five died of abuse. Dr. Catina Caban-Owen, a school social worker, organized the Windham Child Abuse & Neglect Task Force in response to these tragedies and this workshop is the story of that community's call to action led by social workers. Comprised of local health and mental health agency representatives, town employees, school staff, DCF representatives, parents, and community members, the task force engaged students from the Eastern Connecticut State University community practice class who carried out both research, public service announcements, and participated in a Community Conversation sponsored by the Graustein Foundation. In this workshop, a panel of social workers and other professionals will share their experiences in networking to prevent child abuse and neglect, providing encouragement to other communities who would like to start similar efforts.

**Catina Caban-Owen, PhD, LCSW, ACSW, MPA**, Windham Public Schools

**Leah Cohen**, UCONN MSW Intern at Windham Public Schools

**Rosiris Espejo, LCSW**, DCF Foster Care Unit

**Nusie Halpine, LCSW**, Windham Public Schools. She is a member of NASW.

**Bill Powers, MA**, Retired teacher and counselor

**Loida Reyes, MSW**, DCF Regional Director

**Jara Rijs, LCSW**, Windham Public Schools

# CALL FOR NOMINATIONS

## NASW/CT ANNUAL AWARDS 2015

### **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 2015 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. 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 2015.*

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.
- 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 8/15/2015**

#### **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.
- **YOUR** name, address, and phone number.

# ANNOUNCEMENT

## ANNOUNCING A POSTER SESSION AT THE NASW/CT 30<sup>TH</sup> ANNUAL CONFERENCE

Present your research or study, individually or as a team, at the upcoming Annual NASW/CT Conference.

We are looking for well organized, visually pleasing posters that will efficiently and effectively communicate your student research.

**This poster session is aimed at students in a BSW or MSW Program at a Connecticut School of Social Work. Judges will select a maximum of 15 posters.**

- ✓ Posters may be 2 x 3, 3 x 2, 3 x 3, or 3 x 4. The work must be mounted.
- ✓ Each Poster shall include a Title at the top with narrative text below.
- ✓ Please feel free to include graphs, pictures, diagrams, to illuminate your study.
- ✓ Include Background, Methods, Results, Conclusions, References, and Acknowledgements if appropriate
- ✓ Please include your name, your school affiliation, and an email address at the top of your poster under the title for those who might want to know more about your research.
- ✓ Plan to be at your poster from 7:30 AM to 8:30 AM; from 10:00AM to 10:30 AM; and from 3:15 PM to 3:30 PM to discuss your study with conference attendees.

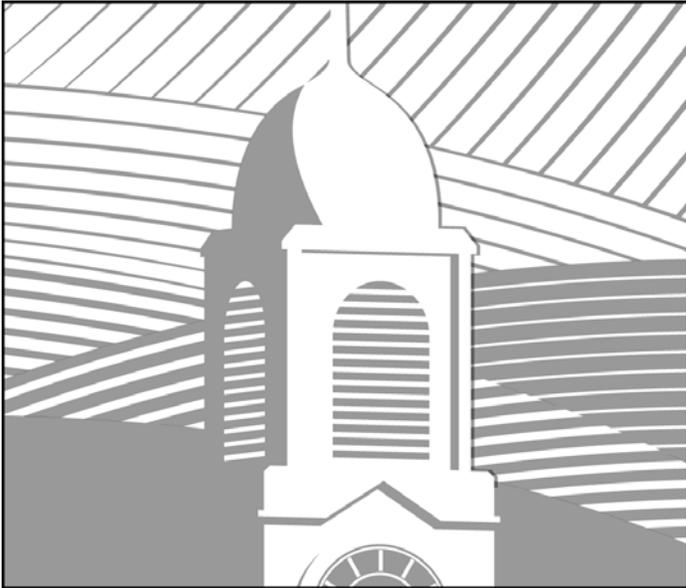
*For formatting ideas and tips, you might want to check out  
<http://colinpurrington.com/tips/poster-design#templates>*

*or*

*<http://writing.colostate.edu/guides/speaking/poster>*

*The internet is full of help!*

**Submit your “Intent to Display” by registering your name, your school affiliation, and the Title of your Poster with Patricia Hartman, Coordinator of Professional Development at [phartman@naswct.net](mailto:phartman@naswct.net). The “Intent to Display” registration deadline is March 30, 2015 and Posters must be submitted by April 3, 2015 for judging.**



## Continuing Education Conferences

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Register now and learn more about all our  
Spring 2015 Conferences.

### Upcoming Conferences

SPRING 2015  
The Delaney House, Holyoke, MA

Friday, May 8, 2015

**Risk Assessment for Violence**  
Phillip J. Resnick, MD

Thursday, May 21, 2015

**Anxiety & Depression: Effective Treatment of  
the Big Two Co-occurring Disorders**  
Margaret Wehrenberg, PsyD

Friday, May 29, 2015

**Integrative Healthcare for Underserved Populations**  
Kevin Moore, PsyD



**Brattleboro Retreat**  
MENTAL HEALTH AND ADDICTION CARE



# SUPERVISOR'S REGISTRY

**Need a supervisor while you are acquiring your LCSW hours?**

**OR**

**Do you wish to be a supervisor for those seeking their LCSW supervision hours?**

*Check out the Supervisor's Registry on the NASW/CT website, [www.naswct.org](http://www.naswct.org).  
Here you can register to be a Supervisor or you can seek a supervisor by county. Information  
about Supervisors, their location, experience, areas of interest and fees are available on the  
website listing.*

*Supervisors listed meet the criteria established by NASW, but are not endorsed by or  
employed by NASW/CT.*

# 30<sup>th</sup> Annual Spring Conference

## REGISTER TODAY

### 3 Easy Ways to Register:

1. **Mail:** Send registration form and payment by check or credit card to:  
**NASW/CT**  
**2139 Silas Deane Highway**  
**Suite 205**  
**Rocky Hill, CT 06067**
2. **Online:** Use your credit card and go to the NASW/CT website at: [www.naswct.org](http://www.naswct.org). Fill out and submit the registration form.
3. **Fax:** Use your credit card and fax registration form to (860) 257-8074.

**NOTE: WE ACCEPT VISA, MASTER CARD, DISCOVER AND AMERICAN EXPRESS.**

### SPECIAL ACCOMMODATIONS

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

**Deadline for Requests:**  
**April 2, 2015**  
To enable us to contact resources



Registration  
Deadline is  
**April 27, 2015**

**NOTE:**  
**No refunds after**  
**April 27, 2015**

**Workshop Choice**

**Meal Choice**

**CEC / CEU  
Information**

**Registration Fee**

**Donation**

**Payment  
information**  
(Please see payment  
options on page 24)

**Mailing Information**

<b>CONFERENCE REGISTRATION</b>		
NAME	STREET ADDRESS	
CITY	STATE	ZIPCODE
EMPLOYER / ORGANIZATION NAME		
EMPLOYER STREET ADDRESS		
CITY	STATE	ZIPCODE
PHONE (home)	PHONE (work)	
EMAIL ADDRESS		
MORNING (circle one)	1	2 3 4 5 6 7 8 9 10 11 12
FULL AFTERNOON (circle one)	13	14 15 16
<b>OR</b>		
EARLY AFTERNOON (circle one)	17	18 19 20 21 22 23 24
<b>AND</b>		
MID AFTERNOON (circle one)	25	26 27 28 29 30 31 32
<p>A light buffet breakfast and a lunch are included in your registration fee. Please check your meal preference below.</p> <p>_____ Pan-Seared Chicken Breast      _____ Parmesan Risotto</p> <p style="text-align: center;"><b>PLEASE CHECK ONE SELECTION</b></p>		
<p>If you are interested in receiving CECs or CEUs, please complete the Participant Form you will find in your Registration packet and return it to the Registration Desk at the end of the day. You will receive your certificate within 4 to 6 weeks.</p>		
<b>Fee Schedule</b>	<b>Postmarked by April 13, 2015</b>	<b>Postmarked After April 13, 2015</b>
NASW Member	\$145.00	\$165.00
Non-Member	\$180.00	\$215.00
Full-Time Student	\$60.00	\$80.00
For consideration of hardship, contact NASW/CT in confidence.		
<p>Yes, I would like to donate to the NASW/CT 2015 Scholarship Fund. Enclosed is \$5.00 or other amount \$ _____</p>		
Name on Credit Card: _____		
Address: _____		
Credit Card Type: _____ Card Number: _____		
Expiration Date: _____ 3-Digit Number on Back of Card: _____		
Amount Enclosed: \$ _____ Check # _____		
<p>Please send check(s) and registration form to: NASW/CT 2139 Silas Deane Highway, Suite 205 Rocky Hill, CT 06067</p> <p>Postmark no later than April 25, 2015 Tel: (860) 247-8066 Fax: (860) 257-8074</p> <p style="text-align: center;"><b>For multiple registrations, please copy this form.</b></p>		

Hopeful tomorrows start with YOU.  
Join the Wheeler team.



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National Association of Social Workers  
Connecticut Chapter

Our website, [www.naswct.org](http://www.naswct.org) is full of valuable information

**CONTINUING EDUCATION INFORMATION • JOB LISTINGS  
LEGISLATIVE ALERTS • REGIONAL NETWORK MEETINGS  
UPCOMING EVENTS • EXAM PREP • CHAPTER STAFF LISTING  
OFFICE SPACE FOR RENT • ONLINE CEC CATALOG  
SUPERVISOR'S REGISTRY • CEC CALENDAR • LICENSING INFORMATION  
CODE OF ETHICS • BOARD OF DIRECTORS • LINK TO LEGISLATORS  
AND MUCH, MUCH MORE. TAKE A LOOK!**



# ***Wellness Insights, LLC***

***Wellness Facilitation Training for Mental and Behavioral Healthcare Professionals***

## ***2015 Fall Schedule of Classes and Workshops***

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***Wellness Workshops listed below are held at Mercy by the Sea in Madison, CT, a beautiful, spiritual retreat center located on 33 acres of breath-taking oceanfront property.***

### ***The Psychology of Food***

***Eating Well, Feeling Better, and Still Living Within Your Budget!***

***Saturday, August 1, 9:30am – 4:30pm***

### ***Dorothy's Dream***

***How to Interpret the Meaning of Your Dream Characters & Messages***

***Saturday, August 29, 9:30am – 4:30pm***

### ***Energy Medicine***

***An Integrative Approach to Healing the Mind, Body & Spirit***

***Saturday, October 24, 9:30am – 4:30pm***

### ***De-Stress Using Your Mind, Body & Breath***

***Wellness Solutions for Health and Wellness Practitioners***

***Saturday, November 21, 9:30am – 4:30pm***

***Price: \$85.00/workshop (includes lunch and training manual). Participants receive a certificate of completion of 6 hours in Wellness Facilitation for each workshop.***

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### ***Spirituality & Wellness Group (\*Classes Begin June, 2015)***

***The Spiritual Aspect of Self & Its Effects on Wellness and Behavior***

***2<sup>nd</sup> Thursday every month, 6:30pm – 8:30pm, Price: \$25.00***

***4<sup>th</sup> Friday every month, 10:00am – 12 noon, Price: \$25.00***

***Classes held at Awakening To Optimal Wellness, 3A Pasco Drive, East Windsor, CT***

***If you would like to register or learn more about classes, workshops or private sessions, please call 860.967.4881 or visit [www.wellnessinsights.biz](http://www.wellnessinsights.biz).***

***Wellness Insights, LLC 3A Pasco Drive, East Windsor, CT 06088  
Tel. 860.967.4881 [www.wellnessinsights.biz](http://www.wellnessinsights.biz) Kathleen@wellnessinsights.biz***

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)

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

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## **Directions to the CROWNE PLAZA**

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.

Traveling on Route 9 either North or South: Take Exit 20S onto I-91 South. Take Exit 21. Turn left off the exit. The hotel is on the left and the Parking Garage is behind the hotel.