

CONNECTICUT RESTRAINT AND SECLUSION PREVENTION INITIATIVE PARTNERSHIP

CONFERENCE PRESENTATIONS AND PRESENTER BIOS

Online registration for the conference is now available using the link below.

www.ctclearinghouse.org/Registration/events.asp?FormId=202

Key Note Speaker

Joseph Spinazzola, Ph.D.

Dr. Spinazzola is the Executive Director of the Trauma Center and Vice President of Behavioral Health and Trauma Services at Justice Resource Institute. Dr. Spinazzola is a Research Professor of Clinical Practice in the Department of Psychology at Suffolk University, and an Adjunct Professor at Richmond Graduate University. He is also a member of and lead examiner for the Forensic Panel. In his 17th year with the Trauma Center, Dr. Spinazzola remains actively involved in all facets of the Center's work and mission, serving as a clinician, clinical supervisor, senior trainer, and Director of JRI's Institute of Research, Inquiry and Evaluation. Dr. Spinazzola is the Director of the Complex Trauma Treatment Network of the SAMHSA-funded National Child Traumatic Stress Network, a national initiative to transform large regional and statewide systems of care, and is Co-Principal Investigator of the Developmental Trauma Disorder National Field Trial. Dr. Spinazzola specializes in the assessment, diagnosis, prevention and treatment of complex trauma in children and adults, and is the author of over three dozen peer-reviewed journal publications on traumatic stress and youth violence. Dr. Spinazzola holds particular interest in dissociative coping adaptations in survivors of chronic maltreatment and neglect and in the role of transformative action, play and improvisational theater in the recovery process. He is co-author of the forthcoming book: *Reaching Across the Abyss: Treating Adult Survivors of Childhood Emotional Abuse & Neglect*.

To learn more about the Trauma Center: <http://www.traumacenter.org/>

Plenary Session

Presentation: CT Department of Development Services

Holistic Approaches to Prevent Overuse of Psychiatric Medications for Individuals with Developmental Disabilities.

The literature reveals that fifty-percent of individuals diagnosed with developmental disabilities are prescribed at least one psychiatric medication, which is oftentimes intended to reduce the occurrence of challenging behavior. Our presentation will discuss the background of psychiatric prescribing in this population including the impact of the Consent Decree following the closure of the Mansfield Training School, as well as efforts to track psychiatric medication usage by the Department of Developmental Services. We will describe non-medication based strategies to better understand and more effectively treat behavioral issues, such as conducting comprehensive functional assessments and exploring ways to evaluate positive behavior supports that have been implemented. Methods for seeking psychiatric consultation and data collection will also be offered along with a case illustration. While this presentation is predominantly focused on adults diagnosed with developmental disabilities, there are implications for a larger target audience that supports children and adolescents. It is hoped that from this presentation we can continue to bring about a cultural change that allows our audience to be better consumers of positive behavior supports and psychiatric prescribing.

Presenters

Peter Tolisano, Psy.D.

Dr. Tolisano is a licensed clinical and consulting psychologist. Dr. Tolisano earned his Bachelors of Arts degree in Psychology with a concentration in History, summa cum laude, from Central Connecticut State University. He completed his Master's and Doctoral degrees in Clinical Psychology at the University of Hartford. He joined the Department of Developmental Services (DDS) in July of 2013. Prior to assuming his tenure as the Director of Psychological Services, he was a campus-wide psychologist at Connecticut Valley Hospital with the Department of Mental Health and Addiction Services (DMHAS). In his current role, Dr. Tolisano is responsible for overseeing and coordinating psychological services statewide throughout DDS. He interfaces with public agencies, private providers, and national entities regarding the provision of services, especially positive behavioral supports, for individuals diagnosed with an intellectual disability or an autism spectrum disorder.

Vincent A. Covino, Ph.D.

Dr. Covino joined the Department of Developmental Services (DDS) in January, 1987 as a staff psychologist. He holds Bachelor and Master's Degrees in Psychology from St. John's University, Jamaica, New York and a Doctorate in Psychology from The University of Notre Dame, South Bend, Indiana. In 2003, Dr. Covino was promoted to the position of Director of Clinical Services in the North Region. Among his duties in that capacity, he serves as the Regional Forensic Liaison to Courts, tracking cases in the judicial system and providing or overseeing restoration training for competency to stand trial. In addition, he chairs the regional Program Review Committee and oversees the professional members of the Program Review Committee. Further, he serves as Liaison to mental health agencies and psychiatric hospitals. Finally, he provides consultation to private agencies on clinical issues and performs redetermination of eligibility reviews for the region.

Rachel Duzant, Psy.D.

Dr. Duzant joined the Department of Developmental Services (DDS) in January, 2015. She holds a Bachelor's Degree in Psychology from Quinnipiac University. Her Master's and Doctoral Degrees in Clinical Psychology were obtained from the Chicago School of Professional Psychology. She completed her internship training at the Veteran's Administration Hospital located in East Orange, New Jersey completing rotations in Health Psychology, Post-traumatic Stress Disorders, and Dual diagnosis. Dr. Duzant was employed at the Hartford Hospital's psychiatric division located at the Institute of Living's Schizophrenia Rehabilitation Program since March 2008 before joining the Department of Developmental Services. In her current role as a Supervising Psychologist, she serves as liaison to Mental Health agencies, psychiatric hospitals, and provides consultation to private agencies on clinical issues. She continues to maintain a private practice.

Breakout Sessions

Presentation: CT Department of Correction

Both nationally and in the State of Connecticut, correctional agencies have recognized that their staff undergo severe stressors that negatively impact both their health and their work environment. Two staff members of the Connecticut Department of Correction will present information on how their agency is implementing strategies to combat the negative effects of workplace stress and provide for a healthier work force.

Presenters

Andrea Reischerl, R.N.

Andrea is a clinical nurse specialist-board certified in adult mental health nursing. She is the MH APRN for DOC. She has spent the last 15 years of her career providing mental health service to incarcerated persons with co-occurring disorders.

Tom Maskell, B.S.

Tom has worked for the Connecticut Department of Correction for over twenty-two years in both the custody and treatment areas. He is currently a Counselor Supervisor in the Program and Treatment Unit and is certified as a

Peer Support Specialist. He is a US Army Veteran of the Gulf War. He holds a Bachelor of Science Degree in Criminology from the University of Tampa.

Presentation: JRI Susan Wayne Center

Presenters will discuss a variety of topics related to health and wellness of children, including specific strategies for intervention and initiatives, as well as why wellness is critical in both trauma-informed care and restraint reduction. For the individuals we serve, taking care of one's self often becomes a low ranking priority, behind foundational survival needs such as basic safety. Fortunately, there are a number of options available to providers in their work with children (and families), and several concrete examples will be presented. Special attention will be paid to the unique barriers faced by vulnerable populations, as well as how to empower and energize individuals in the pursuit of wellness. In addition, a systems change perspective will be utilized throughout the presentation to demonstrate not only how to start wellness initiatives, but also how to assess their effectiveness, build on their success, and assist in engraining them into the organization's culture.

Presenter:

Stacey Forrest, M.Ed.

Stacey is the Director of The Susan Wayne Center of Excellence and the Susan Wayne Center Clinical Day School, in Thompson, CT. In her eleven years at JRI, Stacey has assisted with several major programmatic change initiatives, with a special focus on transitioning programs to more trauma-informed practices. As an adjunct training faculty for The Trauma Center at JRI, Stacey provides training to residential programs seeking to adopt trauma-informed treatment models.

To learn more about the JRI Susan Wayne Center: <http://www.jri.org/content/susan-wayne-center-excellence-0>

Presentation: Ädelbrook Behavioral and Developmental Services

This presentation will provide an overview of prevention initiatives implemented within a congregate care setting to reduce restraints and seclusions. Specifically, the clinical team from Ädelbrook Behavioral and Developmental Services Inc. will discuss how changing the paradigm of treatment planning from operating within discrete silos to a collaborative model impacts the outcomes for clients, families and staff. An overview of our primary prevention initiative, the Cross Systems Crisis Prevention and Intervention (CSCPI) plans, will be discussed against the backdrop of the Six Core Strategies for Reducing Seclusion and Restraint Use. A paramount feature of the CSCPI is the multi-disciplinary approach that engages professionals, families, individuals and para-professionals to be poly-authors of the crisis prevention strategies, stages and intervention plans. Data will illustrate that since the implementation of the CSCPI there has been a reduction in the number of restraints and seclusions. Other prevention initiatives that have likely contributed to this reduction will also be discussed. Representatives from multiple treatment realms including Direct Care Staff, Nursing, Behavioral, Clinical and Occupational Therapies will be available to answer questions and share insights about shared roles and visions for achieving better outcomes.

Presenters:

Julie Piepenbring, Ph.D., LCSW. Julie is the Executive Vice President and Chief Clinical Officer at Ädelbrook Behavioral and Developmental Services Inc. Dr. Piepenbring has worked at Ädelbrook since 2009 and in 2012 she headed the agency's launch of the first CT START Center. In collaboration with the national START Centers she implemented and participated in a yearlong training curriculum on neurodevelopmental disorders. Her research interests have focused on the impact of ASD on family systems. In addition to her work at Ädelbrook Dr. Piepenbring is an adjunct professor at SCSU and is the managing partner of a private practice where she engages in clinical work with children and adults.

Alice Simoniello, LCSW. Alice is the Supervisor of Clinical Services in Residential Programs as well as a Clinical Coordinator at Ädelbrook Behavioral and Developmental Services. Alice received her MSW from Smith College School for Social Work with a particular focus on early child development. Over the past 25 years Alice has worked in various clinical capacities with children, adolescents, adults, and families in residential, day hospital, and out-patient settings.

Stephanie Maynard, LCSW. Stephanie is the Supervisor of Clinical Training, Research and Development at Adelbrook as well as a Clinical Coordinator on Shiloh and Nathan House at Adelbrook. Stephanie has 15 years of experience working with individuals with Autism Spectrum Disorders and their families. She has worked in clinical, academic and research settings including Dartmouth-Hitchcock Medical Center and the Yale Child Study Center.

Paul DiPietro, BS. Paul is a Behaviorist on Nathan House at Adelbrook. Paul has been with Adelbrook for the past 4 years. He has 19 years of experience working with individuals with Autism Spectrum Disorders, Intellectual Disabilities, and moderate to severe behavioral challenges. He has worked in residential, group home and academic settings including The Perkins School for the Blind, CREC River Street School, Judge Rotenberg Educational Center, May Institute, Becket Family of Service, and Beaverbrook STEP.

To learn more about Adelbrook: <https://adelbrook.org/>

Presentation: Toivo Healing Arts Space

Join the Toivo team in their Healing Arts Space for an interactive and informational experience. Participants will have the opportunity to learn more about the Toivo initiative, as well as experience some of the mind-body practices that are at the heart of what they do. Trained Toivo facilitators will guide a brief chair yoga, laughter exercise and sound healing experience, as well as answer any questions regarding the initiative that participants may have.

Presenters:

Hilary Bryant, Yoga Instructor and Holistic Health Coordinator at Toivo. Hilary is a 200-hour certified Yoga Instructor. Her yoga journey began in 2005 when she took her first class while seeking treatment for depression. Hilary practiced on and off until yoga became a central part of her life in 2012. Loving the clarity of mind, body and spirit that a regular practice brought, she decided to make it a career. Stepping onto the mat every day is now the most important part of her approach to peaceful daily living. Hilary is overjoyed to bring the healing power of yoga to everyone she can.

Kelvin Young, Assistant Executive Director, Advocacy Unlimited, Toivo Director. Kelvin believes that healing begins from within. After many years of battling with drug addiction, anxiety and depression, he began his healing process in prison. While incarcerated, Kelvin learned about the transformative powers of meditation, which helped him look within to find inner peace in a very hostile and restrictive environment. Kelvin is a Holistic Stress Management Instructor, Sound Healer, Certified Addiction Recovery Coach and Recovery Support Specialist. He was featured in a powerful documentary called "Meditation: The Journey Within" and serve on the CT Department of Mental Health and Addiction Services Multicultural Advisory Council. In 2014 Kelvin was presented and awarded the "Professional of the Year Award" from the Bridgeport Reentry Collaborative and also received special recognition from U.S. Senator Richard Blumenthal (D-CT) for being a positive role model and directly contributing to the success of reentry efforts. Today, Kelvin sustains a healthy lifestyle by eating a vegan-based diet, practicing meditation on a regular basis, spending quality time in nature, and building healthy relationships with others.

To learn more about Toivo: <http://toivocenter.org/>

Panel Presentation:

Kathy Flaherty, J.D., Executive Director of the CT Legal Rights Project, will facilitate a panel of individuals with lived experience in the mental health system as well as systems serving those with developmental challenges. Panel members will share their personal stories as well as insights into how restraint and seclusion has impacted them. Panelists will also reflect on those techniques, activities, and approaches which were most helpful in avoiding physical interventions and in moving forward with their lives.

Facilitator:

Kathy Flaherty, J.D., Since 2015 Kathy has served as Executive Director, CT Legal Rights Project (CLRP), a statewide non-profit agency which provides legal services to low income individuals with mental health conditions, who reside in hospitals or the community, on matters related to their treatment, recovery, and civil rights. For the previous 12 years Kathy served as Staff Attorney at Statewide Legal Services of CT, Inc., the centralized intake hotline for all the Connecticut legal services programs. A graduate of Wellesley College and Harvard Law School, Kathy has dedicated her professional life to advocating for the rights of the underserved.

Combining her personal experience as a recipient of mental health services and her legal background, Kathy is able to speak to issues affecting those living with mental illness from a multi-faceted perspective. Her advocacy work has earned her numerous honors including:

- Stigma Buster Award, Connecticut Psychiatric Society, NAMI-CT, State of Connecticut Department of Mental Health and Addiction Services, 2001 and 2007
- Stigma Buster Award, NAMI-CT, 2006
- Dr. Karen Kangas Advocacy Award, Advocacy Unlimited, 2010
- Spirit of the ADA Award, ADA Coalition of Connecticut, 2011

Kathy is currently a member of the Board of Directors of Advocacy Unlimited, Lawyers Concerned for Lawyers-CT (the state's lawyer assistance program), and the Connecticut Alliance to Benefit Law Enforcement (CABLE).

In January 2013, Kathy was appointed to Governor Malloy's Sandy Hook Advisory Commission, a 16-member panel of experts created by the Governor to review current policy and make specific recommendations in the areas of public safety, with particular attention paid to school safety, mental health, and gun violence prevention.

Beth Caldwell

Ms. Caldwell serves as a faculty member for the Office of Technical Assistance at the National Association of State Mental Health Program Directors. Since 2001, she has provided training, consultation, and on-site reviews in all 50 states for staff and programs on trauma-informed care, resiliency and recovery, and preventing the need for coercive interventions. In May 2008, she and other OTA faculty received a national award from the National Alliance on Mental Illness, recognizing their work in these areas. She is also the director of the SAMHSA Building Bridges Initiative, dedicated to moving children's residential programs, and their community counterparts, to the best practice arena.

Ms. Caldwell is the principal consultant of Caldwell Management Associates, a consulting group that supports individuals with special needs and the organizations that serve those individuals, enabling individuals and families to realize their full potential. Well-versed in the fields of mental health, substance abuse, child welfare, juvenile justice, and education, and utilizing state-of-the-art training and consultation practices, Ms. Caldwell frequently provides technical assistance and develops written documents relating to issues in the field.

Presenters

Mary "Betsy" Donovan, M.S., Director, Cedarhurst School

Cedarhurst is a private therapeutic junior and senior high school, serving grades 6-12, operated by Yale University. Cedarhurst offers a structured and supportive learning environment for students identified as ED and OHI.

Betsy started as a student teacher at Cedarhurst in the fall of 1983. Upon graduation from SCSU with a degree in Special Education, she was offered a full time teaching position at Cedarhurst in January 1984. In 1987, she was appointed as head teacher while working to complete her master's degree, also from SCSU in ED. In 2001, Betsy completed the 6th year Education Leadership program at SCSU while serving as the Acting Director of Cedarhurst and was officially appointed the director in January 2002. Betsy is a single mom of two daughters – the oldest is a graduate of UConn in Allied Health and presently in pre-med at UConn and the younger is a sophomore attending Fordham University. Betsy comes from a long line of educators – beginning with a descendant on her mother's side - Philemen Pormont, the first Headmaster of the Boston Latin School.

Larry Wood, Director, Benhaven

Founded in 1967 as a school for children with autism, Benhaven has grown into a multi-faceted agency serving people of all ages and with diverse needs. Benhaven currently has four main program areas: Benhaven School, Benhaven Residential Services, the Benhaven Learning Network, and Benhaven's Individual and Family Support program.

After being drafted into the Army out of graduate school, and having served his tour of duty, Larry returned to New Haven in 1971. For reasons he still can't explain, he decided not to attend law school and, instead, took a job as an aide for minimum wage at Benhaven, a very small school for children with autism. At Benhaven, he has had a succession of jobs, and eventually became executive director in 1987.

Larry lives with his wife, Robin, and their son, Bill, who is 31 years old. Bill has the severe form of autism and has lived with Robin and Larry for almost 20 years. Bill is the central focus of the family's home life. Bill struggles with some of the problems day-to-day life has for him and Robin and Larry try their best to make things easier and interesting for him.

Doreen Thompson, Program Operations Director, Juvenile Residential Programs, Community Partners in Action

For the past 24 years Ms. Thompson has provided services to children who have been involved in Connecticut's Juvenile Justice system. Ms. Thompson currently works for Community Partners in Action (CPA) a non-profit organization that helps adults and youth involved in Connecticut's criminal justice system. In 2003, Ms. Thompson took on the responsibility of implementing programs and services at Washington Street Detention Center for Girls (WSD) in Hartford, Connecticut, a community detention center for pre-adjudicated girls. Ms. Thompson successfully implemented a Gender-specific Behavior Motivation program at WSD and created a safe, day-to-day program culture for girls, which is considered a model program by state officials. In addition to her work at WSD, Ms. Thompson also provides oversight to two Alternatives to Detention Programs at CPA. In December 2006 she took on the same responsibilities at the Sage Girls Community Detention in Hamden, implementing gender responsive programming and services for pre – adjudicated girls. Ms. Thompson has led facilities through accreditation by the American Correctional Association.

Ms. Thompson has had extensive training in providing gender-specific programming for girls. In 2007 she became a Licensed Girls Circle Trainer and has been training the Girls Circle nationally. She holds a BA from Albertus Magnus College has attended the CWLA National Conference of Gender Specific Services in 2003, the Voices and Screams Conference in 2004, and the National Conference on Gender Specific Services for Girls held in Minnesota in 2005 where she presented to conference participants on providing effective services for girls.

Jerilynn Lamb-Pagone, MSN, APRN, BC, Connecticut Valley Hospital, Department of Mental Health and Addiction Services

Ms. Lamb-Pagone is a psychiatric clinical nurse specialist and is presently the Nurse Executive at Connecticut Valley Hospital, a 615 bed psychiatric, substance abuse and forensic facility within the Connecticut Department of Mental Health and Addiction Services. As the Nurse Executive, her core responsibilities include overseeing and directing the staff and operations of the Nursing Department, which consists of 917 staff, 285 professional nurses and 632 mental health assistants and forensic treatment specialists. Ms. Lamb-Pagone has led the organization in promoting, developing and sustaining improvements related to violence prevention, patient empowerment, trauma informed care and other clinical safety issues and risk reduction strategies. She lectures and consults to other facilities regarding cultural change and prevention strategies in relation to minimizing the use of restraint and seclusion.

Ms. Lamb-Pagone has worked in the behavioral health field for more than 35 years, serving as the Assistant Chief of Mental Health Nursing Services in the Office of the Commissioner and has held various Director of Nursing positions in both Connecticut and New York. Additionally, she was the Associate Director/Director of Nursing at the Connecticut Mental Health Center, while holding a joint faculty appointment at the Yale School of Nursing, where she taught in the Graduate Psychiatric Nursing Program, specifically focusing on Models of Care and Treatment for several years.

Dr. Karen Kangas

Dr. Kangas is currently the Executive Director of Advocacy Unlimited, Inc. (AU), a Wethersfield, CT based nonprofit offering comprehensive recovery and advocacy education for persons with or in recovery from mental health or co-occurring disorders. AU's programs include the long-standing Advocacy Education Course, the Recovery University Certification Program, and the Young Adult Program.

Dr. Kangas previously held the position of Director of Community Education and Communications at the Connecticut Department of Mental Health and Addiction Services (DMHAS), and was a member of the Commissioner's Executive Group.

She has also been a teacher, school administrator, education consultant, assistant professor, lecturer, and producer of video presentations on mental health which have been distributed throughout the United States. In addition to her role at AU, Karen is an Adjunct Professor at Central Connecticut State University in New Britain.

Karen also played a very significant role in getting Advocacy Unlimited off the ground. Working closely with AU's founder, Dr. Kangas successfully advocated for and obtained statewide support and funding, allowing AU to go on and become the successful nationally recognized recovery organization it is today.

Dr. Kangas' strong advocacy for people with mental health issues has made her the recipient of several national and local awards, including:

- The Clifford Beers Award in association with the National Mental Health Association, now Mental Health America;
- The Roger Sherman Award, an annual Connecticut Human Rights Award;
- The First Annual Excellence in Advocacy Award (1998) presented by Advocacy Unlimited, Inc., a statewide Connecticut advocacy group (this award was subsequently renamed The Karen Kangas Excellence in Advocacy Award);
- Additionally, Dr. Kangas was honored in the National Council of Jewish Women "Dare to Be Different" millennium calendar.

Kathy Flaherty, J.D.

For the past 12 years Kathy has served as Staff Attorney for Statewide Legal Services of CT, Inc., the intake hotline for all the legal services programs in CT serving individuals living in poverty with civil legal matters. Kathleen is a senior attorney in the housing, consumer, and benefits units. A graduate of Wellesley College, and Harvard Law School, Kathy has dedicated her professional life to advocating for the rights of the underserved.

Since 1999 Ms. Flaherty has served as a volunteer trainer, presenter, and facilitator for NAMI-CT. Combining her personal experience as a recipient of mental health services and her legal background, Kathy is able to speak to issues affecting those with mental illness from a multi-faceted perspective. Her advocacy work has earned her numerous honors including:

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Kathy is currently a member of the Board of Directors of Advocacy Unlimited, Lawyers Concerned for Lawyers-CT (the state's lawyer assistance program), and the Connecticut Alliance to Benefit Law Enforcement (CABLE).

In January 2013, Kathy was appointed to Governor Malloy's Sandy Hook Advisory Commission, a 16-member panel of experts created by the Governor to review current policy and make specific recommendations in the areas of public safety, with particular attention paid to school safety, mental health, and gun violence prevention.

Keri Lynn

Kerri is a young adult (age 24) who has experienced restraint and seclusion at different points in her life. She grew up in our child welfare system, experiencing multiple disruptions in placements and relationships over the course of her childhood. As is the case with so many children with her early life experiences, Kerri has also been served by the juvenile and criminal justice systems. She is currently receiving support and services through the DMHAS Young Adult Services program and is working towards fulfilling her dreams to become self-sufficient and to pursue a career helping others. Kerri has recently completed several training courses including Well Recovery Action Plan Course (WRAP), Peer Employment Training Course (PET), and most impressively received her certification as a recovery support specialist after completing training from Recovery University through Advocacy Unlimited.

Christine

Christine is the parent of a special education student who had seclusion included as a component of her individualized education plan. Over a six month period of time, Christine's daughter spent over 40 hours in a small seclusion room at her public elementary school. Her daughter has since been placed in a more specialized school setting and is enjoying a positive educational program without the use of seclusion. Christine and her husband also have two other children. Prior to starting a family, Christine worked as an Assistant Clerk of the Connecticut Superior Court. She received her bachelor's degree in Human Development and Family Studies from the University of Vermont and her J.D. from UNC at Chapel Hill School of Law.