

Connecticut Department of Mental Health and Addiction Services

# **P R E V E N T I O N T R A I N I N G C O U R S E   C A T A L O G**

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**Patricia Rehmer, MSN  
Commissioner  
Department of Mental Health and Addiction Services**

**Dianne E. Harnad, MSW  
Director  
Prevention and Health Promotion Services**



Available online at [www.ctclearinghouse.org](http://www.ctclearinghouse.org)

**CONNECTICUT DEPARTMENT OF MENTAL HEALTH AND ADDICTION SERVICES  
PREVENTION TRAINING COLLABORATIVE**

**Prevention Training  
Course Offerings**

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Dear Colleagues,

I am pleased to present the DMHAS Prevention and Health Promotion Division's training catalog for the upcoming year. I hope you find our course selections interesting and relevant to your work in promoting healthy people and strong communities. As you know, this year has been a challenging one economically filled with concerns around individual and family livelihood and the impact of the recession on one's health. Thus, we have been strategic in our service delivery, collaborative in our efforts and diligent in our work to leverage new dollars. Many state partners including DMHAS, Drug Free Coalitions, Regional Action Councils, and others have garnered new dollars to increase our efforts to prevent alcohol, tobacco and other drug use including suicide and related problem behaviors. Our collective efforts have resulted in new and stronger coalitions building healthy communities across Connecticut.

This year has been an exciting one for the DMHAS Prevention and Health Promotion Division and its state and local partners. Through our collaborative work we received one of four awards nationally totaling \$11.5 million over five years to implement the SAMHSA Partnership for Success Initiative, an exciting enhancement to our ongoing prevention efforts to reduce underage drinking. The Regional Action Councils, Local Prevention Councils and other community organizations continued to enjoy success in leveraging federal funding to support Drug Free Coalitions and other priority needs. Our funded Best Practice Programs are receiving training and technical assistance as they shift their efforts towards a data driven evidenced based approach to promote health. We also worked with high schools, the Connecticut State University System and community based organizations to build their capacity to implement evidenced based youth suicide prevention and early intervention strategies. Lastly, our continued collaboration with law enforcement, tobacco merchants and prevention councils has reduced youth access to tobacco products to a 9.7% retailer violation rate, our lowest rate ever!

As in the past, a Training Needs Assessment Survey was conducted to prepare for the 2009/2010 Prevention Training Catalog. The course offerings are based on current trends, new practices, survey responses, attendance, and suggestions for workforce development. These selections include Community Organizing and Environmental Change, Understanding and Preventing Depression, Environmental Strategies in the Prevention of Underage Drinking, Prescription and Over the Counter Drug Abuse and The Entanglement of Family Violence and Substance Abuse, to name just a few. In addition, the catalog contains courses provided by other DMHAS funded prevention organizations and web based prevention training. The Catalog is available on the DMHAS website and we welcome you to share it with others.

On behalf of the DMHAS Prevention and Health Promotion Division, I hope these courses enrich the important work that you do to keep youth and families in Connecticut healthy.

Sincerely,

Dianne E. Harnad, MSW  
Director of Prevention and Health Promotion Services

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Mental Health and Addiction Services  
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860.418.7000  
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**DMHAS Contact:**  
Dawn Grodzki  
Behavioral Health Program Manager  
Prevention and Health Promotion Services  
860.418.6772  
dawn.grodzki@po.state.ct.us

## REGISTRATION INFORMATION AND CONTACTS

### Child and Family Agency of Southeastern Connecticut

Registration: Register via fax, mail or email.  
Include all of the information listed  
on the Registration Form if using  
email. Registration forms should be  
submitted at least 10 days prior to  
the event date.

Address: 255 Hempstead Street  
New London, CT 06320

Contact: Chris Kullstroem  
Telephone: 860.443.2896 ext. 1400  
Fax: 860.442.5909  
Email: kullstroemc@cfapress.org  
Website: www.cfapress.org

### The Consultation Center

Registration: Register online at:  
[www.theconsultationcenter.org/Prevention%20Training%20Registration.htm](http://www.theconsultationcenter.org/Prevention%20Training%20Registration.htm)

Address: The Consultation Center  
389 Whitney Avenue  
New Haven, CT 06511

Contact: Jennifer Sylvia  
Telephone: (203) 789.7645 ext. 139  
Fax: (203) 562.6355  
Email: [jsylvia@theconsultationcenter.org](mailto:jsylvia@theconsultationcenter.org)  
Website: [www.theconsultationcenter.org](http://www.theconsultationcenter.org)

### Connecticut Clearinghouse

Registration: Register by fax, telephone or email.  
Include all information listed on the  
Registration Form.

Address: 334 Farmington Avenue  
Plainville, CT 06062

Contact: Roseina Toce  
Telephone: 1.800.232.4424 or 860.793.9791  
Fax: 860.793.9813  
Email: [info@ctclearinghouse.org](mailto:info@ctclearinghouse.org)  
Website: [www.ctclearinghouse.org](http://www.ctclearinghouse.org)

### The Governor's Prevention Partnership

Registration: Register by mail or online

Address: 30 Arbor Street, 2nd Floor  
Hartford, CT 06106

Contact: Shannon Newell-Strickland  
Telephone: 860.523.8042 ext. 25  
Fax: 860.236.9412  
Email: [shannon.strickland@preventionworksct.org](mailto:shannon.strickland@preventionworksct.org)  
Website: [www.preventionworksct.org](http://www.preventionworksct.org)

### Multicultural Leadership Institute, Inc.

Registration: Go to: [www.mli-inc.org](http://www.mli-inc.org) (News &  
Events) or call for paper copy or  
email for digital form.

Address: Multicultural Leadership Institute  
100 South Turnpike Road, Suite C  
Wallingford, CT 06492

Telephone: 203.793.1952  
Fax: 203.269.1138  
Email: [info@mli-inc.org](mailto:info@mli-inc.org)  
Website: [www.mli-inc.org](http://www.mli-inc.org)

#### Class Cancellation Notice—In the event of inclement weather:

All classes are cancelled if State of Connecticut offices are closed or have delayed openings. Contact the training agency to determine if classes are cancelled or delayed when State of Connecticut offices remain open. All registered students will be contacted by the training agency with the rescheduled date of the cancelled class.

Child and Family Agency of Southeastern Connecticut - 860.443.2896 x1400

Connecticut Clearinghouse - 800.232.4424

The Consultation Center - 203.789.7645

The Governor's Prevention Partnership - 860.523.8042

Multicultural Leadership Institute - 203.793.1952

## **Prevention Certification Performance Domains**

Community Organization (CO)

Planning and Evaluation (PE)

Education and Skill Development (ESD)

Public Policy and Environmental Change (PPEC)

Professional Growth and Responsibility (PGR)

## **Focus Areas**

ADL Developmentally-Appropriate Prevention Programming - Adult Specific

ATD Alcohol, Tobacco, Other Drug Specific

CUL Culturally Appropriate Services for Special Populations

ALS Developmentally Appropriate Prevention Programming - Across the Life Span

CTA Developmentally Appropriate Prevention Programming - Childhood through Adolescence

OAD Developmentally Appropriate Prevention Programming - Older Adults

ETH Ethics

EVL Evaluation

MHS Mental Health

PBC Prevention Basics - Community

PBGP Prevention Basics - General

PBW Prevention Basics - Workplace

VPS Violence Prevention

YDL Youth Development and Youth Leadership

## **Prevention Training Skill Levels**

**Level 1** Basic education/skills for new prevention professionals. The focus is on the acquisition of new skills.

**Level 2** Skills enhancement for prevention professionals with some experience. The focus is on applying essential skills.

**Level 3** New knowledge and strategies for seasoned professionals. The focus is on building programs, program maintenance and integration.

**General** Training for prevention professionals and volunteers on "best practice" prevention uses.

**Other** Additional training or technical assistance needed for specific participant groups.

**Connecticut Department of Mental Health and Addiction Services  
Prevention Training Collaborative**

**COURSE REGISTRATION FORM**

*Please type or print*

<b>First Name:</b>		<b>Last Name:</b>	
<b>Agency Name:</b>			
<b>Agency Address:</b>			
<b>City/Town:</b>			<b>Zip Code:</b>
<b>Work Telephone:</b> (    )		<b>E-mail:</b>	<b>Years in the Prevention Field:</b>
<b>Course Name:</b>			
<b>Course Code:</b>		<b>Date(s):</b>	
<b>Training Agency:</b>		<b>Training Location:</b>	

**Directions for Completing the Registration Form**

- See page 2 for training agency registration information and contacts.
- Register at least one week prior to the training date.
- Contact the training agency to request driving directions to the training site.
- Notify the training agency as soon as possible if you are unable to attend the training.

**Continuing Education Credits**

The Consultation Center has requested Continuing Education Credit (CEC) hours from the National Association of Social Workers/ Connecticut Chapter (NASW/CT).

Child and Family Agency of Southeastern Connecticut has requested Continuing Education Credits from the National Association of Social Workers/ Connecticut Chapter (NASW/CT).

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The Connecticut Department of Mental Health and Addiction Services' prevention system is designed to promote the overall health and wellness of individuals and communities by preventing or delaying substance use. Prevention services are comprised of six key strategies including information dissemination, education, alternative activities, strengthening communities, promoting positive values, and problem identification and referral to services.

## First Friday Film Festivals at Connecticut Clearinghouse

First Friday Film Festivals are held on the first Friday of every month in the Connecticut Clearinghouse Conference Room at 3:00 PM. Recently produced audiovisuals on prevention and health promotion, substance use and mental health disorders, and other topics of interest are screened.

Call Connecticut Clearinghouse at 1.800.232.4424 for more information.

### November 6, 2009

**This Is Your Brain On Tobacco: A Research Update** - This program takes viewers inside a brain lab to show the latest research about the effects of nicotine on the brain. A neuroscientist explains how smoking affects brain chemistry and how dopamine and the brain's reward pathways reinforce tobacco use. Interviews with teen smokers deliver the message that smoking can lead to dependence and addiction; that cravings for nicotine persist; and that people who try to give up smoking often relapse. The film describes recent research finding that the teenage brain is still developing and why this may mean that teens are at greater risk for long-lasting addiction. Teens who quit smoking are profiled. (16 minutes)

**Advertising, The Media And Your Health** - Today's teens are often labeled Generation M because of the extent that media saturates their lives. This program examines how different forms of media encourage young consumers to smoke more, drink more, eat more unhealthy foods, and take greater risks with sexual behavior. Using the latest tools in brain imaging, this program also demonstrates how violent video games may make people more accepting of violence while increasing feelings of anxiety or vulnerability. This presentation reminds today's teens that as they become skilled creators of media—making their own films, music and blogs—they can learn to look critically at media tricks. Real teens deconstruct ads to expose the emotional hooks used to encourage teens to buy unhealthy products. (19 minutes)

### December 4, 2009

**All Of Us: Protecting Black Women Against AIDS** - The film follows a young female doctor, Mehret Mandefro, as she gives medical and emotional support to her patients. She battles the virus but also the social conditions and the early experience of abuse that contributes to her patients' inability to demand that their partners practice safe sex. Dr. Mehret expands her research to include women across boundaries of race, class and country. (82 minutes)

### February 5, 2010

**Teen Safety: When You Are Alone: Be Aware Of Your Surroundings** - Prevention is the key to stopping abuse, sexual violence or abduction. This program uses realistic scenarios and interviews with experts to provide realistic strategies for a teen home alone, demonstrates safety strategies for a teen walking alone, provides safety tips when using the Internet, and more. (17 minutes)

**B Careful When U Txt: The Dangers of Texting and Sexting** - A nasty rumor spreads through school with lightning speed. A bully's taunt reaches its target instantly. A young teen is caught "sexting"—sending sexually explicit images or words over a cell phone. Using dramatic scenarios and first person experiences, this film explores the use of cell phones, mobile email devices and handheld computers that give teens the ability to take and send pictures and videos, and instantly access social networking sites such as Facebook and Twitter. Gives viewers a primer on the do's and don'ts of text messaging, including the laws on privacy and child pornography, setting and maintaining personal boundaries, dealing with unforeseen consequences, and underscoring the need to "think before you click". (19 minutes)

## **Understanding Alzheimer's Disease And Coping Strategies for Caregivers**

**Training Agency:** The Consultation Center

**Date:** Friday, October 16, 2009

**Time:** 9:00 AM - 4:00 PM

**Course Code:** 10DHAD01

**Description:** Caring for someone with Alzheimer's Disease is extremely challenging, whether you are a professional or a family caregiver. In this workshop you will learn the basic progression of Alzheimer's Disease and strategies for coping with the difficult behaviors associated with each stage.

After attending training, participants will be able to: 1) identify the typical progression of Alzheimer's Disease; 2) link a range of behaviors to each stage of the disease; 3) identify coping strategies for professional and family caregivers and critical skills for prevention professionals; and 4) help the person with Alzheimer's maintain maximum independence and dignity.

**Instructor:** Donna Fedus, MA

**Location:** The Consultation Center

**Domain:** ESD                      **Focus Area:** OAD  
**Skill Level:** 1

**Certification:** The Connecticut Certification Board: 6 Hours  
National Association of Social Workers CT Chapter: 6 Hours

## **Multicultural Series for Prevention Professionals: Spanish-Speaking Communities Training**

**Training Agency:** The Multicultural Leadership Institute, Inc. (MLI)

**Date:** Wednesday, October 21, 2009

**Time:** 9:00 AM - 4:00 PM

**Course Code:** 10DHCUL32

**Description:** This workshop provides training for those working in a prevention setting in behavioral/mental health. It will deliver information and interactive activities to participants involved in prevention program planning, implementation, and evaluation who are seeking more information about working with Spanish-speaking individuals.

Families and community members are encouraged to attend.

Participants are encouraged to be receptive and engage in critical thinking of how to apply an understanding of historical, social, economic and political movements, from past to present, and to apply cultural dimensions to their unique prevention strategies.

**Objectives:**

- To present current demographic information to gain an appreciation of the diversity of Spanish-speaking groups
- To illustrate and differentiate family values, roles, and characteristics of some Spanish-speaking groups
- To impart knowledge within social, political, economic and historical contexts
- To facilitate dialogue on how to incorporate this information in the development of culturally competent prevention programming

This training is limited to 30 participants. A break is from 12pm-1pm. Lunch is on your own or may be pre-ordered/pre-paid for \$7.00 via the website or check.

**Instructor:** MLI, Inc.

**Location of Training:** MLI, Inc.

**Domain:** PGR                      **Focus Area:** CUL  
**Skill Level:** 2

**Certification:** The Connecticut Certification Board: 6 hours

## **Fund and Grant Seeking Webinar**

**Training Agency:** The Governor's Prevention Partnership

**Date:** Thursday, October 22, 2009

**Time:** 10:00 AM - 11:00 AM

**Course Code:** 10DHYDL02

**Description:** Considering the economy and competition for resources, fund development and grant seeking are more important than ever. Enhance your techniques while covering the finer points of basic grant writing and fundraising. The session will cover how and why individuals,

corporations, and foundations provide funding and in-kind support; identification of funding sources; understanding the basics of good grant writing and streamlining the process; statements of need; giving and getting money; relationship building and data sources. This webinar is geared for mentor program coordinators and managers.

Participants will:

- Learn funding strategies to help ensure sustainability for their mentoring programs

- Identify diverse funding opportunities, including matching gifts, community, corporate and family foundations, individual donors, government and corporate grants

- Develop a plan to engage targeted key stakeholders in the community, including local and state government, businesses, private and corporate foundations, schools and parents.

**Instructor:** Veronica DeLandro

**Location:** Webinar

**Domain:** PE                      **Focus Area:** YDL  
**Skill Level:** General

### **Community Organization and Environmental Change**

**Training Agency:** Child and Family Agency of Southeastern Connecticut

**Date:** Friday, October 23, 2009  
**Time:** 9:00 AM - 12:00 PM  
**Course Code:** 10DHPBC03

**Description:** This workshop examines the concept of "social capital" and why and how communities high in "social capital" are healthy communities on a multitude of public health measures. Part 2 explores how using prevention's technology of education, natural caregiving, competency enhancement, and system,s change can increase a community's "social capital."

**Instructor:** Tom Gullotta

**Location:** Child and Family Agency Library, 254 Hempstead Street, New London, CT 06320

**Domain:** CO, PPEC            **Focus Area:** PBC  
**Skill Level:** 1

**Certification:** The Connecticut Certification Board: 3 Hours  
National Association of Social Workers CT Chapter: 3 Hours

### **Environmental Strategies in the Prevention Of Underage Drinking**

**Training Agency:** The Consultation Center

**Date:** Friday, October 23, 2009  
**Time:** 9:00 AM - 12:00 PM  
**Course Code:** 10DHCTA04

**Description:** This workshop will provide participants with research and best practice strategies that focus on the environment or community context that must be addressed in order to reduce underage drinking and alcohol abuse. Participants will learn about organizations that emphasize these strategies, such as CT MADD and the Governor's Prevention Partnership. Information will be shared on effective strategies used by community coalitions across the state, as well as examples of college campus leadership groups. Youth involvement and leadership roles in the needs assessment, planning and execution of these strategies will be shared.

**Instructor:** Deborah Stewart, CPP

**Location:** The Consultation Center

**Domain:** PPEC            **Focus Areas:** CTA, YDL  
**Skill Level:** 1, 2

**Certification:** The Connecticut Certification Board: 3 Hours

### **Prevention Certification: A Guide to the Credentialing Process in Connecticut**

**Training Agency:** Connecticut Clearinghouse  
**Dates:**  
November 3, 2009    **Course Code:** 10DHPBG05  
March 5, 2010        **Course Code:** 10DHPBG20  
**Time:** 9:00 AM - 12:00 PM

**Description:** This course is an introduction to Connecticut's prevention credentials offered through the Connecticut Certification Board (CCB). Course content will include information

on exciting revisions to the Certified Prevention Professional (CPP) and the Associate Prevention Professional (APP) credential requirements, as well as the prevention credentialing process. Helpful resources and tips will be discussed. Time will be available for individual review of training attendance certificates / transcripts and for touring the Connecticut Clearinghouse library and resource center.

**Instructors:** Judith A. Stonger, CPP-R and Susan McLaughlin, MPA, CPP-R

**Location:** Connecticut Clearinghouse

**Domain:** PGR                      **Focus Area:** PBG  
**Skill Level:** General

**Certification:** The Connecticut Certification Board: 3 Hours

### **A Perspective on Ethical Issues in Prevention Practice and Research (For Certification)**

**Training Agency:** The Consultation Center

**Dates:**  
Friday, November 6, 2009 **Course Code:** 10DHETH06  
Friday, March 12, 2010 **Course Code:** 10DHETH21  
**Time:** 9:00 AM - 4:00 PM

**Description:** This workshop will provide a perspective on ethical issues frequently encountered in implementing community-based prevention programs and in conducting prevention research.

Ethical issues will be considered related to: 1) values and value conflicts and determining intervention goals and objectives; 2) principles that guide the processes of action and implementation; 3) ethical dilemmas related to informed consent; and 4) conducting prevention research in community settings and how findings are shared with stakeholders. An experiential component will be built in throughout to involve participants in debating the resolution of various ethical dilemmas. Participants will become familiar with federal and local confidentiality laws and professional codes of conduct/ethics.

**Instructors:** David L. Snow, Ph.D. and Susan Ottenheimer, LCSW

**Location:** The Consultation Center

**Domain:** PGR                      **Focus Area:** ETH  
**Skill Level:** 2

**Certification:** The Connecticut Certification Board: 6 Hours

### **Coping with Work and Family Stress™: An Intervention to Prevent Alcohol Abuse and Psychological Symptoms (SAMHSA Model Program)**

**Training Agency:** The Consultation Center

**Dates:**  
December 4, 2009 **Course Code:** 10DHMHS07  
May 14, 2010 **Course Code:** 10DHMHS29  
**Time:** 9:00 AM - 4:00 PM

**Description:** This workshop will provide training in the rationale, design and implementation of a science-based workplace coping skills intervention aimed at reducing alcohol abuse and psychological symptoms among employees.

Participants will:  
1) learn a risk and protective factor model that links selected factors from work and family domains to alcohol abuse and psychological symptoms; 2) review the rationale and content of a workplace intervention aimed at enhancing employee's skills in coping with work and family stress; and 3) examine various issues and strategies for introducing the program into the workplace.

**Instructors:** David L. Snow, Ph. D. and Susan Ottenheimer, LCSW

**Location:** The Consultation Center

**Domain:** PE                      **Focus Area:** MHS, WKP  
**Skill Level:** 2

**Certification:** The Connecticut Certification Board: 6 Hours

## **Introduction to Prevention in Mental Health (For Certification)**

**Training Agency:** The Consultation Center

**Date:** Friday, December 18, 2009

**Time:** 9:00 AM - 12:00 PM

**Course Code:** DH10MHS08

**Description:** This workshop provides an overview of prevention approaches in the mental health field, providing both didactic and practical information for new service providers who may need to implement prevention programs and managers who must supervise this work.

At the end of the training, participants will be able to: 1) describe major prevention approaches used in the U.S. over the past several decades; and 2) become familiar with how prevention is defined by major federal agencies including the National Institute of Mental Health (NIMH), the Center for Substance Abuse Prevention (CSAP), and the Institute of Medicine (IOM).

**Instructor:** Susan Ottenheimer, LCSW

**Location:** The Consultation Center

**Domain:** ESD      **Focus Areas:** MHS, PBG  
**Skill Level:** 1

**Certification:** The Connecticut Certification Board: 3 Hours  
National Association of Social Workers CT Chapter: 3 Hours

## **Introduction to Suicide Prevention**

**Training Agency:** The Consultation Center

**Date:** Friday, January 8, 2010

**Time:** 9:00 AM - 4:00 PM

**Course Code:** 10DHALS09

**Description:** In any given year in the United States, approximately 30,000 individuals commit suicide and thousands more make attempts. It is estimated that 90% of those who die by suicide have a diagnosable mental illness, most often depression, making the identification, diagnosis, and treatment of individuals with emotional disorders critical to suicide prevention efforts. Suicide is clearly a clinical issue, but it is also a public health

or environmental issue, requiring a shift in focus that not only includes prevention and treatment at the individual level, but also includes prevention at the community level.

This course will include an overview of risk and protective factors across the lifespan that place certain individuals at increased risk for suicide. An array of preventive intervention strategies will be explored, including examples of "Effective" and "Promising" evidence-based programs.

Participants will: 1) learn about the signs and symptoms of mental illness and the risk factors for suicide for individuals across the lifespan and 2) increase their awareness of multi-level preventive intervention strategies targeting individuals and communities. An interactive component will be built in throughout.

**Instructor:** Susan Ottenheimer, LCSW

**Location:** The Consultation Center

**Domain:** ESD      **Focus Areas:** ALS, MHS, PBC  
**Skill Level:** 1

**Certification:** The Connecticut Certification Board: 6 Hours  
National Association of Social Workers CT Chapter: Pending

## **Identification of Risk and Protective Factors for Alcohol and Prescription Substance Abuse in Older Adults: Implications for Program Planning**

**Training Agency:** The Consultation Center

**Date:** Friday, January 15, 2010

**Time:** 9:00 AM - 12:15 PM

**Course Code:** 10DHOAD10

**Description:** This interactive workshop will explore awareness, attitudes, and understanding of individuals, families, and health professionals toward alcohol and prescription substance abuse in older adults. It will include an overview of the prevalence of substance abuse and addiction, risk and protective factors related to alcohol and other substance abuse, the potential role of ageism in under-identification of alcohol and prescription substance abuse in older adults, and the bio-psycho-social factors involved.

As a result of this training, participants will be able to: 1) identify their own pre-conceived ideas relating to substance abuse and older adults; 2) understand the physical, psychological, and social aspects of substance abuse in older adults; 3) understand the impact that preconceived notions have on the identification of elders at risk for substance abuse, and the on development of interventions addressing alcohol and substance abuse in elders; 4) outline techniques for working with older adults and their families around alcohol and substance abuse that address risk factors and enhance protective factors for elders.

**Instructor:** Donna Fedus, MA

**Location:** The Consultation Center

**Domain:** ESD      **Focus Area:** OAD  
**Skill Level:** 2

**Certification:** The Connecticut Certification Board: 3 Hours  
National Association of Social Workers CT Chapter: 3 Hours

### **Multicultural Series for Prevention Professionals: A Primer in Cultural Competency**

**Training Agency:** The Multicultural Leadership Institute, Inc. (MLI)

**Date:** Wednesday, January 20, 2010  
**Time:** 9:00 AM - 4:00 PM  
**Course Code:** 10DHCUL33

**Description:** This workshop provides introductory training for those working in a prevention setting in behavioral and/or mental health. Those involved in prevention program planning, implementation, and evaluation who are seeking more information about how to foster their program's or their organization's cultural competence are encouraged to attend.

Attendees will learn:

- Introductory cultural competency principles and theories in a prevention context and addressing key concept areas of awareness, knowledge and skills.
- Applications for prevention professionals: Agency and program level domains and directions. \*\*\*Includes SPF-SIG grant-specific program information.\*\*\*

- An overview of planning for cultural competency: How to apply cultural competency principles.
- An overview of Action steps: Personal action planning for continued personal development.
- Methods: Presentation & Dialogue, Audio visuals, Interactive activities & Hands-on exercises.

This interactive training is limited to 30 participants. A break is from 12pm-1pm. Lunch is on your own or may be pre-ordered/pre-paid for \$7.00 via the website or check.

**Instructor:** MLI, Inc.

**Location of Training:** MLI, Inc.

**Domain:** PGR      **Focus Area:** CUL  
**Skill Level:** 1-2

**Certification:** The Connecticut Certification Board: 6 hours

### **Resource Development and Grant Writing Workshop for Youth-Serving Organizations**

**Training Agency:** The Consultation Center

**Date:** Friday, January 22, 2010  
**Time:** 9:00 AM - 4:00 PM  
**Course Code:** 10DHPBC11

**Description:** This course will be an introduction to resource development for youth-serving organizations. The workshop will help participants to develop a strategy for their grant writing and proposal development. Proposal development tools and helpful worksheets will be practiced based on actual current programming. A local funder of youth programs will also share advice on approaching funders and their tips for successful grants. Participants will learn about guidelines from both private and public sector funders, as well as technical assistance and future training opportunities.

Participants will: 1) discuss an approach to resource development and grant-seeking based on values and mission of an organization, 2) review formats and guidelines from different funding sources, 3) identify public and private sector funding sources and the communication vehicles for finding funding sources relevant to their

particular interest areas, 4) learn the essential steps for proposal development and tips for successful grant writing; and then practice the sequence of steps necessary for completing funding applications in compliance with guidelines from a selected funding source, and 5) share strategies for sustainability, and discuss additional opportunities for obtaining training and technical assistance in both grant writing and resource development.

**Instructor:** Deborah Stewart, CPP

**Location:** The Consultation Center

**Domain:** PE                      **Focus Area:** PBC  
**Skill Level:** 2

**Certification:** The Connecticut Certification Board: 6 Hours  
National Association of Social Workers CT Chapter: 6 Hours

### **Prevention Group Work with Adolescent Girls**

**Training Agency:** The Consultation Center

**Date:** Friday, January 22, 2010  
**Time:** 9:00 AM - 4:00 PM  
**Course Code:** 10DHCTA12

**Description:** Gender-specific prevention work with adolescent girls challenges group facilitators to select topics and strategies that fit the developmental needs of group members. Based on experience with girls' groups for middle and high school age females, this workshop will emphasize specifics of gender-specific work with girls, review developmental issues of adolescent girls, examine curricular resources, and discuss activities, structure, and group leadership issues.

**Instructor:** Terry Freeman, MSW, CPP-R & Jeana Bracey, MA

**Location:** The Consultation Center

**Domain:** ESD                      **Focus Area:** CTA  
**Skill Level:** 2

**Certification:** The Connecticut Certification Board: 6 Hours  
National Association of Social Workers CT Chapter: 6 Hours

### **Creating and Implementing a Self-Help Group: Bridging Prevention and Recovery**

**Training Agency:** The Consultation Center

**Date:** Friday, January 29, 2010  
**Time:** 9:00 AM - 4:00 PM  
**Course Code:** 10DHPBG13

**Description:** This workshop is designed to train participants on how to start and maintain a mutual aid self-help group. This training is geared toward facilitators and group leaders who are interested in exploring strategies that will keep a self-help group alive, productive, and positive.

Topics that will be covered in the training include: 1) attendance and group size; 2) sharing group leadership and avoiding facilitator burnout; and 3) working with difficult group members. Participants who are currently running a self-help group will have the opportunity to receive consultation about particular challenges they are facing in their respective groups for shared problem-solving.

**Instructors:** Jennifer Sylvia, BA and Susan Ottenheimer, LCSW

**Location:** The Consultation Center

**Domain:** ESD, PE                      **Focus Area:** PBG  
**Skill Level:** 1

**Certification:** The Connecticut Certification Board: 6 Hours  
National Association of Social Workers CT Chapter: 6 Hours

### **Promoting Positive Racial/Ethnic Identity Among Adolescents**

**Training Agency:** The Consultation Center

**Date:** January 29, 2010  
**Time:** 9:00 AM - 12:00 PM  
**Course Code:** 10DHCUL14

**Description:** This workshop will explore the process of racial identity development with the goal of training youth service providers to promote positive development among adolescents. The workshop will include an overview of racial identity development models, an examination of the role of stereotypes and biases, and will provide practical examples of ways to promote positive identity when working with youth. Workshop

participants will engage in interactive activities to promote personal growth around cultural awareness and positive identity.

**Instructor:** Jeana Bracey, MA

**Location:** The Consultation Center

**Domain:** ESD, PGR      **Focus Areas:** CUL, TCA  
**Skill Level:** 2

**Certification:** The Connecticut Certification Board: 3 Hours  
National Association of Social Workers CT Chapter: 3 hours

### **Life Skills for the Transition to Adulthood**

**Training Agency:** The Consultation Center

**Date:** Friday, February 5, 2010  
**Time:** 9:00 AM - 12:00 PM  
**Course Code:** DH10CTA15

**Description:** Prevention research emphasizes the effectiveness of "life skills" training in order to decrease the likelihood of risky behaviors by adolescents. This workshop will place emphasis on the developmental needs of older adolescents and the skills they need for successful adulthood. Components of life skills curriculum that support their growth will be reviewed, including topics such as decision-making, goal-setting, career exploration, self-care and coping, independent living, etc. Strategies and materials useful for community-based group work or formal educational settings with older adolescents will be explored. Emphasis will be on interactive activities that involve youth in learning and positive development.

**Instructor:** Terry Freeman, MSW, CPP-R

**Location:** The Consultation Center

**Domain:** ESD      **Focus Area:** CTA  
**Skill Level:** 2

**Certification:** The Connecticut Certification Board: 3 Hours  
National Association of Social Workers CT Chapter: 3 Hours

### **Multicultural Series for Prevention Professionals: African-American Cultures**

**Training Agency:** The Multicultural Leadership Institute, Inc. (MLI)

**Date:** Wednesday, February 17, 2010  
**Time:** 9:00 AM - 4:00 PM  
**Course Code:** 10DHCUL34

**Description:** This workshop provides training for those working in a prevention setting in behavioral/mental health. It will deliver information and interactive activities to participants involved in prevention program planning, implementation, and evaluation, who are seeking more information about working with people of African American/African-Origins. Individuals, families and community members are encouraged to attend.

Attendees will learn:

- The diversity of African-American/African-Origin Cultures.
- Risk and protective factors, health disparities, and the impacts upon the behavioral health of communities will be explored.
- The roles of historical events, institutional and individual discrimination and prejudice and the impacts upon wellness and illness in prevention, treatment and recovery.
- Working with individuals, families and communities: how to communicate and to engage communities effectively to provide culturally appropriate services and resources.

This interactive training is limited to 30 participants to allow for activities, dialogue and information and resource exchanges. A break is from 12pm-1pm. Lunch is on your own or may be pre-ordered/pre-paid for \$7.00 via the website or check.

**Instructor:** MLI, Inc.

**Location of Training:** MLI, Inc.

**Domain:** PGR      **Focus Area:** CUL  
**Skill Level:** 2

**Certification:** The Connecticut Certification Board: 6 hours

## **Youth Involvement Practices for Community Assessment & Program Planning**

**Training Agency:** The Consultation Center

**Date:** Friday, February 19, 2010

**Time:** 9:00 AM - 12:00 PM

**Course Code:** 10DHCTA16

**Description:** This workshop will focus on the importance of community assessment processes and tools that engage young people as partners in the community planning process. Examples of youth involvement strategies used in Connecticut communities to reduce underage drinking and neighborhood violence will be shared. Participants will learn about research demonstrating the critical outcomes when programs expand opportunities for youth voice and youth engagement. Resources from state and national organizations as well as web site links will be provided.

**Instructor:** Deborah Stewart, CPP

**Location:** The Consultation Center

**Domain:** PE                      **Focus Areas:** CTA, YDL  
**Skill Level:** 2

**Certification:** The Connecticut Certification Board: 3 Hours  
National Association of Social Workers CT Chapter: Pending

## **No-Fuss Program Evaluation for Busy Mentoring Coordinators**

**Training Agency:** The Governor's Prevention Partnership

**Date:** Wednesday, February 24, 2010

**Time:** 10:00 AM - 11:00 AM

**Course Code:** 10DHEVL35

**Description:** This short and convenient workshop will help coordinators: (1) plan a simple evaluation that meets their program and funders' needs, (2) choose and understand free evaluation tools and (3) write a simple evaluation report.

**Instructor:** Cheryl Yetke

**Location:** Webinar

**Domain:** PE                      **Focus Area:** YDL  
**Skill Level:** General

## **Fostering Youth Leadership in the Prevention of Underage Drinking**

**Training Agency:** The Consultation Center

**Date:** Wednesday, March 3, 2010

**Time:** 9:30 AM - 3:30 PM

**Course Code:** 10DHCTA17

**Description:** This workshop will provide participants with an overview of Connecticut's work to prevent underage drinking. In addition to hearing about the research on underage drinking and consequences of alcohol abuse, participants will learn about how young people are engaged as partners with adults to educate other youth about the dangers of alcohol, especially for youth under 21. Leadership will be shared from local programs, regional action councils, statewide organizations, and national web sites.

**Instructors:** Deborah Stewart, BA, CPP & colleagues from community coalitions and underage drinking prevention and violence prevention programs

**Location:** Mattatuck Museum, 144 West Main Street, Waterbury, CT

**Domain:** PE                      **Focus Area(S):** CTA, YDL  
**Skill Level:** 1, 2

**Certification:** The Connecticut Certification Board: 6 Hours  
National Association of Social Workers CT Chapter: 6 Hours

## **Health Promotion: Linking Prevention and Health Promotion to Recovery**

**Training Agency:** The Consultation Center

**Date:** Friday, March 5, 2010

**Time:** 9:00 AM - 4:00 PM

**Course Code:** 10DHALS18

**Description:** A multifaceted training that will provide an overview of health promotion delivered in an array of settings, including knowledge, skills and ideas to help your clients, contacts and colleagues. Learn how research supports effective programming solutions, and how simple techniques can begin a path to wellness.

**Instructor:** Susan Ottenheimer, LCSW

**Location:** The Consultation Center

**Domain:** ESD                      **Focus Area:** ALS  
**Skill Level:** 2

**Certification:** The Connecticut Certification Board: 6 Hours  
National Association of Social Workers CT Chapter: 6 Hours

### **Healthy Relationships/Prevention of Relationship Violence for Young Adults**

**Training Agency:** The Consultation Center  
**Date:** Friday, March 5, 2010

**Time:** 9:00 AM - 4:00 PM  
**Course Code:** 10DHCTA19

**Description:** This interactive workshop will include principles, curricula and strategies for working with adolescents to promote healthy relationships and prevent relationship violence. Based on our curriculum, "Healthy Inside and Out," the workshop will prepare participants for planning and implementing relationship-focused programs to fit young adults. Participants will review current knowledge about adolescent relationship violence, sample strategies and materials they can use with adolescents, and exchange ideas on tailoring the curriculum to their own population and setting.

**Instructors:** Terry Freeman, MSW, CPP-R and Dawn Hemstock, MA

**Location:** The Consultation Center

**Domain:** ESD                      **Focus Area:** CTA  
**Skill Level:** 2

**Certification:** The Connecticut Certification Board: 6 Hours  
National Association of Social Workers CT Chapter: 6 Hours

### **Needs Assessments and Program Evaluation: Collection and Utilization of Archival and Novel Data**

**Training Agency:** The Consultation Center

**Date:** Friday, March 12, 2010  
**Time:** 9:00 AM - 4:00 PM  
**Course Code:** 10DHEVL22

**Description:** This workshop is geared to participants who have some understanding or experience with needs assessments and/or program evaluation. The workshop will review how the collection of needs assessment data and the development of outcomes that are measurable, realistic (program can impact them), feasible (program can collect the data) and useful (impact both the development of a program and the evaluation of the efficacy of a program). Participants will also be exposed to a variety of ways to collect or access data for needs assessments and assessing program outcomes including: program data, social indicator data, archival data, qualitative data (including key informant interviews and focus groups) and survey data. Finally, participants will learn how to utilize data for ongoing program development and evaluation.

**Instructor:** Amy Griffin

**Location:** The Consultation Center

**Domain:** PE                      **Focus Area:** EVL  
**Skill Level:** 2

**Certification:** The Connecticut Certification Board: 3 Hours  
National Association of Social Workers CT Chapter: 3 Hours

### **Gender and Culture**

**Training Agency:** The Multicultural Leadership Institute, Inc. (MLI)

**Date:** Wednesday, March 17, 2010  
**Time:** 9:00 AM - 4:00 PM  
**Course Code:** 10DHCUL36

**Description:** This workshop provides training for those working in a prevention setting in behavioral/mental health. It will deliver information and interactive activities to participants involved in prevention program planning, implementation, and evaluation, who are seeking more information about working with women and their families

- Overview of the dynamics of gender as a cultural variable in behavioral health prevention, treatment and recovery processes.

- Risk and protective factors impacting the behavioral and mental health of women and girls will be explored. Discussions of gender-related disparities.

- Working with individuals, families and communities to provide culturally appropriate gender-specific services and resources.

**Instructor:** MLI, Inc.

**Location of Training:** MLI, Inc.

**Domain:** PGR                      **Focus Area:** CUL

**Skill Level:** 2

**Certification:** The Connecticut Certification Board: 6 hours

### **Core Competencies in Prevention (For Certification)**

**Training Agency:** The Consultation Center

**Date:** Friday, March 26, 2010

**Time:** 9:00 AM - 12:00 PM

**Course Code:** 10DHPBG23

**Description:** This course provides an overview of prevention approaches by emphasizing its core competencies of practice, including training and community education, program development, consultation and technical assistance, advocacy, and program evaluation.

At the end of the workshop participants in the course will: 1) be able to describe the major core competencies in prevention; 2) have developed skills to implement prevention services for at least two core competencies; and 3) be able to identify resources to gain further expertise in specific core competencies as their practice needs change.

**Instructor:** Susan Ottenheimer, LCSW

**Location:** The Consultation Center

**Domain:** PE                      **Focus Area:** PBG

**Skill Level:** 1

**Certification:** The Connecticut Certification Board: 3 Hours  
National Association of Social Workers CT Chapter: 3 Hours

### **Selecting Evidence-Based Prevention Programs**

**Training Agency:** The Consultation Center

**Date:** Friday, April 9, 2010

**Time:** 9:00 AM - 12:00 PM

**Course Code:** 10DHEVL24

**Description:** The main purpose of this workshop is to provide participants with a foundation to develop and select sound prevention programs to achieve desired outcomes. This workshop will present an overview of the concept of science-based prevention, including the pros and cons of utilizing such programs; characteristics of effective prevention programs; community, organizational, and other issues to consider in selecting appropriate prevention programs; and the utility of using a logic model framework for selecting and developing sound preventive interventions.

**Instructor:** Amy Griffin

**Location:** The Consultation Center

**Domain:** PE                      **Focus Area:** EVL

**Skill Level:** 1

**Certification:** The Connecticut Certification Board: 3 Hours  
National Association of Social Workers CT Chapter: 3 Hours

### **Helping People Change: Applying Behavior Change Theory**

**Training Agency:** The Consultation Center

**Date:** Friday, April 16, 2010

**Time:** 9:00 AM - 4:00 PM

**Course Code:** 10DHADL25

**Description:** Helping people change behavior is an important role for practitioners, disease management, lifestyle modification or addictions. Understanding a person's readiness to make change, anticipating barriers, and helping to manage relapses are all important aspects of behavior change.

The Transtheoretical Model of Change, or the Stages of Change model, will be explored to effectively apply it to develop and deliver interventions.

Participants will: 1) identify behavior change models with in-depth review of the Stages of Change model and 2) learn how to develop interventions that are appropriate and provide opportunity for intervening at various levels and times.

**Instructor:** Susan Ottenheimer, LCSW

**Location:** The Consultation Center

**Domain:** ESD                      **Focus Area:** ADL  
**Skill Level:** 2

**Certification:** The Connecticut Certification Board: 6 Hours  
National Association of Social Workers CT Chapter: 6 Hours

### **Legal Issues and Emotional Dynamics in Grandfamilies**

**Training Agency:** The Consultation Center

**Date:** Friday, April 16, 2010  
**Time:** 9:00 AM - 4:00 PM  
**Course Code:** 10DHOAD26

**Description:** "Grandfamilies" are families in which grandparents or other relatives are raising a child or children. The children are related to the caregivers by blood, marriage or adoption, although they may or may not have a legal relationship. This phenomenon is also known as "kinship care," "kincare," or "relativecare." According to the 2000 U.S. Census, there are more than 6 million children in the U.S. living in grandfamilies. Of these, 2.4 million are being raised solely by their grand-parents or other relatives with no parents present.

This workshop will provide an in-depth look at the legal issues and emotional dynamics common in grandfamilies which are layered over the normal strains of childrearing.

As a result of this training, participants will be able to: 1) identify the advantages and disadvantages of various legal arrangements for grandfamilies; 2) understand the emotional dynamics and coping strategies of the oldest and youngest generations within grandfamilies; 3) outline strategies for assisting kinship care families.

**Instructor:** Donna Fedus, MA & Kathleen Lutz

**Location:** The Consultation Center

**Domain:** ESD                      **Focus Area:** OAD  
**Skill Level:** 1

**Certification:** The Connecticut Certification Board: 6 Hours  
National Association of Social Workers CT Chapter: 6 Hours

### **Multicultural Series for Prevention Professionals: Working with Persons of European Descent and Those Immersed in European American Culture**

**Training Agency:** The Multicultural Leadership Institute, Inc. (MLI)

**Date:** Wednesday, April 21, 2010  
**Time:** 9:00 AM - 4:00 PM  
**Course Code:** 10DHCUL37

**Description:** This workshop provides training for those working in a prevention setting in behavioral /mental health. It will deliver information and interactive activities for participants involved in prevention program planning, implementation, and evaluation, who are seeking more information about working with persons of European descent.

Attendees will learn:

- The multiplicity of European American groups and how these groups have been influenced by history, war and oppression, immigration/migration, family structure, child rearing patterns, communication styles, spirituality and religion, health practices, and poverty.
- Risk and protective factors for the behavioral and mental health of European Americans, with emphasis on the individual groups.
- The impacts of individual European American customs and culture upon wellness and illness in prevention, treatment and recovery. The clinical importance of understanding and addressing the cultural/ethnic differences among European Americans.
- Working with individuals, families and communities: how to communicate effectively and provide respectful and appropriate services and resources.

**Instructor:** Marc Chartier

**Location of Training:** MLI, Inc.

**Domain:** PGR  
**Skill Level:** 2

**Focus Area:** CUL

**Certification:** The Connecticut Certification Board: 6 hours

**Preventing Violent Behavior from Early Childhood through Adolescence: Three Evidence-Based Interventions**

**Training Agency:** Child and Family Agency of Southeastern Connecticut

**Dates:** April 21 and 22, 2010  
**Time:** 2 days from 9:00 AM - 3:00 PM  
**Course Code:** 10DHCTA27

**Description:** This two-day seminar is the out-growth of three research projects to develop, test, and disseminate promising evidence-based programs to promote pro-social behavior in young people. Research is clear that the appearance of anti-social, often violent, behavior is apparent before age six in many children. Research is also clear that preschool, elementary school-aged children, and adolescents need structured opportunities in which to practice and develop pro-social behavior. Pro-social behavior does not happen. It is taught by word and deed by adults and peers. It is learned by observation and modeling.

Attendees will be introduced to the research in a brief morning session and then will join one of three instructional groups to learn: 1. The Bingham Pro-Social Curriculum (Preschool) 2. The Salmon Curriculum (First through 6th grade) or 3. RiPP (Responding in Peaceful and Positive Ways - Middle through high school). Training materials will be provided in advance of this seminar.

As each training group is limited in size to 30, attendees will need to pre-register for which training experience they wish to receive (Bingham - preschool to K; Salmon 1 - 5; RiPP 6 thru 12).

**Instructors:** Melanie Smith-Cervera, Jen Messina, Chris Gullotta, Wendy Bauers, Michael Harris, MA

**Location:** Hilton Garden Inn, 85 Glastonbury Blvd., Glastonbury, CT

**Domain:** ESD  
**Skill Level:** 2  
**Focus Areas:** CTA, VPS

**Certification:** The Connecticut Certification Board: 10 Hours  
National Association of Social Workers CT Chapter: 10 Hours

**The Entanglement of Family Violence and Substance Use**

**Training Agency:** The Consultation Center

**Date:** Friday, May 14, 2010  
**Time:** 9:00 AM - 4:00 PM  
**Course Code:** DH10ATD30

**Description:** This course is designed for participants with minimal to some experience in working with populations that struggle with family violence and/or substance use issues. Traditional instructive methods will be used to review approaches to understanding the multiple relationships that exist between domestic violence and substance use for children, adolescents, adults, and families.

Skill enhancement will focus on (a) identifying family violence as a significant contributor to substance use and how that relationship differs for men and women, (b) assessing the impact of family violence on substance use, and (c) developing methods to more effectively work with clients with these co-occurring issues.

Participants will: 1) Review existing research and practice regarding the multiple relationships that exist between family violence and substance use for youth and adults and men and women; 2) Enhance skills to identify family violence as a contributor to substance use for men and women; 3) Be introduced to tools that can be used to assess for family violence and substance use; 4) Enhance skills to intervene with clients who experience family violence and substance use.

**Instructors:** Tami P. Sullivan Ph.D. and Erica Peters, BA

**Location:** The Consultation Center

**Domain:** ESD  
**Skill Level:** 1, 2  
**Focus Areas:** ATD, MHS

**Certification:** The Connecticut Certification Board: 6 Hours  
National Association of Social Workers CT Chapter: 6 Hours

**Multicultural Series for Prevention Professionals: South East Asian Cultures**

**Training Agency:** The Multicultural Leadership Institute, Inc. (MLI)

**Date:** Wednesday, May 19, 2010  
**Time:** 9:00 AM - 4:00 PM  
**Course Code:** 10DHCUL38

**Description:** This workshop provides training for those working in a prevention setting in behavioral/mental health. It will deliver information and interactive activities to participants involved in prevention program planning, implementation, and evaluation, who are seeking more information about working with South East Asian individuals families and community members.

Attendees will learn:

- South East Asian culture across the lifespan, and gender roles, in both traditional and modern contexts.
- Health beliefs and concepts of wellness and illness in prevention, treatment and recovery.
- Working with individuals, families and communities: how to communicate effectively across cultures, what to avoid, how to use interpreters when necessary.
- Understanding the roles of prominent historical moments, events, trauma and acculturation on South East Asians.

This interactive training is limited to 30 participants to allow for activities, dialogue and information and resource exchanges. A break is from 12pm-1pm. Lunch is on your own or may be pre-ordered/pre-paid for \$7.00 via the website or check.

**Instructor:** Tuoc Phan, M.A.

**Location of Training:** MLI, Inc.

**Domain:** PGR                      **Focus Area:** CUL  
**Skill Level:** 2

**Certification:** The Connecticut Certification Board: 6 hours

**Prescription and Over-the-Counter Drug Abuse**

**Training Agency:** The Consultation Center

**Date:** Friday, May 21, 2010  
**Time:** 9:00 AM - 12:00 PM  
**Course Code:** 10DHATD31

**Description:** Over \$78 billion in prescription and over-the-counter (OTC) drugs are produced each year in the United States. Although most people use these medications properly, a significant number do not. They may take them without a doctor's prescription, use more than prescribed, or take them for reasons other than those that the drugs were prescribed for. Misuse of prescription and OTC drugs can often lead to psychological and physical dependence. This is a significant problem across the lifespan, from teens to older adults.

Participants will learn which prescription and OTC drugs are most widely abused, including risk and protective factors for abuse and sample prevention strategies.

**Instructor:** Susan Ottenheimer, LCSW

**Location:** The Consultation Center

**Domain:** ESD                      **Focus Area:** ATD  
**Skill Level:** 1

**Certification:** The Connecticut Certification Board: 6 Hours  
National Association of Social Workers CT Chapter: 6 Hour

**Multicultural Series for Prevention Professionals: Working with Lesbian, Gay, Bisexual, Transgendered, Questioning and Intersex Persons and Communities (LGBTQI)**

**Training Agency:** The Multicultural Leadership Institute, Inc. (MLI)

**Date:** Wednesday, June 16, 2010  
**Time:** 9:00 AM - 4:00 PM  
**Course Code:** 10DHCUL39

**Description:** This workshop provides training for those working in a prevention setting in behavioral/mental health. It will deliver information and interactive activities to participants involved in prevention program planning, implementation,

and evaluation, who are seeking more information about working with Lesbian, Gay, Bisexual, Transgendered, Questioning and/or Intersex people. Individuals, families and community members are encouraged to attend.

Attendees will learn:

- LGBTQI history and contemporary contexts.
- Risk and protective factors for the behavioral and mental health of LGBTQI persons.
- The impacts of institutional and individual bias, prejudice and stigma upon wellness and illness in prevention, treatment and recovery.
- Working with individuals, families and communities: how to communicate effectively and provide respectful and appropriate services and resources.
- Understanding the roles of prominent cultural events and traumas upon LGBTQI persons and communities.

This interactive training is limited to 30 participants to allow for activities, dialogue and information and resource exchanges. A break is from 12pm-1pm. Lunch is on your own or may be pre-ordered/pre-paid for \$7.00 via the website or check.

**Instructor:** MLI, Inc.

**Location of Training:** MLI, Inc.

**Domain:** PGR                      **Focus Area:** CUL  
**Skill Level:** 2  
**Certification:** The Connecticut Certification Board: 6 hours

**Adolescent Substance Abuse Prevention:  
Evidence-Based Approaches  
to Prevention and Treatment**

**Training Agency:** Child and Family Agency  
**Date:** Spring 2010—To Be Determined  
**Time:** 9:00 AM - 3:00 PM  
**Course Code:** 10DHCTA40

**Course Description:** This seminar is the outgrowth of a two-year project to identify promising and effective adolescent substance abuse prevention and treatment programs. Drawing from the chapters these respected scholars wrote for the book *Adolescent Substance Abuse Prevention: Evidence-Based Approaches to Prevention and*

*Treatment* attendees will be presented with a social-historical overview of humanity's need for mind altering substances with special attention given to the "stepping stone" theory of addiction. Next, the biological/genetic need for mind-altering drugs is examined. This is followed by an overview of primary prevention. Lastly, promising interventions are examined. Attendees may purchase a copy of *Adolescent Substance Abuse Prevention: Evidence-Based Approaches to Prevention and Treatment* (Leukefeld & Gullotta, eds.) at cost prior to the workshop.

**Instructor(s):** Carl Leukefeld, Dr. Cathy Martin and Robert Plant

**Location:** Hilton Garden Inn, 85 Glastonbury Blvd., Glastonbury, CT 06033

**Domain:** ESD                      **Focus Area(s):** CTA, MHS  
**Skill Level:** 2

**Certification:** The Connecticut Certification Board: 4 Hours  
National Association of Social Workers CTChapter: 4 Hours

**Fostering Healthy Child Development  
in Non-Traditional Families**

**Training Agency:** Child and Family Agency of Southeastern Connecticut

**Date:** Spring 2010—To Be Determined  
**Time:** 9:00 AM - 3:00 PM  
**Course Code:** 10DHMHS28

**Description:** There is a multitude of family forms evident in American society. Indeed, the nuclear family, defined as children living with the biological mother and father, no longer represents the majority of families with children living in the United States. Over the past 40 years extensive research on the nuclear, single parent and remarried family has been undertaken and the challenges facing these family lifestyles have been well-examined with effective evidence-based programming developed to assist them in the struggles they may face.

This seminar examines the stressors affecting three lesser-known family constellations - the lesbian, gay, bisexual, or transgender family, the foster family, and families with a mentally ill member. Evidence-based approaches to fostering the healthy development of these families will be

discussed. Attendees will receive a copy of "Family Influences on Childhood Behavior and Development" (Gullotta and Blau).

**Instructors:** Gary Blau, Robert Plant, Syliva Kay Fisher

**Location:** Hilton Garden Inn, 85 Glastonbury Blvd. Glastonbury, CT

**Domain:** ESD                      **Focus Area:** MHS  
**Skill Level:** 1

**Certification:** The Connecticut Certification Board: 6 Hours  
National Association of Social Workers CT Chapter: 6 Hours

### **Understanding and Preventing Depression with a Special Attention to Latin American Communities**

**Training Agency:** Child and Family Agency  
**Date:** To Be Determined  
**Time:** 9:00 AM - 2:00 PM  
**Course Code:** 10DHCUL41

**Course Description:** This workshop examines the social, psychological, and biological factors that contribute to the onset of depressive episodes. Next, it examines the immigrant Latino's experience in the US and their interpretation of the depression experience. The day concludes with examples of interventions that can be used to prevent depression and help family members cope with the stress of a depressed family member. Attendees will receive a copy of Depression in Latinos: Assessment, Treatment, and Prevention (Aguilar-Gaxiola & Gullotta, eds.)

**Instructors:** Dr. Sergio A. Aguilar-Gaxiola, and Tom Gullotta

**Location:** The Village for Families and Children, 43 Woodland Street, Hartford, CT

**Domain:** ESD, PGR    **Focus Areas:** CUL, ALS  
**Skill Level:** 3

**Certification:** The Connecticut Certification Board: 4 Hours  
National Association of Social Workers CT Chapter: 4 Hours

### **A Primer to the "Social Media"**

**Training Agency:** Child and Family Agency of Southeastern Connecticut

**Dates:** To Be Determined  
**Time:** 1/2 day from 9:00 AM - 1:00 PM  
**Course Code:** 10DHPBC42

**Description:** What is the social media? Why is it important to the work of social service organizations? Facebook, Twitter, and LinkedIn are terms that are likely familiar to your early adolescent but may mean little of nothing to you. This workshop discusses these and other electronic messaging mediums and how they might be used to further the mission of your organization.

**Instructor:** Anne Yurasek

**Location:** Hilton Garden Inn, 85 Glastonbury Blvd., Glastonbury, CT

**Domain:** CO, PPEC    **Focus Areas:** PBC, PBW  
**Skill Level:** 1

**Certification:** The Connecticut Certification Board: 3 Hours

**CONNECTICUT DEPARTMENT OF MENTAL HEALTH AND ADDICTION SERVICES  
PREVENTION TRAINING COLLABORATIVE**

**Child and Family Agency of Southeastern Connecticut, Inc.**

255 Hempstead Street - New London, CT 06320  
860.443.2896    [www.cfapress.org](http://www.cfapress.org)

The mission of Child and Family Agency of Southeastern Connecticut is to promote the well-being and development of all children and their families, in particular, to give priority to the unmet needs of children lacking physical, emotional and intellectual care and nurturing. Programs deal with prevention of child abuse, the treatment of family violence, teen pregnancy, parent education, child guidance, child-care, children's healthcare and children's mental health. With a heritage that dates from 1809, Child and Family Agency has grown to become the largest non-profit children's social service provider in southeastern Connecticut.

**Connecticut Department of Mental Health and Addiction Services (DMHAS)  
Prevention and Health Promotion Services**

410 Capitol Avenue, MS#14PIT - Hartford, CT 06134  
860.418.6827    [www.ct.gov/dmhas](http://www.ct.gov/dmhas)

The mission of the Department of Mental Health and Addiction Services is to improve the quality of life of the people of Connecticut by providing an integrated network of comprehensive, effective and efficient mental health and addiction services that foster self-sufficiency, dignity and respect. DMHAS promotes and administers comprehensive, recovery-oriented services in the areas of mental health treatment and substance abuse prevention and treatment throughout Connecticut.

The DMHAS prevention system is designed to promote the overall health and wellness of individuals and communities by preventing or delaying substance use. Prevention services are comprised of six key strategies including information dissemination, education, alternative activities, strengthening communities, promoting positive values, and problem identification and referral to services.

**The Consultation Center**

389 Whitney Avenue - New Haven, CT 06511  
203.789.7645    [www.theconsultationcenter.org](http://www.theconsultationcenter.org)

The Consultation Center develops and implements prevention programs to individuals and families across the life span; conducts prevention and community research and evaluations of community programs; provides services to promote the mental health and adaptation of persons with prolonged psychiatric and/or substance abuse disorders and their families; and provides training, consultation, and technical assistance to professionals and organizations to enhance their effectiveness and the quality of service delivery to the community.

A multidisciplinary service, research, and training site, The Center is a cooperative endeavor of the Connecticut Mental Health Center, the Department of Psychiatry at the Yale University School of Medicine, and the Community Consultation Board, Inc., a private, nonprofit community organization.

## ADDITIONAL PREVENTION TRAINING RESOURCES IN CONNECTICUT

### **Connecticut Assets Network**

530 Silas Deane Highway, Suite 220 - Wethersfield, CT 06109  
860.571.8463    [www.ctassets.org](http://www.ctassets.org) and [www.thecommunityconnection.org](http://www.thecommunityconnection.org)

The Connecticut Assets Network (CAN) provides consultation, training and tools to youth, adults and communities interested in or already utilizing asset-based approaches to building healthy and inclusive neighborhoods, schools and communities. These positive youth and community development approaches build on individual and community strengths, and recognize people of all ages and abilities as problem solvers rather than problems to be solved.

### **Connecticut Association of Non-Profits Center for Professional Development (CPD)**

90 Brainard Road - Hartford, CT 06114  
860.525.5080    [www.ctnonprofits.org](http://www.ctnonprofits.org)

The Center for Professional Development (CPD) is the training and education arm of Connecticut Association of Nonprofits. Annually, the Center for Professional Development offers more than 130 affordable workshops and seminars to nonprofits of all types and sizes to increase impact and build capacity for nonprofit organizations. Our workshops expand the expertise of staff at all levels, from volunteers to supervisors and senior executives to board members.

Workshops are conducted by experts in their fields with experience in the nonprofit sector, and who demonstrate competency in both content knowledge and training.

### **Connecticut Clearinghouse**

334 Farmington Avenue - Plainville, CT 06062  
1.800.232.4424 or 860.793.9791    [www.ctclearinghouse.org](http://www.ctclearinghouse.org)

Connecticut Clearinghouse is Connecticut's statewide library and resource center for information on substance use and mental health disorders, prevention and health promotion, treatment and recovery, wellness, and other related topics. A program of Wheeler Clinic since 1988, Connecticut Clearinghouse is funded by the Connecticut Department of Mental Health and Addiction Services to disseminate current and reliable information on behavioral health issues to the residents of Connecticut.

Resources available at Connecticut Clearinghouse include:

- Books, audiovisual materials and curricula available for loan
- Pamphlets, posters and fact sheets, including Spanish language materials
- Internet website including an online, searchable catalog of the library's resources
- Connecticut Clearinghouse's monthly, electronic newsletter, *Courier Online*
- Electronic mail list of grant announcements, trainings and conferences
- Online calendar of events and educational opportunities

### **Connecticut Department of Mental Health and Addiction Services Education and Training Division**

860.262.5060    [www.ct.gov/dmhas](http://www.ct.gov/dmhas)

The DMHAS Education and Training Division assures the highest standards of care by supporting and promoting the development of linkages with academia, and the professional development of direct care, administrative, and managerial staff. A variety of training programs, workshops, and conferences, planned and coordinated by the division, are designed to meet the educational needs of the organization and its employees.

### **The Governor's Prevention Partnership**

30 Arbor Street, South Building, 2nd Floor - Hartford, CT 06106  
860.523.8042 or 1.800.422.5422    www.preventionworksct.org

Created in 1989, The Governor's Prevention Partnership is a not-for-profit partnership between state government and business leaders with a mission to keep Connecticut's youth safe, successful and drug-free. Co-chaired by Governor M. Jodi Rell, The Partnership provides leadership and services to help schools, communities, youth organizations, colleges and businesses create and sustain quality programs in these core areas:

- Increasing the number of youth who have the caring support of a mentor
- Helping local communities build coalitions and programs to address underage drinking
- Helping schools develop and implement effective drug and violence prevention programming
- Helping colleges/universities address issues and behavior related to alcohol abuse
- Delivering anti-drug messages through the media
- Giving parents the skills they need to protect their children against drugs and other problems

### **The Multicultural Leadership Institute, Inc.**

100 South Turnpike Road, Suite C - Wallingford, CT 06492  
203.793.1952    www.mli-inc.org

The Multicultural Leadership Institute's current education and training programs, and activities address diversity and multiculturalism across a variety of professions and fields. Speaking engagements, training or consultation services may address general cultural competency or specific topics or population. Curriculum and other materials are tailored to each group's unique needs.

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## **WEB-BASED PREVENTION TRAINING**



### **CSAP's Centers for the Application of Prevention Technologies**

#### **Northeast CAPT Online Courses**

The Center for Substance Abuse Prevention's (CSAP) Northeast CAPT offers a menu of computer-based, interactive, online courses to bring the best of prevention knowledge and skills to state and community level practitioners. These facilitated online courses, lasting between one and three weeks, allow practitioners to explore current research, obtain practical tools, participate in structured learning activities and share their knowledge, experiences and perspectives with one another.

Participants receive between 5 and 15 hours of training certification.

The Northeast CAPT currently offers the following online courses:

- Effective Strategies: Building Blocks of Prevention
- Locating, Hiring and Managing an Evaluator
- Data Collection Methods: Getting Down to Basics
- What Now? Effective and Useful Data Presentation
- Social Marketing
- Linking Substance Abuse and Violence Prevention to Academic Success
- Involving Youth in Your Substance Abuse Prevention Program
- Don't Judge a Book by Its Cover: Using Feasibility Assessment to Select Prevention Programs

For a description of these courses and registration information, go to

<http://captus.samhsa.gov/northeast/services/Online/index.cfm>

## COURSE INSTRUCTORS

**Dr. Sergio A. Aguilar-Gaxiola** is a professor of Clinical Internal Medicine in the School of Medicine, University of California, Davis. He holds several World Health Organization advisory, board, and consulting positions and is past president of the National Mental Health Association (Mental Health America).

**Wendy Bauers** of Northrup, MA, has more than 35 years experience in developing, implementing, and coordinating positive programs for youth and adolescents, during the past 15 years focusing on violence and substance abuse prevention programs.

**Gary Blau** is chief of the Child, Adolescent, and Family Branch of the Center for Mental Health Services.

**Jeana Bracey, M.A.**, is a pre-doctoral fellow in the Department of Psychiatry at The Consultation Center, Yale University School of Medicine. She is pursuing a doctoral degree in Clinical/Community Psychology at the University of Illinois at Urbana-Champaign. Her research and clinical interests broadly involve positive social-emotional development of ethnic minority youth with a focus on racial/ethnic socialization and identity development. Ms. Bracey also has extensive qualitative research experience focusing on self-esteem and parenting of young children.

**Veronica T. DeLandro**, Senior Program Coordinator at The Governor's Prevention Partnership received her B.A. with honors in Broadcast Journalism from Hampton University in Hampton, Virginia and recently her Master's in Public Administration from the University of Connecticut. Veronica joined The Governor's Prevention Partnership staff in 2005. For nearly four years she has led coordination efforts for the Urban Mentoring Initiative by helping to build capacity in seven communities (Hartford, Waterbury, Norwich, Bridgeport, New Haven, Willimantic and New Britain). She has worked with mentoring programs to: increase the capacity of existing mentoring programs to serve more children; develop new mentoring programs and models, as appropriate, to address gaps; and identify and leverage additional mentoring resources. In addition, she provides training, technical assistance, and support to over 200 mentoring programs in Connecticut. Veronica is a member of the City of New Britain's Youth & Family Services Commission and Dropout Prevention Task Force. In 2007 Veronica was appointed by Governor M. Jodi Rell to represent Connecticut at the African American Leadership Summit in Washington D.C.

**Donna B. Fedus, M.A.**, is a Gerontologist and Coordinator of Elder Programs at The Consultation Center, Yale University School of Medicine. Ms. Fedus develops health promotion programs to meet the needs of elders and families in the community, and provides training and consultation to private non-profit agencies and businesses. Previously, Ms. Fedus directed one of the largest hospital-based health promotion programs for seniors in the country, and has worked with private clients regarding gerontological training, event and program development, customer service initiatives, marketing, public relations and media strategies. Since earning her Master's degree in Social Gerontology from the University of Pennsylvania, Ms. Fedus has nearly two decades of experience as a Gerontologist. Her interests in the field of aging are varied, including business and aging, aging workforce issues, health promotion and wellness, customer service excellence, customer-focused research, communicating with older adults, intergenerational programs, care giving, advance directives, medical insurance, and promoting the field of gerontology.

**Terry Freeman, M.A.T., LCSW, CPP-R**, is currently the Director of Adolescent Programs at The Consultation Center. She has over 30 years of experience in education and social service, with special interests in urban education, youth development, group work, management and supervision. Ms. Freeman, a certified secondary school teacher in Connecticut, is a trainer/facilitator for the Youth Development Training and Resource Center, and also serves as a consultant and trainer for schools and community based agencies in the region.

**Amy Griffin, MA**, is an Evaluation Consultant at The Consultation Center. She has more than 10 years of experience evaluating prevention programs at the local, state, and national levels. Ms. Griffin also has extensive experience in providing technical assistance and training to state departments and community-based organizations. Her evaluation-related interests include participatory and democratic evaluation methods, as well as ecological measurement strategies.

**Tom Gullotta** is the co-editor of "The Encyclopedia of Primary Prevention and Health Promotion" and the editor emeritus of the "Journal of Primary Prevention."

**Michael Harris, M.A.**, has worked for almost 20 years in community based prevention both as a teacher of Responding in Peaceful and Positive Ways and as a manager of an after school prevention program in a Section 8 Housing project.

**Carl Leukefeld** is a professor of Behavioral Science and Psychiatry and director of the Center on Drug and Alcohol Research, both at the University of Kentucky. Previously, Carl worked as the director of extra-mural research at the National Institute of Drug Abuse.

**Kathleen A. Lutz** has worked in both the educational and child welfare systems. She was Director of Early Childhood Programs at St Andrews School for five years. She and her husband became foster parents which led to a career change that focused on the needs of homeless children. Ultimately they organized a program in their house, a Permanent Family Residence, creating a family model group home for eight to ten adolescent boys. During her thirty-five years of caregiving for hundreds of children, she acquired many skills that today help grandfamilies struggling with issues of loss and abandonment. She has consulted to several agencies in New Haven and throughout the state and has offered training to local and national organizations. Having seen the trauma foster care can impact on children, Kathleen is committed to the concept of relative care. She currently serves as the Coordinator of Grandparent Programs at The Consultation Center in New Haven.

**Dr. Cathy Martin** is the E. A. Edwards Professor of Psychiatry at the University of Kentucky. Robert Plant the director of Children's Behavioral Health Programs for DCF.

**Jen Messina** is site manager of the B. P. Learned Mission.

**Susan Ottenheimer, LCSW**, is Assistant Clinical Professor in the Department of Psychiatry, Yale University School of Medicine. She is the Director of Adult and Elder Programs at The Consultation Center, Program Director for the workplace dissemination project, and a member of the Division of Prevention and Community Research. Ms. Ottenheimer has extensive experience providing organization development and technical assistance consultation, serving as a senior consultant and lead trainer in the development and implementation of prevention and health promotion interventions, particularly in the workplace, and in the behavioral health field. She has designed and implemented a wide array of preventive and community-based programs for adults at-risk for psychiatric disorders, substance abuse, chronic diseases, and/or homelessness.

**Susan D. McLaughlin, MPA, CPP-R**, is the Prevention Coordinator for Problem Gambling Services of the Connecticut Department of Mental Health and Addiction Services. She oversees the state network of gambling prevention programs and works in collaboration with the state prevention infrastructure and community organizations. She develops and delivers training and education programs, and consults on a variety of local, regional, and state initiatives. Susan's publications include "Work and Family Stress Research Project" and "A Social-Cognitive Approach to the Prevention of Adolescent Substance Abuse" for NIDA, co-authorship of papers in the problem gambling field, and contributing authorship for a college textbook on working with at-risk youth. She is a co-founder of the Connecticut Women's Problem Gambling Project and a member of the Connecticut Partnership for Responsible Gambling. Prior to entering the problem gambling field in 1997, Susan worked with Connecticut youth and families in education and human services for twenty years. She is a nationally certified Prevention Professional.

**Erica Peters, B.A.**, is a predoctoral psychology fellow at the Yale University School of Medicine, Department of Psychiatry. Ms. Peters provides group- and individual-based treatment to adults trying to change their use of cigarettes, opioids, or alcohol. She is working on several research projects related to smoking cessation, marijuana cessation, as well as the relation between substance use expectancies and use of substances among women who are victims of intimate partner violence. Prior to coming to Yale, Ms. Peters was a doctoral candidate at the University of Vermont, where she facilitated group-based therapy for people with alcohol dependence and provided individual-based therapy to women with comorbid substance dependence and posttraumatic stress disorder. She also spent two years as a member of the Vermont Tobacco Evaluation and Review Board, an independent state board that informs the Vermont Tobacco Control Program. She will receive her Ph.D. in clinical psychology in June of 2010.

**Robert Plant** is the director of Children's Behavioral Health Programs for the Connecticut Department of Children and Families..

**David L. Snow, Ph.D.**, is Professor of Psychology in Psychiatry, Child Study Center, and Epidemiology & Public Health, Yale University School of Medicine and serves as Director of The Consultation Center and Division of Prevention and Community Research in the Department of Psychiatry. Dr. Snow has extensive experience in the design and evaluation of preventive interventions in community settings, primarily the workplace and schools, and in research aimed at identifying key risk and protective factors predictive of psychological and substance use outcomes. Dr. Snow has special interests in the protective and stress-mediating effects of coping and social support, methodological and ethical issues in prevention research, service system development, and technical assistance and organizational consultation. His workplace research has been conducted in various types of work settings ranging from manufacturing to utility to telecommunications companies. Coping with Work and Family Stress: A Workplace Preventive Intervention was developed as part of this research and has been designated as an Evidence-Based Intervention through the National Registry of Effective Programs and as a SAMHSA Model Program.

**Deborah S. Stewart, B.A., C.P.P.**, of The Consultation Center, is Project Manager of Connecticut for Community Youth Development (CCYD), Director of the Youth Development Training and Resource Center (YDTRC), and a Staff Consultant for Child and Adolescent programs. Ms. Stewart has worked at both local and state levels advocating for children and their families in four states. In her various capacities at The Consultation Center, responsibilities have included training and consultation to school districts and community agencies; project planning and program development, and successful grant applications to local foundations, state agencies, and national organizations. Ms. Stewart also serves on the board of Public Allies CT and the CT School Age Care Alliance.

**Judith A. Stonger, CPP**, currently serves as Associate Director of Prevention, Wellness and Recovery at Wheeler Clinic in Plainville. In that capacity, she directs the Connecticut Clearinghouse statewide library and resource center, DMHAS Best Practice Prevention Programs, Prevent Child Abuse Connecticut Program, Wheeler Clinic's Employee Assistance Programs, training initiatives for several state agencies, as well as overseeing several other programs. Ms. Stonger is a Certified Prevention Professional and serves on the Connecticut Certification Board's Prevention Committee as well as other boards, collaboratives, work groups, and initiatives.

**Tami P. Sullivan, Ph.D.**, is an Assistant Professor and Director of Family Violence Research and Programs at The Consultation Center and Division of Prevention and Community Research, Department of Psychiatry, Yale University School of Medicine. Dr. Sullivan directs programs for domestic violence offenders, including a pretrial educational program for men and women arrested for a domestic violence offense and an intensive intervention program for men with more serious domestic violence histories. Dr. Sullivan's research interests focus on understanding the relationships between intimate partner violence, posttraumatic stress, and co-occurring substance use. She is actively involved in research examining precursors, correlates and outcomes of intimate partner violence for women in the community, and is particularly interested in risk and protective factor research.

**Jennifer Sylvia, B.A.**, serves as Coordinator for the Connecticut Self-Help Network and Program Assistant for the Adult and Elder Program, and HIV Prevention and Mental Health Research areas at The Consultation Center. Ms. Sylvia received her Bachelor's degree from Central Connecticut State University in 2006.

**Cheryl Yetke**, Senior Program Coordinator, joined the staff at the Governor's Prevention Partnership in 2004. She works with mentoring programs throughout the state with training, technical assistance and support. She loves to share her ideas and expertise helping other programs make a difference in a child's life. Cheryl has concentrated her career on helping people of all ages. For eight years she worked as the Business Manager for the Friends of the Bristol Senior Center. She coordinated events, raised funds and was the editor of the monthly newsletter. In 1999 she became the School Business Partnership Coordinator. During her five years as Bristol Mentor Coordinator she more than tripled mentor participation to over 550 mentors. Cheryl significantly increased business associations with schools to over 37 partners, while providing ongoing mentor training and support. Ms. Yetke has an extensive background in volunteer management and has served on many boards over the past years. She was elected (3 times) to the Bristol Board of Education serving a total of eight years. Currently she is serving her ninth year on the Business Education Foundation in Bristol.

**Anne Yurasek**, Principal at FIO Partners, has been an organizational development consultant and trainer for over twelve years in the nonprofit and private sector.

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