



**HOWARD
CENTER**
Help is here.

HOWARD CENTER TRAINING CATALOG



PROFESSIONAL DEVELOPMENT OPPORTUNITIES
October 2017 - June 2018



About Howard Center

Howard Center has a long and rich history as a trusted provider in our community. With a legacy spanning 150 years, Howard Center has been leading the charge for progressive, compassionate, high quality care and treatment for those members of our community in need. Founded in 1865 as an agency serving the children of the destitute, it now offers life-saving professional crisis and counseling services to children and adults; therapeutic interventions and education programs for children with emotional and behavioral issues; supportive services to individuals with autism and intellectual disabilities who need help with education, employment, and life maintenance skills; and counseling and medical services for adults struggling with substance use and mental health issues.

Our staff of 1,500 provides help and support in over 60 locations. More than 16,000 clients and community members turned to us last year for services that help them live healthier and more fulfilling lives.

About the Training Series

Each year we offer trainings and professional development opportunities for our staff, community partners, and the general public that are relevant to mental health, substance use, and developmental disabilities. Information on registration follows on the subsequent pages.

“This remarkable organization reaches deeply and widely into the community, helping people with challenges that, in some way, touch each of us, through a relative, through a friend, or through our own experience.”

-Howard Center
Event Speaker



United Way of
Northwest Vermont

www.howardcenter.org

802-488-6000

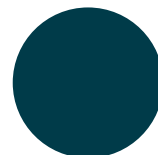
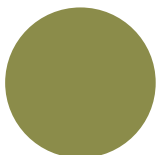
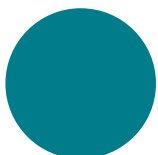


How to Register (Howard Center Employees)

(Registration is through the online Howard Center Mastery Institute)

INSTRUCTIONS:

1. Go to the Howard Center Intranet site: <http://intranet.win.howardcenter.net/toc/> and click on the Howard Center Mastery Institute button in the left column.
 2. Click the “Login” button and use your network username and password to enter the site.
 3. Click on the “Register” button on the top menu bar.
 4. Use the calendar to find the date and time of the training for which you would like to register.
 5. Double click on the training time, which will open a pop up box.
 6. Click the “Register” button to sign up for the training (or be added to the waitlist if the training is already full).
 7. Once you register, you will receive a confirmation e-mail with details regarding your registration.
- * Please ensure supervisor approval prior to registering for training.
 - * Some trainings may be full. Please check the Mastery Institute for current information.
 - * During inclement weather, please check to ensure the scheduled training is occurring.



Registration Form (non-Howard Center Employees)

I would like to attend the following course(s):

- Ethics & Mental Health Law** October 13, 2017
- Substance Abuse 101** February 9, 2018
- Helping the Helper: Compassion Fatigue & Self Care** March 9, 2018
- Ethics & Mental Health Law** April 13, 2018
- Psychopharmacology: A Critical Psychiatry Perspective for the Adult Client** May 11, 2018
- Understanding Trauma & Treatment: Approaches Across The Lifespan** June 8, 2018

NAME: _____

AGENCY: _____

ADDRESS: _____

CITY _____ STATE: _____ ZIP: _____

PHONE: _____

EMAIL: _____

I would like to receive training information. Please add me to your e-mail list.
For questions or information, contact Jessica Lake at 802.488.6141 or by email at jlake@howardcenter.org.

PAYMENT OPTIONS:

1 MAIL

Fill out the form above and mail with your check made payable to **Howard Center**.

Mailing address:
Howard Center
Attn: Training Series
300 Flynn Avenue
Burlington, VT 05401

2 CREDIT CARD

Credit Card Type: MASTERCARD VISA AMEX

Credit Card Number:

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Expiration Date (month/year): □□ - □□

3-Digit Security Code on the back: □□□

Billing Zip Code: □□□□□ Amount: _____

NAME ON CARD: _____

SIGNATURE: _____



Course Listing

October 2017

TRAINING NAME: ETHICS & MENTAL HEALTH LAW

Speaker: Matt MacNeil, EdD, LCMHC & Daniel Baslock, LICSW, LADC

Date/Time: 10/13/17 from 9:00 am – 4:30 pm

Location: 300 Flynn Avenue, Conference Rooms 1 & 2

CEU: Pending 6 Ethics NASW, PSYCH Approved 6 Ethics LADC, MH

Cost: \$150.00

Description: Treatment provision for clients with co-occurring needs has become increasingly complex in the 21st century. Participants in this workshop will review the main tenets of The Health Insurance Portability and Accountability Act as well as 42 CFR Part 2 that comprise the cornerstones of practice for health, mental health, and substance abuse programs through the use of case study and discussion. A model of ethical decision making will also be reviewed and applied to case studies. Ethical issues pertaining to the provision of emergency mental health care and crisis services will be reviewed with the goal of expanding participants' understanding of current laws and practice. Basic issues of boundaries, dual relationships and other challenges that can result in compromised care and professional discipline will be explored (e.g., sexual relationships, negligence, fraudulent acts, and compromised capacity or competence to provide treatment). Participants should expect a combination of lecture and group activity through-out this day-long workshop.

February 2018

TRAINING NAME: SUBSTANCE ABUSE 101

Speaker: Joe Lasek, MD & Martha Tormey, MS, LADC

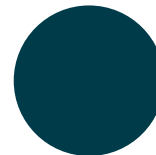
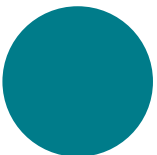
Date/Time: 2/9/18 from 9:00 am – 3:30 pm

Location: 300 Flynn Avenue, Conference Rooms 1 & 2

CEU: Pending 5 LADC, NASW, MH

Cost: \$75.00

Description: The use of drugs and alcohol in our society has reached epidemic proportions over recent decades. Standard of care has moved to co-occurring treatment of mental health and substance abuse problems, and knowledge of how to best help and treat clients with substance use issues is beneficial to all clinicians. This seminar will provide a basic knowledge of addiction issues as well as established and evidence-based models of treatment.



March 2018

TRAINING NAME: HELPING THE HELPER: COMPASSION FATIGUE & SELF CARE

Speaker: Kerry Stout, LICSW, LADC

Date/Time: 3/9/18 from 9:00 am – 3:30 pm

Location: 300 Flynn Avenue, Conference Rooms 1 & 2

CEU: Pending 5 NASW Approved 5 MH

Cost: \$75.00

Description: The purpose of this workshop is to understand the signs of and the differences between compassion fatigue, vicarious trauma, and burnout, and how we each can address our own needs in order to be effective helpers in our field. As we become aware of how contact with trauma and suffering manifests—and of the various strategies for managing those manifestations—it becomes necessary for each us to craft a path to sustainability that works for us as individuals. This path is different for everyone and will only be effective if it is informed by the awareness of our individual struggles and opportunities for self-care and resilience.

April 2018

TRAINING NAME: ETHICS & MENTAL HEALTH LAW

Speaker: Daniel Baslock, LICSW, LADC

Date/Time: 4/13/18 from 9:00 am – 4:30 pm

(For the full description see the first training listing on 10/13/17 or go to the Mastery Institute).

Location: 300 Flynn Avenue, Conference Rooms 1 & 2

CEU: Pending 6 Ethics NASW, PSYCH Approved 6 Ethics LADC, MH

Cost: \$150.00

May 2018

TRAINING NAME: PSYCHOPHARMACOLOGY: A CRITICAL PSYCHIATRY PERSPECTIVE FOR THE ADULT CLIENT

Speaker: Sandra Steingard, MD & Joe Lasek, MD

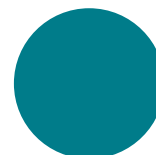
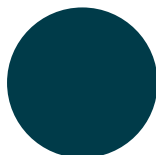
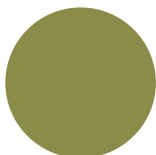
Date/Time: 5/11/18 from 9:00 am – 3:30 pm

Location: 300 Flynn Avenue, Conference Rooms 1 & 2

CEU: Pending 5 LADC, NASW, PSYCH Approved 5 MH

Cost: \$75.00

Description: This course will help to understand the distinction between disease-centered and drug-centered approaches to Psychopharmacology. Be familiar with some of the major concerns about commonly prescribed psychoactive drugs. Understand these issues and concerns as related to the following drug classes: antipsychotic drugs; stimulants; hypnotic drugs (benzodiazepine and z-drugs); and understand the process of drug taper, including risks and benefits.



TRAINING NAME: UNDERSTANDING TRAUMA & TREATMENT: APPROACHES ACROSS THE LIFESPAN

Speaker: Beth Holden, LCMHC, Kerry Stout, LICSW, LADC & Jaime Elliott, Licensed Clinical Psychologist-Master

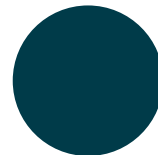
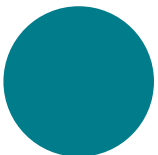
Date/Time: 6/8/18 from 9:00 am – 3:30 pm

Location: 300 Flynn Avenue, Conference Rooms 1 & 2

CEU: Pending 5 NASW, MH, PSYCH

Cost: \$75.00

Description: The purpose of this course is to provide learners with an overview of various types of childhood, adolescent, adult, and family trauma; the effects of trauma on children, adults and families; trauma's continued impact into adulthood; treatment approaches and resiliency factors; the impact of substance use with traumatized children, adult, and families; and the unique concerns of providers working with the trauma population.



About Our Speakers

DANIEL BASLOCK, LICSW, LADC is a Licensed Independent Clinical Social Worker and Licensed Alcohol and Drug Counselor in Vermont. His own theoretical frame is based in Psychodynamic Theories (Object Relations, Self-Psychology and Ego Psychology), but he is also trained in a cognitive-behavioral in scope of practice. In graduate school, he specialized in The Implementation of Evidence-Based Practices into Community Mental Health. He focuses on bridging the gap between CBT and Relational Theories in his supervisory work at PSCS and in his group and individual practice there.

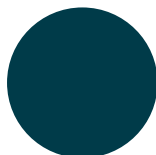
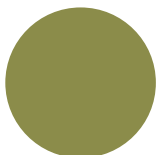
JAIME ELLIOTT, MA, PSYCHOLOGIST-MASTER is a Clinical Supervisor in the Outpatient Program at Howard Center where she provides individual, family, and group therapy. She has worked at Howard Center for 16 years. She has a Master's Degree in Clinical Psychology and is a Licensed Psychologist-Master. She is an Adjunct Professor at Saint Michael's College in the Clinical Psychology Graduate Program.

BETH HOLDEN, MS, LCMHC, LADC is a Licensed Clinical Mental Health Counselor and a Licensed Alcohol and Drug Counselor in the state of Vermont. She holds a Master's of Science degree in Community Counseling from the University of Vermont. She has worked in the mental health and substance abuse fields for over 20 years and is currently employed with Howard Center as an Associate Director overseeing 24/7 and community programs. Beth has vast experience and expertise with children, adolescents, adults and families. She has specialty training in emergency mental health services, co-occurring disorders, trauma informed practice, and supervision. Beth is a believer and supporter of community mental health services and provides leadership in her agency developing increased competencies for all staff providing integrated services and trauma

informed practice. She is level two trained in EMDR and has been a clinical supervisor for over 15 years. Beth is an experienced presenter and provides workshops on many topics related to co-occurring disorders, trauma-informed practice and professional development.

JOE LASEK, MD has been a staff psychiatrist and Associate Medical Director for Mental Health & Substance Abuse Services at Howard Center since 2005. During that time, he has also been a Clinical Assistant Professor for the UVM College of Medicine where he has taught and supervised medical students and psychiatric residents. Since March 2008, he has served as adjunct faculty at Southern New Hampshire University where he teaches psychopharmacology to Masters level students in the clinical mental health counseling program. While his primary clinical practice is in the outpatient program of Mental Health and Substance Abuse Services at Howard Center, he has had appointments at several hospitals including Vermont State Hospital and Fletcher Allen Health Care, as well as clinical experience in correctional settings.

Dr. Lasek has broad professional interests, but, in particular, he is interested in complex diagnostic questions and applying a multi-modal, integrated approach toward wellness and recovery. This approach includes evidence-based medication, psychotherapies, exercise, nutrition, meditation/ mindfulness, self-help, education/ vocational assistance, and other community supports. His professional interests include community psychiatry, psychiatric consultation to primary care providers, psychiatric and substance abuse co-occurring disorders, adult ADHD and sleep, childhood policy, prevention and promotion work, and with supporting children, youth and families with mental health and developmental disabilities.



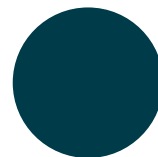
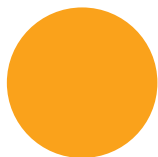
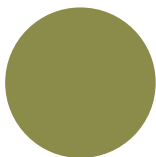
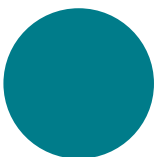
MATTHEW MACNEIL, EDD, LCMHC is a Licensed Clinical Mental Health Counselor in the state of Vermont. Matt has worked in the Vermont Designated Agency System since 2003 as a Clinician and Director of Evaluation, Outcomes and Quality Assurance. Prior to that time, Matt worked as a counselor in residential care and outpatient settings in Vermont, Maryland, and Arizona. Matt has experience with program evaluation, research, and ethics including holding a Board Position with the Agency of Human Service's Institutional Review Board since 2009. Matt earned a Doctorate of Education from the University of Vermont, a Master's Degree in Clinical Psychology from Saint Michael's College, and a Master's Degree in Human Development from Harvard University.

KERRY STOUT, LICSW, LADC discovered her passion for working with survivors of trauma during her internship at a hospital based crime victim's treatment center during her graduate social work program in New York City, after working for many years with the homeless. She remained on staff as a therapist and coordinator of the sexual assault forensic examiner program in the emergency departments of the hospital, working not only with rape survivors, but survivors of every all types of crime from many countries who found themselves struggling with the impact it had in their lives. She has continued to maintain this as her primary clinical focus after her move to Burlington while working as program coordinator at Pine Street Counseling Services, and bringing a trauma informed approach to those struggling with mental health and addiction problems.

MARTHA TORMEY, MS, LADC, MAT (Medical Assisted Treatment) is the supervisor of the Chittenden Clinic at Howard Center where she provides individual and group therapy to adults dealing with an opiate use disorder, in addition to multiple mental health challenges. Prior to

earning a Master's of Science degree in Community Mental Health from Trinity College, she received a Bachelor of Arts from Hampshire College. An experienced and confident presenter, she is a certified Therapeutic Options Facilitator, offering TO trainings through Howard Center and has an extensive history working with individuals living with HIV/AIDS.

SANDRA STEINGARD, MD is the Chief Medical Officer at Howard Center where she has worked for the past 17 years. She is also the Clinical Associate Professor of Psychiatry at the University of Vermont College of Medicine. For over 20 years, her clinical practice has primarily included patients with schizophrenia and other psychotic illnesses. She serves on the Board of the Foundation for Excellence in Mental Health Care, NAMI-VT, and the Mad In America Continuing Education fund. She currently writes a blog called Anatomy of a Psychiatrist on the website www.madinamerica.com.



HOWARD CENTER presents

THE MARNA AND STEPHEN WISE TULIN

FALL

COMMUNITY EDUCATION

SERIES

FREE AND OPEN TO THE PUBLIC

PRESENTING
UNDERWRITER:



BlueCross BlueShield
of Vermont

An Independent Licensee of the Blue Cross and Blue Shield Association.



MARIJUANA: Legalization or Not?

A panel discussion moderated by Jane Lindholm, host of VPR's "Vermont Edition."
Followed by Q & A.

SEPTEMBER 18, 2017 | 6:00 pm – 7:30 pm | DEALER.COM | 1 HOWARD STREET, BURLINGTON

VPR

BECOMING BULLETPROOF

A documentary that portrays an inclusive world of filmmaking featuring actors with disabilities. Followed by Q & A.

OCTOBER 12, 2017 | 6:00 pm – 8:15 pm | MAIN STREET LANDING FILM HOUSE
60 LAKE STREET, BURLINGTON



REAL BOY

A documentary film about gender identity. Followed by panel discussion and Q & A.

NOVEMBER 1, 2017 | 6:00 pm – 8:15 pm | MAIN STREET LANDING FILM HOUSE
60 LAKE STREET, BURLINGTON

VERMONT PBS



HABITS: Understanding habits to change ourselves and change the world.

Sandra Steingard, MD

NOVEMBER 16, 2017 | 6:00 pm – 7:30 pm | DEALER.COM | 1 HOWARD STREET, BURLINGTON

Registration not required.

DEALER.COM



Vermont Community
Access Media



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United Way of
Northwest Vermont

802-488-6912

howardcenter.org