



**HOWARD
CENTER**
Help is here.



**PROFESSIONAL
TRAINING SERIES**

September 2016 - June 2017

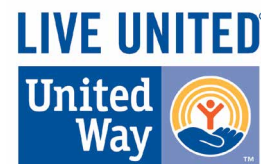
About Howard Center

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 become healthier and more fulfilled.

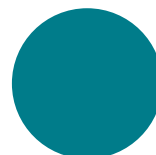
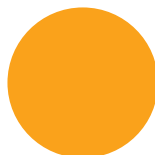
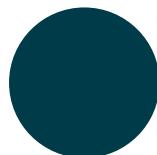
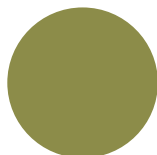
“This remarkable organization reaches deeply and widely into the community, helping people with challenges that, in some way, touch each of us, through a relative, through a friend, or through our own experience.”

— Howard Center
Event Speaker



United Way of
Chittenden County
unitedwaycc.org

www.howardcenter.org
802-488-6000



Registration Form

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

- Ethical Consideration in the Treatment of Co-Occurring Disorders \$150** September 9
- Perinatal Mood and Anxiety Disorders \$35** September 22
- Motivational Interviewing and SBIRT \$Free** October 21
- Substance Abuse 101 \$75** November 4
- Cognitive Behavior Therapy for Mental Health and Substance Abuse Counseling (CBT) \$75** December 9
- Ethical Consideration in the Treatment of Co-Occurring Disorders \$150** January 6
- Suicide Risk Assessment \$Free** January 12
- Recovery 101 \$75** January 13
- ASAM \$35** February 10
- Youth Mental Health First Aid \$Free** February 23
- ARC Model 4 Part Series: Attachment, Self-Regulation and Competency Overview, Part 1 \$30** February 14
- ARC Model 4 Part Series: Attachment, Part 2 \$35** March 7
- Ethical Practice and Liability in Clinical Supervision \$150** March 17
- Criminogenic Need and Evidence-Based Practice \$75** March 10
- ARC Model 4 Part Series: Self-Regulation and Competency, Part 3 \$35** April 13
- Borderline Personality Disorder \$75** April 14
- ARC Model 4 Part Series: Trauma Experience Integration, Part 4 \$35** May 11
- Medicated Assisted Treatment (MAT) \$75** June 9

NAME: _____

AGENCY: _____

ADDRESS: _____

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PHONE: _____

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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

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TRAINING NAME: ETHICAL CONSIDERATION IN THE TREATMENT OF CO-OCCURRING DISORDERS

Speaker: Catherine E Burns, Ph.D. and Daniel Baslock, LICSW, LADC

Date/Time: 9/9/16 from 9:00 am - 4:30 pm

Location: 300 Flynn Avenue, Conference Room 1 & 2

Cost: \$150.00

CEUs: Approved by the Board of Mental Health Providers, Board of Psychology Examiners and NASW-VT

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.

Finally, 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.

Specific Learning Objectives

- Review the main tenets of HIPAA and 42 CFT Pt. 2
- Identify the ethical features of client care
- Learn to discuss ethical issues via consultation and collaboration to problem solve client care dilemmas using a model for ethical decision making
- Learn and discuss issues pertaining to the provision of emergency mental health care
- Review common ethical considerations that can easily lead to compromised care and professional discipline

TRAINING NAME: PERINATAL MOOD AND ANXIETY DISORDERS. IT'S NOT JUST POST-PARTUM AND IT'S NOT JUST DEPRESSION.

Speaker: Sandra Wood, CNM, PMHNP

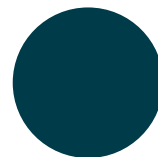
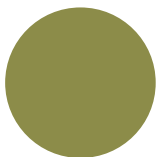
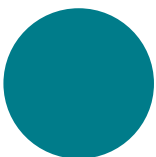
Date/Time: 9/22/16 from 9:00 am – 12:00 noon

Location: 1138 Pine Street, Mastery Conference Room

Cost: \$35.00

CEUs: Pending

Description: Formerly known as Post-Partum Depression, Perinatal Mood and Anxiety Disorder is a more accurate term that encompasses the spectrum of emotional distress that can occur in a time frame that includes the preconception period, pregnancy, the birth transition,



and the first year postpartum. These disorders related to maternal adjustment are one of the most common complications of pregnancy with the potential for significant suffering and long term effects on the wellbeing of the mother, her child, and the family. This workshop will cover the prevalence of, risk factors for, signs and symptoms of perinatal emotional complications. The influence of pregnancy on mood and anxiety disorders as well as the impact of these disorders on the pregnancy will be explored. Prevention strategies, optimal screening, and recommended treatment approaches will be examined. Resources for clients and clinicians will be shared.

Specific Learning Objectives:

- List mood and anxiety disorders that can occur in the perinatal period
- Describe the influence of pregnancy/birth/postpartum on mood and anxiety symptoms and the impact of PMADs on the pregnancy/fetus/infant
- Identify risk factors for Mood and Anxiety Disorders in the Perinatal period
- List considerations for prevention of PMADS
- List optimal screening and treatment strategies for Perinatal Mood and Anxiety disorders
- Identify resources for client education

October 2016

TRAINING NAME: MOTIVATIONAL INTERVIEWING AND SBIRT

Speaker: Artie Seelig

Date/Time: 10/21/16 from 9:00 am - 3:30 pm

Location: 300 Flynn Avenue, Conference Room 1 & 2

Cost: \$Free

CEUs: Approved by the Board of Mental Health Providers and NASW-VT

Description: SBIRT is an evidence-based public health approach for identifying patients who use alcohol and other drugs at risky levels with the goal of reducing and preventing related health consequences, disease, accidents and injuries. SBIRT can be conducted with Motivational Interviewing skills by any health care professional. In Vermont, SBIRT is helping to improve population health with a variety of providers implementing and adopting its proven approach to screening, intervention, and treatment.

November 2016

TRAINING NAME: SUBSTANCE ABUSE 101

Speakers: Joe Lasek, MD and Kim Hubbard, LADC

Date/Time: 11/4/16 from 9:00 am - 3:30 pm

Location: 300 Flynn Avenue, Conference Room 1 & 2

Cost: \$75.00



CEUs: Approved by the Board of Mental Health Providers and NASW-VT

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.

Specific Learning Objectives

- Participants will gain knowledge in: diagnosing clients using DSM-V
- Effects of substances on the body
- Medication-assisted treatments
- Assessing signs of intoxication
- Determining and working with a client's stage of change
- Determining most appropriate level of care using ASAM criteria
- Psychotherapeutic techniques to use in session
- Understand and be able to apply the 4 Performance Domains for the Treatment of Substance Abuse as per VADACB

December 2016

TRAINING NAME: COGNITIVE BEHAVIOR THERAPY FOR MENTAL HEALTH AND SUBSTANCE ABUSE COUNSELING (CBT)

Speaker: Daniel Baslock, LICSW, LADC

Date/Time: 12/9/16 from 9:00 am - 3:30 pm

Location: 300 Flynn Avenue, Conference Room 1 & 2

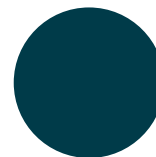
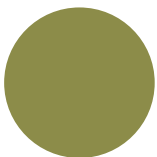
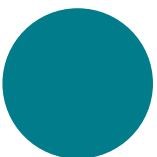
Cost: \$75.00

CEUs: Approved by the Board of Mental Health Providers and NASW-VT

Description: This training will include an overview of Cognitive-Behavioral Case Formulation, a review of cognitive restructuring principles, and a focus on integrating behavioral interventions into eclectic practice. The primary goal of this training is to teach cognitive and behavioral interventions so that clinicians of any therapeutic orientation can feel confident using them in their practice as adjunctive skills.

Specific Learning Objectives

- Participants will be able to create a cognitive-behavioral case formulation.
- Effectively utilize cognitive interventions and skills for helping clients distressing cognitions and cravings
- Learn a variety of behavior therapy techniques for use in practice
- Participants will be better able to integrate a cognitive-behavioral approach into other theories of practice (namely ego psychological, self-psychological and object relational theories)
- Understand and be able to apply the 4 Performance Domains for the Treatment of Substance Abuse as per VADACB



TRAINING NAME: ETHICAL CONSIDERATION IN THE TREATMENT OF CO-OCCURRING DISORDERS

Speakers: Daniel Baslock, LICSW, LADC and Matt MacNeil, EdD, LCMHC

Date/Time: 1/6/17 from 9:00 am – 4:30 pm

Location: 300 Flynn Avenue, Conference Room 1 & 2

Cost: \$150.00

CEUs: Pending

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.

Finally, 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.

Specific Learning Objectives:

- Review the main tenets of HIPAA and 42 CFT Pt. 2
- Identify the ethical features of client care
- Learn to discuss ethical issues via consultation and collaboration to problem solve client care dilemmas using a model for ethical decision making
- Learn and discuss issues pertaining to the provision of emergency mental health care
- Review common ethical considerations that can easily lead to compromised care and professional discipline

TRAINING NAME: SUICIDE RISK ASSESSMENT

Speaker: Charlotte McCorkel, LICSW

Date/Time: 1/12/17 from 9:00 – 11:00 am

Location: 1138 Pine Street, Mastery Conference Room

Cost: Free

CEUs: Pending

Description: Join this presentation to improve your suicide risk assessment skills. Topics covered will include interview techniques, asking difficult questions, assessing acuity, and determining risk and protective factors. Geared towards master's level clinicians.



Specific Learning Objectives:

- Increase interviewing skills in the area of suicide risk assessment
- Increase knowledge regarding risk management practices
- Increase clinician understanding of the importance of both risk and protective factors

TRAINING NAME: RECOVERY 101

Speaker: Kim Hubbard, LADC

Date/Time: 1/13/17 from 9:00 am – 3:30 pm

Location: 300 Flynn Avenue, Conference Room 1 & 2

Cost: \$75.00

CEUs: Approved by the Board of Mental Health Providers and NASW-VT

Description: This training will provide an opportunity to learn effective techniques for developing treatment strategies to complement abstinence-based recovery as a lifestyle. We will also address “harm-reduction” strategies aimed at lowering risk for continued problems related to continued substance use.

Specific Learning Objectives

- Translate recent advances in brain science to inform treatment and recovery strategies.
- Provide user-friendly approaches for teaching brain science to help enhance motivation to change.
- Provide guidance for integrating cognitive based treatment strategies and 12-Step Programs.

February 2017

TRAINING NAME: ASAM

Speaker: Daniel Baslock, LICSW, LADC

Date/Time: 2/10/17 from 9:00 am - 12:00 noon

Location: 300 Flynn Avenue, Conference Room 1 & 2

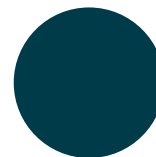
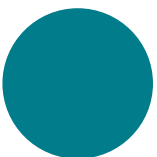
Cost: \$35.00

CEUs: Approved by the Board of Mental Health Providers and NASW-VT

Description: This is a 1/2 day training that will inform participants on the purpose of ASAM criteria and educate individuals on how to apply to cases. There will be a learning opportunity with questions and answer time provided.

Specific Learning Objectives

- Understand the origins of the ASAM criteria
- Learn how to apply to cases
- Have the opportunity to practice applying
- Understand and be able to apply the 4 Performance Domains for the Treatment of Substance Abuse as per VADACB



TRAINING NAME: ARC MODEL 4 PART SERIES: ATTACHMENT, SELF-REGULATION AND COMPETENCY OVERVIEW, PART 1

Speaker: Beth Goss, LCMHC

Date/Time: 2/14/17 from 1:00 - 3:30 pm

Location: 1138 Pine Street, Mastery Conference Room

Cost: \$30.00

CEUs: Pending

Description: This training focuses on the impact of Trauma on children and adolescents, as well as the integration of the ARC Model as a model of treatment for traumatized youth and their families. The workshop reviews types of trauma and definitions, while exploring the different ways trauma impacts children and adolescents. PowerPoint, group discussion and activities will be utilized in this training. This training is appropriate for any staff that uses the ARC model or wishes to enhance their learning on trauma-informed treatment.

Specific Learning Objectives:

- Review types of trauma and definitions
- Explore the different ways trauma impacts children and adolescents
- Discuss what is Trauma Informed Practice
- Gain understanding of the ARC framework
- Understand integration of the ARC Model of treatment in your work with families

TRAINING NAME: YOUTH MENTAL HEALTH FIRST AID

Speaker: Mark Margolis and Lance Metayer

Date/Time: 2/23/17 from 9:00 am – 5:00 pm

Location: 1138 Pine Street, Mastery Conference Room

Cost: \$Free

CEUs: Approved by NASW-VT; pending from Board of Psychology Examiners

Description: Youth Mental Health First Aid helps participants to better understand mental health and respond appropriately to adolescents who may be experiencing a mental health issue. The Youth Mental Health First Aid program is a nationally accredited evidenced based curriculum that teaches participants the risk factors and warning signs of a variety of mental health challenges common among adolescents including: anxiety, depression, psychosis, eating disorders, AD/HD, disruptive behavior disorders, non-suicidal self-injury, and substance use disorder. This is an interactive training where participants will learn to support a youth developing signs and symptoms of a mental illness or in an emotional crisis by applying a core five-step action plan. YMHFA certification remains with the individual for three years after certified and offers 6.5 professional development hours to participants who successfully complete the course.

Specific Learning Objectives

- To understand the prevalence of various mental health disorders impacting youth and the need for reduced stigma in communities
- To recognize the warning signs of mental health problems that may impact youth
- To understand the risk and protective factors that can impact a youth's mental health and resiliency
- To apply a five-step action plan encompassing the skills, resources, and knowledge to assess the



situation; to select and implement appropriate interventions; and to help the youth in crisis connect with appropriate, evidence-based treatment and supports

- To identify and access the community resources available to support youth and their families

March 2017

TRAINING NAME: ARC MODEL 4 PART SERIES: ATTACHMENT, PART 2

Speaker: Jaime Elliott, Psychologist-Master

Date/Time: 3/7/17 from 12:00 – 3:00 pm

Location: 1138 Pine Street, Mastery Conference Room

Cost: \$35.00

CEUs: Pending

Description: This training focuses on the Attachment level of the Attachment, Self-Regulation, and Competency model. This is the 2nd training in a four part series that centers on the ARC model. This training will discuss how to support caregivers in developing skills around affect management, attunement, consistent response, routines, and rituals. This workshop will include PowerPoint, small group activities, and discussion. This training is appropriate for any staff using the ARC model in any setting.

Specific Learning Objectives:

- Learn about the importance of engaging the caregiving system to help children grow and heal
- Learn how to support caregivers in developing skills around affect management, attunement, consistent response, routines, and rituals
- Learn ways to manage your own emotional responses when encountering challenging situations
- Learn how to support caregivers in understanding what children's behaviors may be telling us about their internal world and unmet needs
- Learn how to support caregivers in increasing communication skills

TRAINING NAME: CRIMINOGENIC NEED AND EVIDENCE-BASED PRACTICE

Speakers: Bob Wolford, MSW, LICSW and Elliot McElroy, LADC

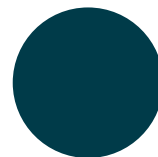
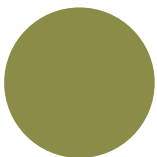
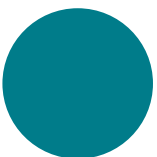
Date/Time: 3/10/17 from 9:00 am - 3:30 pm

Location: 300 Flynn Avenue, Conference Room 1 & 2

Cost: \$75.00

CEUs: Approved by the Board of Mental Health Providers and NASW-VT

Description: For people involved in the criminal justice system, evidence-based practice (EBP) and treatments emphasize that assessment and programming should target criminal justice, criminogenic need, and other behavioral issues. The notion is that individual outcomes can be improved by assessing for a number of related and often overlapping dimensions such as offending (e.g. criminal history risk), needs (e.g. antisocial peers, antisocial cognitions, antisocial values/thinking) and behavioral health factors (e.g. substance use, mental health, trauma). With goals to safely manage the offender population, providers are tasked with responding to the risk and needs of individuals.



Specific Learning Objectives

This training will answer these questions:

- What are some essential features of effective treatment for the criminal justice population?
- What type of programming would criminal justice-involved people benefit from?
- Using effective evidence-based practice and practice-based evidence
- What if the type of program recommended is not available?

TRAINING NAME: ETHICAL PRACTICE AND LIABILITY IN CLINICAL SUPERVISION

Speaker: Daniel Baslock, LICSW, LADC

Date/Time: 3/17/2017 from 9:00 am – 4:30 pm

Location: 300 Flynn Avenue, Conference Room 1 & 2

Cost: \$150.00

CEUs: Pending

Description: Using a hybrid lecture and group discussion format, this training will inform participants of areas of supervisory practice that may require more in-depth consultation with legal professionals. Some of the areas to be addressed are vicarious liability, malfeasance, misfeasance and nonfeasance, documentation of supervision, ethical codes, legislative mandate, information release and disclosure, and boundary violations.

Specific Learning Objectives

- Participants will understand the codes of ethics of their own professional organizations, and differentiate these codes from the practice mandate set by the Office of Professional Regulation.
- Participants will increase their understanding of liability as a supervisor and develop knowledge in how to minimize liability issues.
- Participants will develop further understanding of the threats of dual relationships in supervisory practice, and it's parallel to clinical practice.
- Participants will learn about supervision agreements and develop ideas of how to implement them in their own practice.
- Participants will be able to differentiate between clinical supervision and consultation.

April 2017

TRAINING NAME: ARC MODEL 4 PART SERIES: SELF-REGULATION AND COMPETENCY, PART 3

Speaker: Declan McDaid, LICSW

Date/Time: 4/13/17 from 9:00 am - 12:00 noon

Location: 1138 Pine Street, Mastery Conference Room

Cost: \$35.00

CEUs: Pending

Description: ARC (Attachment, Self-Regulation and Competency) is composed of multiple building blocks designed to address challenges clients face as a result developmental trauma. This is the third session of the ARC training series. The three primary components of the Self-Regulation building blocks are: affect expression, affect identification and affect modulation. The Competency building



blocks include executive functions and self-development/identity. In this interactive workshop, participants will build on knowledge gained from the Attachment workshop, further understand the impact developmental trauma has on client functioning, increase their understanding of self-regulation and competency concepts and develop strategies and interventions to support clients in strengthening their repertoire of skills across all environments. This training is appropriate for any staff using the ARC model in any setting.

Specific Learning Objectives:

- Further understand the impact developmental trauma has on client functioning
- Increase understanding of self-regulation and competency concepts
- Develop strategies and interventions to support clients in strengthening skills across environments

TRAINING NAME: BORDERLINE PERSONALITY DISORDER

Speakers: Joe Lasek, MD, Jessica Trigger, MA, AAP and Marilyn Metzger, LCMHC, LADC

Date/Time: 4/14/17 from 9:00 am – 3:30 pm

Location: 300 Flynn Avenue, Conference Room 1 & 2

Cost: \$75.00

CEUs: Approved by the Board of Mental Health Providers and NASW-VT

Description: Participants will learn basic skills to work with Borderline Personality Disorder. Topics include basic evaluation of Borderline Personality Disorder, boundary setting, and review of the Systemic Treatment for Emotional Predictability and Problem Solving (STEPPS) approach to helping those with BPD from a strengths-based, Cognitive-Behavioral viewpoint.

Specific Learning Objectives

- Learn and become familiar with diagnostic criteria for Borderline Personality Disorder and conceptualizations of causality of BPD
- Building therapeutic optimism for treating Borderline Personality Disorder by reviewing long term outcomes research
- Learn the 5 skill sets from the STEPPS Manual.
- Have a basic understanding of how thought patterns (Filters) are important to working with Borderline Personality Disorder.
- Understand and be able to apply the 4 Performance Domains for the Treatment of Substance Abuse as per VADACB

May 2017

TRAINING NAME: ARC MODEL 4 PART SERIES: TRAUMA EXPERIENCE INTEGRATION, PART 4

Speaker: Beth Holden, MS, LCMHC, LADC

Date/Time: 5/11/17 from 9:00 am - 12:00 noon

Location: 1138 Pine Street, Mastery Conference Room

Cost: \$35.00

CEUs: Pending



Description: This TEI training is intended as the 4th in the ARC series. It is intended for clinical staff that works with children or caregivers to actively explore, process and integrate historical experiences into a coherent and comprehensive understanding of self in order to enhance their capacity to effectively engage in present life. Training will involve didactic material and case presentations to highlight specific practice and knowledge areas related to TEI. Necessary clinician characteristics and qualities will be reviewed with additional attention given to prevention of compassion fatigue. This training is appropriate for advanced clinical staff who does specific trauma integration work with clients or who have a solid trauma-informed treatment background who wish to learn more. Instructor approval required.

Specific Learning Objectives:

- Review Attachment, Self-Regulation, and Competency (ARC) model
- Learn the preparatory work needed to this level of work from the perspective of the clinician, caregiver, and client
- Learn the components of a solid case formulation
- Learn the two types of trauma integration experience, including the integration of thematic or fragmented self-states and the processing of specific events
- Learn and discuss adaptations to the model with young children
- Learn and review methods to combat compassion fatigue when doing intensive trauma work



TRAINING NAME: MEDICATED ASSISTED TREATMENT (MAT)

Speaker: Dana Poverman, LADC

Date/Time: 6/9/17 from 9:00 am – 3:30 pm

Location: 208 Flynn Avenue, Training Room

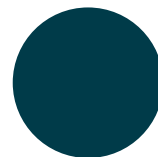
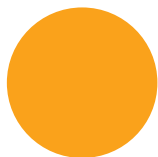
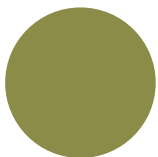
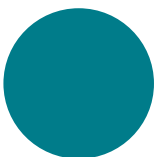
Cost: \$75.00

CEUs: Approved by the Board of Mental Health Providers and NASW-VT

Description: This workshop will explain the multiple dimensions of addiction as well as the mechanisms of medication assisted treatment. Applications and efficacy will be explored as well as discussion of the place of medication in a holistic approach to treating addiction.

Specific Learning Objectives

- Understand the biology of addiction
- Be able to describe the Stress-Vulnerability Model
- Identify 3 medications used in the treatment of opioid and other addictions
- Be able to identify community resources and levels of care (Hub and Spoke model)
- Understand and be able to apply the 4 Performance Domains for the Treatment of Substance Abuse as per VADACB





HOWARD
CENTER

PRESENTS

A Day with Dr. Gabor Maté

Renowned speaker and bestselling author Gabor Maté is highly sought after for his expertise on topics ranging from addiction to mind-body wellness.

Rather than offering quick-fix solutions to these complex issues, Dr. Maté weaves together scientific research, case histories, and his own experiences to present a broad perspective that empowers people to promote their own healing and that of those around them. He offers insight and hope for everyone — service providers, health care providers, educators, recovery community members and anyone interested in mind-body wellness.

Dr. Maté will present two talks:

- *“The Hungry Ghost: A Biopsychosocial Perspective on Addiction, from Heroin to Workaholism”*
- *“When the Body Says No: Mind/Body Unity and the Stress-Disease Connection.”*

REGISTER EARLY
\$159
includes registration,
continental breakfast,
and lunch.



THE DETAILS:

DATE/LOCATION: January 25, 2017
at the Sheraton Burlington Hotel and
Conference Center.

TICKETS: \$159 includes registration,
continental breakfast, and lunch.

REGISTRATION AND BREAKFAST: 8:00 am.

PRESENTATION: 8:30 am - 3:00 pm.

Complimentary parking is available at the Conference Center.

“Gabor Maté is a common-sense doctor and truth-teller. By looking at causes and their effects, he helps you find your way home.”

— Jamie Lee Curtis,
Author, Activist, Alcoholic

Visit www.howardcenter.org for details and registration. 802.488.6912



United Way of
Northwest Vermont

Howard Center presents

FALL COMMUNITY EDUCATION SERIES FREE AND OPEN TO THE PUBLIC

PRESENTING UNDERWRITER:



OPIOID USE AND TREATMENT: WHAT WE ARE DOING

Bob Bick, CEO, Howard Center • Brandon del Pozo, Chief, Burlington Police Department
• Patti Fisher, MD, UVM Medical Center • Barbara Rachelson, Executive Director, LUND •
Facilitator: Martha Maksym, Executive Director, United Way of Northwest VT
SEPTEMBER 8, 2016 | 6:00 pm – 7:30 pm | DEALER.COM | 1 HOWARD STREET, BURLINGTON

SYMPOSIUM: PSYCHIATRY IN THE THIRD REICH: HISTORICAL, SCIENTIFIC AND PHILOSOPHICAL PERSPECTIVES, LEGACIES AND LESSONS

Sponsored by the UVM Miller Center for Holocaust Studies with support from Howard Center
SEPTEMBER 18, 2016 | 9:00 am – 6:00 pm | UVM WATERMAN MEMORIAL LOUNGE (ROOM 338) |
85 SOUTH PROSPECT STREET, BURLINGTON

SUICIDE RISK AND PREVENTION FOR ALL AGES: WHAT YOU NEED TO KNOW

Charlotte McCorkel, MSW, LICSW
OCTOBER 13, 2016 | 6:00 pm – 7:30 pm | DEALER.COM | 1 HOWARD STREET, BURLINGTON

SLOW PSYCHIATRY: RETHINKING THE ROLE OF PSYCHIATRIC DRUGS

Sandra Steingard, MD
NOVEMBER 10, 2016 | 6:00 pm – 7:30 pm | DEALER.COM | 1 HOWARD STREET, BURLINGTON

“Resilience”: A documentary about preventing childhood trauma and treating toxic stress to improve the health of future generations.

NOVEMBER 16, 2016 | 6:00 pm – 8:00 pm | LAKE AND COLLEGE FILM HOUSE | 60 LAKE STREET, BURLINGTON



Registration not required.



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Vermont Community
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Presenter Bios

DANIEL BASLOCK, LICSW, LADC is a Licensed Independent Clinical Social Worker and Licensed Alcohol and Drug Counselor in Vermont, currently practicing at Pine Street Counseling Services through the Howard Center. 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.

CATH BURNS, PH.D., LICENSED PSYCHOLOGIST DOCTORATE, LICENSED SCHOOL PSYCHOLOGIST is the Director of Evaluation and Outcomes for MHSAS at HowardCenter. Prior to this position Cath held several positions at WCMHS as the Director of Quality Assurance and Quality Improvement, the Clinical Director for Children, Youth and Families, the Director of the Central Vermont Collaborative for Children with Autism Spectrum Disorders, and as a Behavioral Consultant for the A.C.E.S. program serving youth with emotional and behavioral disorders. Cath has provided training around the State for practitioners in community mental health and education, as well as has been an instructor at Johnson State College, the University of Vermont and in the Program in Community Mental Health for graduates and undergraduates studying development, ethics, and research methods and statistics. She earned a Ph.D. in Developmental Psychology and a Master's degree in Psychology from the University of Vermont, and a Master's degree in Educational Psychology from the University of Colorado at Boulder. Cath also has a background in research and applied practice in early childhood policy, prevention and promotion work, and with supporting children, youth and families with mental health and developmental disabilities.

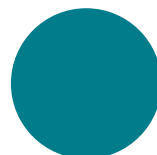
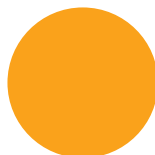
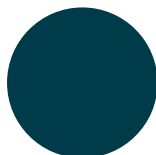
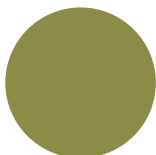
JAIME ELLIOTT, MA, PSYCHOLOGIST-MASTER is a Clinical Supervisor in the Outpatient Program at Howard Center where she provides individual, family, and group therapy. She has worked at the Howard Center for 15 years.

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 GOSS, LCMHC is a licensed Mental Health Counselor with 28 years in the field, over 25 years of those at Howard Center. She has her Bachelor's Degree in Social Work and a Master's Degree in Mental Health Counseling. Currently she is the Clinical Director at Developmental Services. More recently the Director of Family and Community Programs at Howard Center CYFS. At CYFS she oversaw six community based programs with the goal to provide in-home services to children (age 0 - 22) and their families who are in need of intensive supports to improve the functioning of their family and to keep their children in the home. Beth has provided trainings at Howard Center on Trauma informed Care, ARC - as part of the ARC Trauma Academy, Worker Safety, MH System of Care, In-home Family Work, Child Development, and Running Effective Treatment Team Meetings. She is an Adjunct Professor at Champlain College in the Psychology Department and an Adjunct Professor for Southern New Hampshire University in their Master's in Community Mental Health Program. As well as the mother of three boys!

KIM HUBBARD, LADC is a Certified and Licensed Alcohol Drug Counselor with 18 year of professional experience working in the field. Kim has worked in private practice and with agencies, primarily focused on helping mandated and "motivationally challenged" clients into treatment and recovery. His work dates back to the early days of Vermont's DOC shift to restorative justice, integrating recovery-based treatment within criminal justice systems. Program development remains a passion. Motivational Interviewing, CBT, 12-Step facilitation and integration into treatment strategies are specialties. Kim currently manages Howard Center's Impaired Driver Programs.

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



Masters 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 the 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, M.D. has been a staff psychiatrist and Associate Medical Director for Mental Health & Substance Abuse Services at HowardCenter 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 HowardCenter, he has had appointments at several hospitals including Vermont State Hospital and Fletcher Allen Health Care as well as clinical experience in correctional setting.

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.

MATTHEW MacNEIL, EdD 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.

CHARLOTTE McCORKEL, LICSW has been with Howard Center as a leader in the children's crisis program, First Call for Children and Families, since 2008 and in July 2015 became the Director of Crisis Integration, leading the agency's merging of its three distinct crisis teams. Charlotte has a Master of Science in Social Work degree from the Columbia University School of Social Work and holds an undergraduate degree from the State University of New York - College at Geneseo. She is a member of the Vermont Suicide Prevention Coalition and the Vermont School Crisis Planning Team. Additionally, Charlotte was selected to participate in the 2014-2015 Addressing Health Disparities Leadership Program through the National Council of Behavioral Health. Charlotte is passionate about suicide prevention, disaster response, and the intersection of public health and mental health.

DECLAN McDAID, LICSW is the clinical coordinator of the ARCh program and has worked for Howard Center for five years. ARCh is a collaboration between CYFS and DS and provides support to families through an array of services. ARCh serves children ranging in age from 0 to 22. Declan primarily oversees the work of the family clinician and three care coordinators, as well as providing general clinical oversight of the program. Declan co-facilitates a STAR group, and has historically worked as a crisis stabilization clinician with First Call and as a co-facilitator of a community fathers group.

ELLIOT McELROY, LADC, is a Senior Clinician with Howard Center's Criminal Justice Program. In this role,



Elliott assists the staff providing all aspects of clinical services, including group and individual therapy, case management, and clinical supervision. She works closely with her team members and the Treatment Court Coordinator to ensure that clients in the Treatment Court Programs (Drug Court and Mental Health Court) receive services that meet best practice standards for The National Association of Drug Court Professionals. This is Elliott's 7th year working with participants in Treatment Courts, starting her work in the field through Central Vermont Substance Abuse Services' collaboration with the Washington County Adult Drug Treatment Court. Elliott earned her M.A. in Counseling Psychology from Towson University, in Towson, Maryland and worked on a co-occurring disorders unit at a psychiatric hospital in Baltimore, MD before moving to Vermont.

MARILYN METZGER, LCMHC, LADC is a Licensed Clinical Mental Health Counselor and Certified Alcohol and Drug Counselor in the state of Vermont. She is a National Certified Counselor through the National Board for Certified Counselors. She has also received training to be a Trained Tobacco Treatment Specialist. She has been working at Howard Center since 2013 as a mental health and substance use clinician. She works with clients individually, with a cognitive behavioral approach. She coordinates and co-facilitates the STEPPS (Systems Training for Emotional Predictability and Problem Solving) program at Howard Center. She also facilitates a weekly tobacco cessation support group. She graduated from the University of Vermont Counseling program in 2012.

DANA POVERMAN, LCMHC, LADC is licensed as both a mental health counselor and alcohol and drug counselor. She has practiced in the field of mental health and substance abuse treatment for twenty-six years at Howard Center in Burlington, Vermont. In her current position she is the Director of Medication Assisted Treatment Programs and oversees the Chittenden Clinic as its director, and Safe Recovery. She has been the director of Twin Oaks Counseling Services, an office based treatment program for opioid addiction. Before focusing exclusively on medication assisted treatment, Dana was the Director for Outpatient Programs for Howard Center's Mental Health and Substance Abused Services Area. In that role she was responsible for the oversight of outpatient programs in two counties,

Street Outreach and criminal justice programming. She participated in the development of Drug Treatment Courts, including the Family Treatment Court.

Many of the clients served in the programs that Dana has managed and provided direct services in have been involved with the Department of Children and Families. Her earliest work was with children, adolescents and parents. Artie Seelig, MA., MSW joined the SBIRT-Vermont team in 2015 as the quality assurance and training coordinator. In this role he travels the state working with nurses, social workers, and physicians providing training and support in methods of screening and motivational interviewing. Previously, he earned a master's degree in neuroscience at UMASS-Amherst and worked in higher education. In 2013 he returned to school to earn his MSW from Smith College before joining the SBIRT-Vermont team.

JENNIFER SPAGNUOLO, MS-LCMHC, LADC is the Clinical Director of the Chittenden Clinic, a medication-assisted treatment program in South Burlington. Jennifer graduated from University of Vermont with her Master's in Mental Health Counseling in 2005. She has worked in crisis, private practice and community mental health providing various outpatient services to people of all ages. She has been working at Howard Center for 6 years treating adults with co-occurring disorders via groups and individual therapy. In her current position, she supervises a team of more than 20 clinicians and case managers, develops programming for evidence-based practices and assists in the development of policy and procedure necessary for best practice delivery of MAT services.

JESSICA TRIGGER, MA AAP is a mental health and substance abuse clinician currently practicing at Pine Street Counseling. Jessica has worked at the Howard Center since 2011 in children and adults service areas. She has worked in private practice as well as community mental health. She utilizes a mix of Psychodynamic Theories as well as CBT in her work. In addition Jessica is helping pilot the FIT (Feedback Informed Treatment) program at Pine Street Counseling. She coordinates and co-facilitates the STEPPS (Systems Training for Emotional Predictability and Problem Solving) program at Howard Center. She graduated from St. Michael's College Clinical Psychology program in 2009.



BOB WOLFORD, M.S.W., LICSW is the Coordinator of Criminal Justice Programs for Howard Center. His professional experience working with criminal justice involved people began in the summer of 1971 as an undergraduate summer student at the Ohio Reformatory for Women, the women's prison in Ohio. In 1987, Bob and his family moved to Vermont and he started his career with HowardCenter as the Corrections Coordinator. This began a career of developing and providing services for people supervised by the Vermont Department of Corrections. For 15 years, he spent most of his time at the Chittenden Regional Correctional Facility, co-facilitating groups for serious and violent offenders in the Violent Offenders Program, which became the Cognitive Self-Change Program, developed and supervised by Jack Bush, Ph.D., one of the contributing authors of *Thinking 4 Change*. In the community, Bob was providing anger management treatment for men and women, and working with at-risk adolescents. During the mid-1990s, Bob developed a mental health and substance abuse service delivery system at the facility, and, provided services and supervised the clinical staff there until 2002. Since late 2002, Bob has been providing treatment, supervision/consultation and developing programs for people at all points of the Sequential Intercept Model. This model developed by SAMHSA's GAINS Center for Behavioral Health and Justice Transformation conceptualizes how people move through criminal justice system in predictable ways, and envisions a series of points of interception at which an intervention can be made to prevent individuals from entering or penetrating deeper into the criminal justice system. These programs have included pre-trial mental health and substance abuse screenings, behavioral health treatment courts, facility-based, and reentry services. His office is located at the Costello Court in Burlington.

