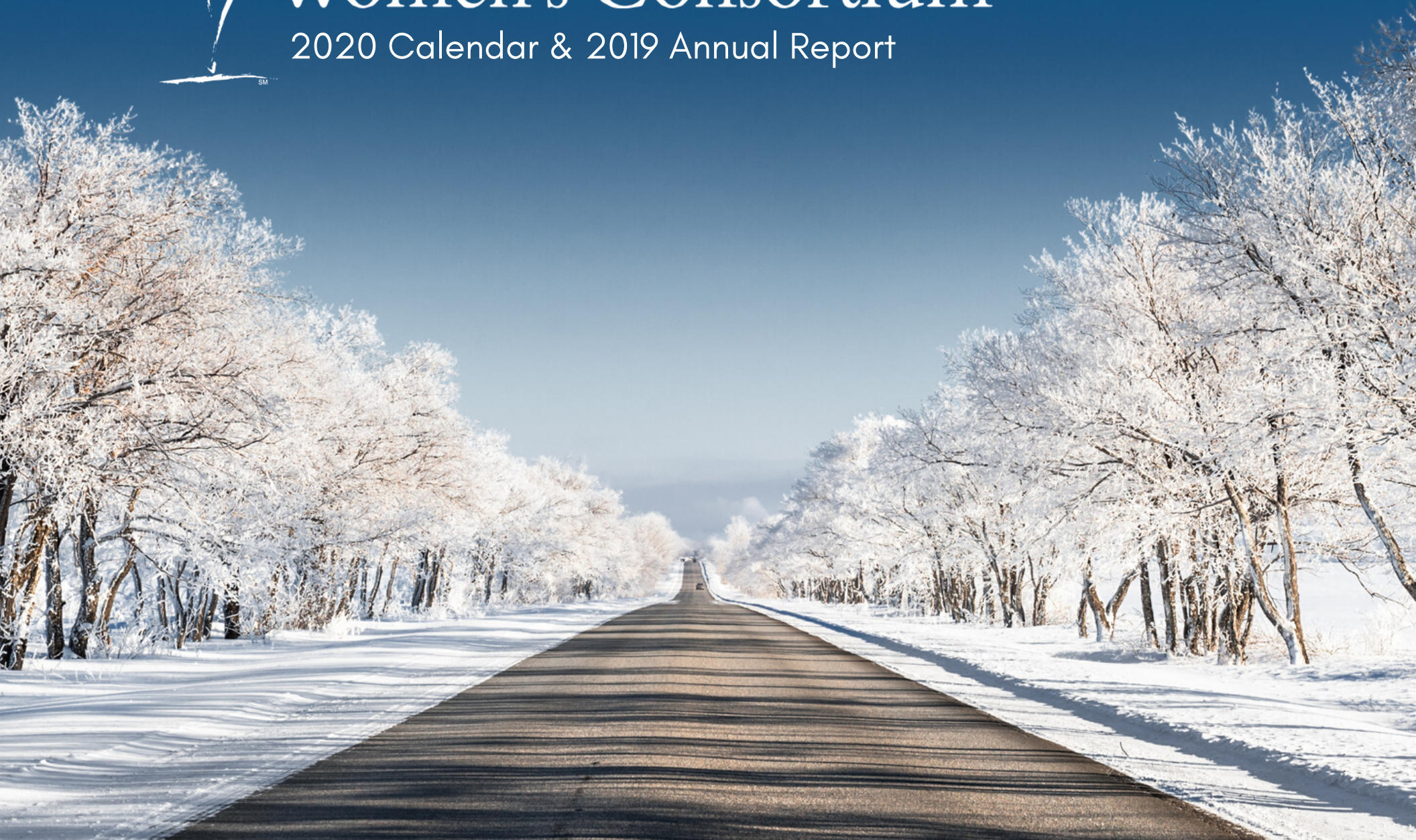




The Connecticut Women's Consortium

2020 Calendar & 2019 Annual Report





Colette Anderson, Annie Raksasa & Carol Huckaby accept a donation from Big Y, North Haven, CT.



Kathleen Callahan, Shannon Perkins & Sheila Kinscherf at Covington Curriculum Conference.



Sheila Kinscherf & Colette Anderson receive auricular acupuncture.



All CWC staff wear purple in honor of domestic violence awareness day.

Greetings to all CWC supporters,

Wow, what a year we've had! Reflecting on the past twelve months, the word that best captures 2019 for me is **EXPANSION!** CWC increased our current offerings as we broadened our reach in new directions:

- We enlarged our training capacity with a beautiful, spacious addition on the 2nd floor.
- We increased training topics and introduced new presenters.
- We launched a new department focusing on community advocacy and programming.
- We collaborated on the state's first conference focusing on harm reduction.
- We secured national approval for a selection of online courses.
- We added four new staff and one new board member.
- We anticipate the acquisition of the Covington Institute!

In partnership with Covington certified trainers, CWC will implement and administer all regional and national level Covington trainings. With intentionality and open minds, all of us at CWC seek to continually meet and enhance the needs of the behavioral health workforce and those they serve, in Connecticut and beyond. I am excited for the new year and look forward with #2020Foresight!

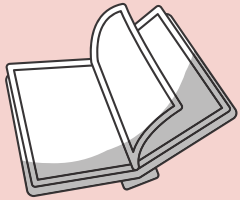
**Sincerely,
Colette Anderson, LCSW
Executive Director**



CATALOG TRAININGS

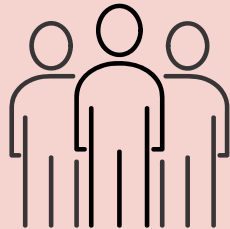
92

Catalog Trainings



6,051

Participants



Training Topics

- Addiction & recovery
- Mental health
- Children and families
- Trauma treatment
- Trauma-informed care
- Gender-responsive care
- LGBTQ+ diversity and inclusion
- Clinical skills
- Harm reduction
- Criminal justice
- Professional development
- Intimate partner violence



PRIVATE TRAININGS

815 Participants



21 Private
Trainings

8

Participating Organizations

Southwest Community Health Center

Today's Youth, LLC

Town of Fairfield

Court Support Services Division

Generations Family Health Center

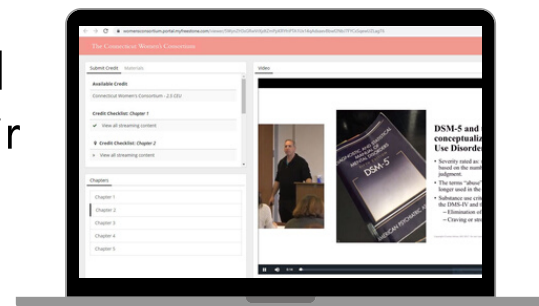
Cornell Scott Hill Health Center

Billings Forge Community Works

Hamden Public Schools

Online Courses

In 2019, 836 participants learned more about behavioral health from the comfort of their own home. We also added 11 new courses to our online library!



New courses:

- Spotlight on Veteran's Behavioral Health Care
- Spotlight on Men & Gender Equality
- The Science and Art of CBT
- Treating OCD & Related Disorders
- Opioids: Whole Person Approaches
- Psychopharmacology
- Toxicity of Racism
- Diversity in the Workplace
- Perinatal Mood and Anxiety Disorders
- Breaking the Stigma of Substance Use Disorders
- Motivational Interviewing

38

Total online
courses

**Be on the lookout for national CEC
approval in 2020!**

DMHAS Initiatives

7
Initiatives

1,169
Trained

Somatic Experiencing

5 workshops
188 people trained

Opioid Crisis

1 conference
1 MAT waiver training
481 people trained

One Key Question

5 workshops
200 people trained

Accelerated Resolution Therapy (ART)

3-day training
3 consultations
42 People Trained

Co-occurring Disorders Training Initiative

5 Workshops
4 Consultations
182 Clinicians Trained



NADA/Auricular Acupuncture cohort participants

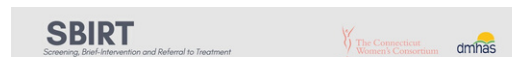
NADA/Auricular Acupuncture

2 Cohorts
44 People Trained



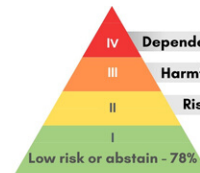
SBIRT Training of Trainers

2 Workshops
32 People Trained



Low Risk Drinking Limits

Healthy Men	4 Drinks per day 14 Drinks per week
Healthy Women	3 Drinks per day 7 Drinks per week
All over Age 65	3 Drinks per day 7 Drinks per week



Not At All 0 1 2 3 4 5 6 7 8 9 10 Very

I - Low risk / Abstain
Audit: 0-7 | Dast: 0

II - Risky
Audit: 8-15 | Dast: 1-2

III - Harmful
Audit: 16-19 | Dast: 3-5

IV - Dependent
Audit: 20+ | Dast: 6+

Raise the subject

"If it's okay with you, let's take a minute to talk about the annual screening form you've filled out today."

Provide Feedback

"As your healthcare provider, I can tell you that drinking (drug use) at this level can be harmful to your health and possibly responsible for the health problem you came in for today."

Enhance Motivation

"On a scale of 0-10, how ready are you to cut back your use?"
• If >0: "Why that number and not _____ (lower one)?"
• If 0: "Have you ever done anything while drinking (using drugs) that you later regretted?"

Negotiate Plan

"What steps can you take to cut back your use?"
"How would your drinking (drug use) have impacted your life in order for you to start thinking about cutting back?"

www.womensconsortium.org

ADNC Alcohol & Drug Referral line
1-800-688-4232

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

DCF Initiatives

ASSERT

14 Trainings
625 People Trained

Training Topics

Biology of addiction
Adolescent substance use
The opioid crisis
Cultural humility
Diversity
Child welfare
Childhood trauma
Stigma

The Invitation to Change Approach

2 Trainings
100 People Trained

The Invitation to Change Approach combines 3 evidence-based treatments: CRAFT: Community Reinforcement and Family Training approach, MI: Motivational Interviewing, ACT: Acceptance and Commitment Therapy.

Intimate Partner Violence (IPV)

2 Trainings
150 people trained

Trainings covered engagement and intervention for families impacted by IPV and evidence-based conjoint couples treatment.

Conferences

5

Conferences

1,570

Participants

Spotlight on Men & Gender Equality

The Opioid Crisis: Supporting Women & Families

Covington Curriculum Conference

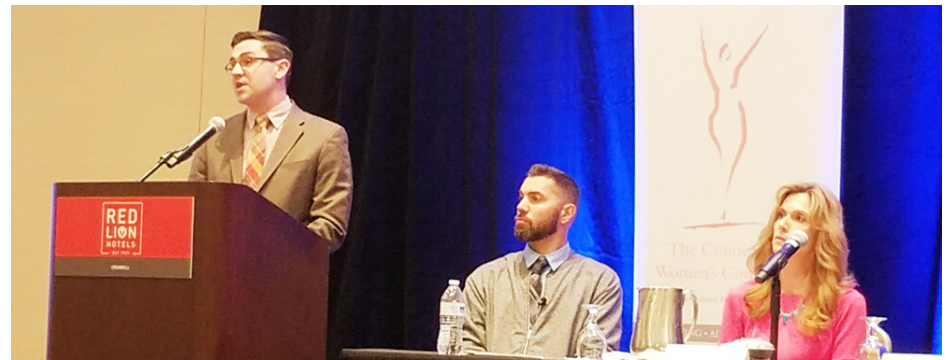
Where There's Life, There's Hope

Holistic Healing & Recovery
through Integrative Medicine

Spotlight on Men & Gender Equality

On April 3rd, Jackson Katz, PhD & Kane Smego challenged participants to conceptualize new ways for men to actively participate in movements traditionally viewed as "women's issues".

An afternoon panel featured Paul Dunion, Becky Rutrough, Charlie Grady & Gary McNamara.



Jimmy Tickey, Senior Advisor to Lt. Governor Bysiewicz, introducing panelists, including Kane Smego & Becky Rutrough.



Kathleen Callahan, Jackson Katz, Colette Anderson, Kane Smego & Shannon Perkins

The Opioid Crisis: Supporting Women & Families




Dr. Ira Chasnoff presents his keynote address.

Speakers Ira Chasnoff, PhD, Sharon Morello, RN, and Jordana Frost, MPH came together on April 11th to discuss the ways in which the opioid crisis uniquely impacts women and families. Topics of discussion included treatment implications for pregnant women, medication assisted treatment, and reproductive health.



A packed ballroom at this sold out event!

 *The Opioid Crisis: Supporting Women & Families* was sponsored by funding provided by the Connecticut Department of Mental Health & Addiction Services.

Covington Curriculum Conference

In June, CWC hosted the Covington Curriculum Conference for the second time. Dr. Covington is an internationally known clinician who focuses on the creation of gender responsive and trauma response services, paying particular attention to women in criminal justice settings.

350
Participants



Kathleen Callahan, Dr. Stephanie Covington, Ally Kernan & Colette Anderson



Colette Anderson, Linda Lentini & Dr. Stephanie Covington



SAVE THE DATE

**October
19th - 21st**

Connecticut Convention Center

Join us for our inaugural



Trauma and Recovery Conference

The Connecticut Women's Consortium

Where There's Life, There's Hope: Diminishing Risk in the Midst of the Opioid Epidemic

Held on September 12th at the CT Convention Center, *Where There's Life, There's Hope* marked Connecticut's first harm reduction conference. Keynote speakers included Van Asher and Sharon Stancliff, MD who challenged the definition of recovery and addressed the opioid crisis. Lunch speaker, Sarah Howroyd, shared her own personal story of recovery from addiction.



Shannon Perkins & Lt. Governor
Susan Bysiewicz

425
Participants



CWC Executive Director, Colette Anderson,
welcomes *Where There's Life, There's Hope* conference participants

Holistic Healing & Recovery through Integrative Medicine Conference

Participants at this 4th annual conference on December 6th experienced an active day of wellness for the mind and body with keynote speaker Leslie Booker. Additional presenters promoted recovery from addiction and trauma through integrative modalities.



Keynote speaker Leslie Booker

Breakout Session Topics

Sober living tools
Self compassion
Ayurveda
Yoga
Radical presence
Spirituality
Nutrition
Breathing meditation
Kundalini yoga
Understanding trauma
Aromatherapy
Sound healing
Stress management



Where There's Life, There's Hope: Diminishing Risk in the Midst of the Opioid Epidemic and *Holistic Healing & Recovery through Integrative Medicine* were sponsored by funding provided by the Connecticut Department of Mental Health & Addiction Services.



Trauma & Gender Learning Collaborative (TAG LC)

The TAG LC provides ongoing consultation and learning opportunities in trauma-informed and gender-responsive care.

Five meetings were held in 2019.



125
participants
21
organizations

TAG LC Topics:

Trauma-informed supervision

Somatic experiencing

Compassion fatigue

Case management

Criminal justice

Intergenerational trauma

Sound healing

Women's Services Practice Improvement Collaborative (WSPIC)

WSPIC consists of bimonthly meetings for DMHAS funded and nonprofit providers of women's services. This year participants started to present cases and problem solve solutions as a group. Featured presentations included neonatal care, clinical research on the role of human milk intake in preterm infant growth, and trauma and gender fidelity review.



WSPIC participants attend the annual retreat in July.



120
participants

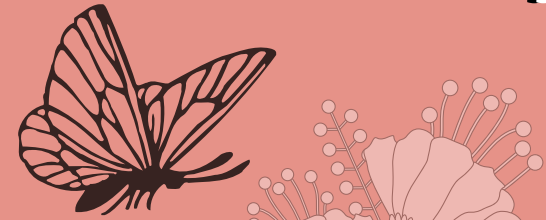
18
organizations



Sharon Molloy administers auricular acupuncture at the WSPIC retreat.

Women & Children's Trauma & Gender Project

The Women and Children's Trauma and Gender Project (WC-TAG) provided training and technical assistance on trauma-informed, gender-responsive systems change to four agencies with mental health or co-occurring programs serving women or women and children. This project was made possible by a grant from the hope & grace fund initiative in partnership with the global women's skincare brand philosophy, inc.



2018 - 2019 Agencies:

McCall Center for Behavioral Health

Perception Programs, Inc.

Liberation Programs

Family & Children's Agency

51

representatives

4

agencies



Family & Children's Agency



Liberation Programs



Perception Programs, Inc.



McCall Center

Over 18-months agencies participated in a two-day kickoff, toolkit review, site consultation visits, peer walk through, all staff training, training of trainers, and technical assistance including surveys, implementation plans, and fidelity scale assessments.

Consultants:

Stephanie S. Covington, PhD, LCSW

Eileen M. Russo, LADC

Steve Bistran, MA

Colette Anderson, LCSW

Kathleen Callahan, MSW

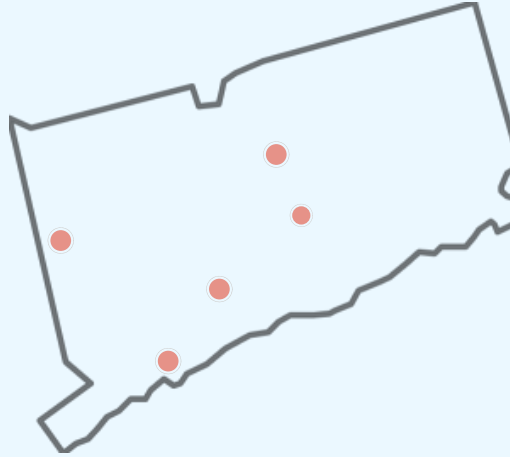


CWC supported
the passage of
HB-7292 and **SB-3**

"... I am grateful to be employed by Connecticut Women's Consortium, an organization that is... safe, trustworthy, collaborative, empowering, and gender-responsive. A culture of diversity and inclusion is fostered in such environments that by their nature, discourage sexual harassment. As we intensify our efforts, it is essential that appropriate policies, workforce training, and support for those who experience sexual harassment are firmly established. This bill will provide that and more. Allegations of sexual harassment and misconduct by powerful figures were publicly revealed over recent years and initiated a national dialog that continues as employers reevaluate their anti-harassment policies and their training compliance. We are amid a national reckoning, a collective awareness of systemic abuses of power as allegations are bolstered by corroboration from multiple sources."

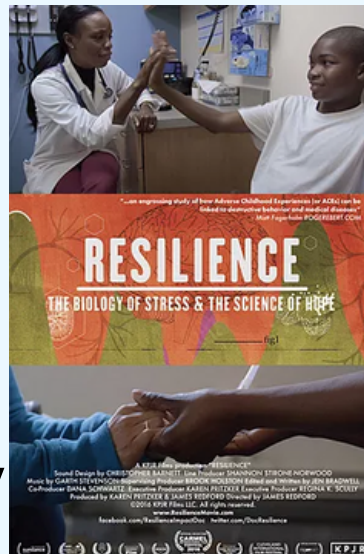
**Testimony to Connecticut General Assembly
Judiciary Committee by Kathleen Callahan,
CWC Community Programming &
Development Lead**

Legislative Efforts



In 2019, CWC joined Lieutenant Governor Susan Bysiewicz and Shatterproof Ambassador Dita Bhargava in their statewide Opioid Crises Roundtable Discussions.

Resilience Film

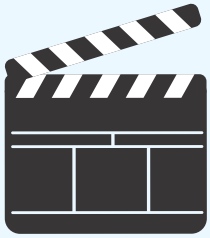


In 2018, CWC received a grant from Bridgeport Prospers to screen *Resilience: The Biology of Stress & The Science of Hope*. Since then, CWC has worked diligently to screen the documentary across the state.

6
screenings

179
participants

Community Film Series

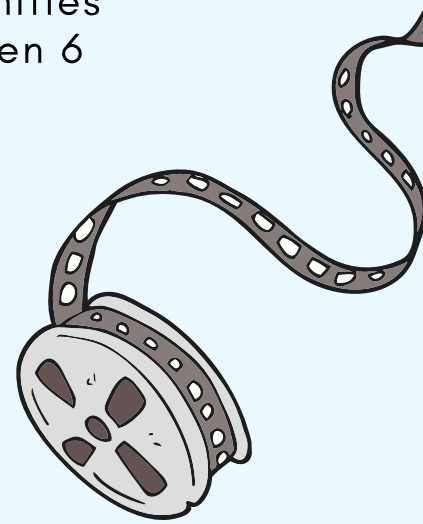


The Community Film Series is open to the public and endeavors to stimulate connections, raise awareness, increase knowledge, and encourage dialogue about current issues impacting our communities through documentary film and panel discussion. There have been 6 screenings and 309 attendees in 2019.

6
Screenings
309
Participants



Women's Work panelists: State Rep. Robyn Porter, Alyssa Fuscaldo Lamparski, Amanda Webster, Valerie Horsley & Colette Anderson



Staff



Colette Anderson

Executive Director

Kathleen Callahan

Community Programming & Development Lead

Gloria Epps

Director of Administration

Emily Hoyle

Community Project Coordinator

Sheila Kinscherf

Executive Assistant

Amy Lane

Administrative Training Specialist

Sharon Molloy

Administrative Training Specialist

Shannon Perkins

Director of Education & Training

Annie Raksasa

Administrative Training Specialist

Sharon Reynolds

Administrative Training Coordinator

Jaquanna Soules

Marketing Coordinator

Linh Ung

Administrative Training Specialist

Board

Carol Huckaby, *President*

Maria LaSala, *Vice President*

Kimberly Selvaggi, *Treasurer*

Emily Aber, *Secretary*

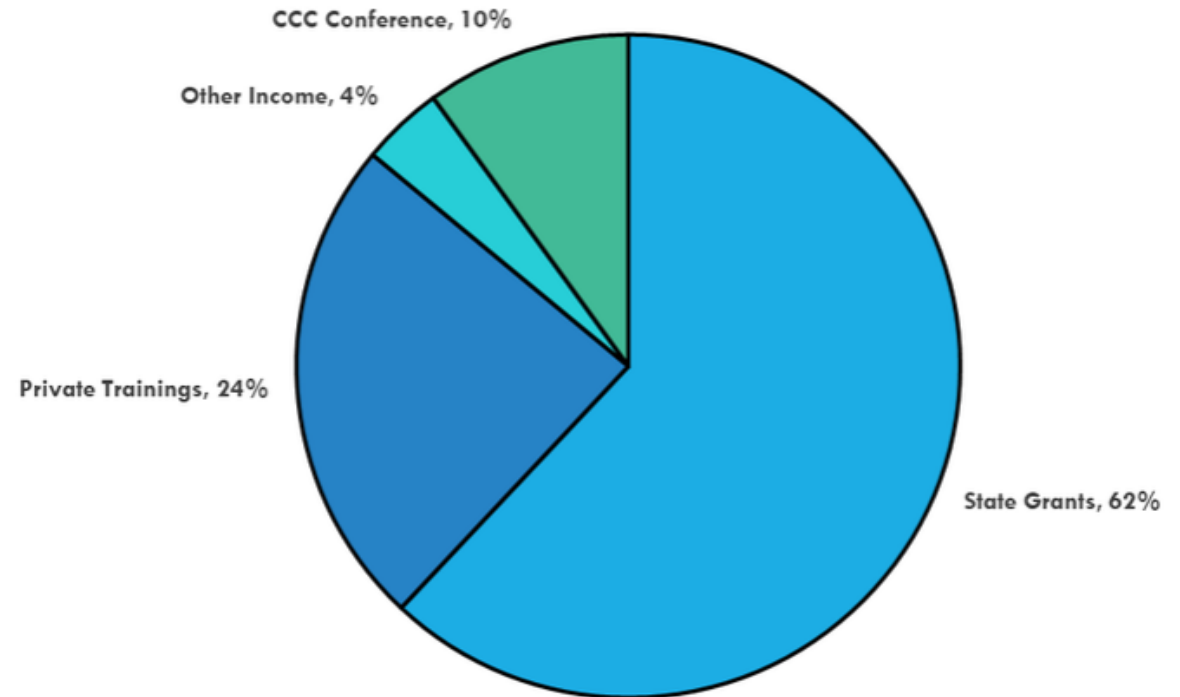
Steve Driffin

John (Jay) Lawrie

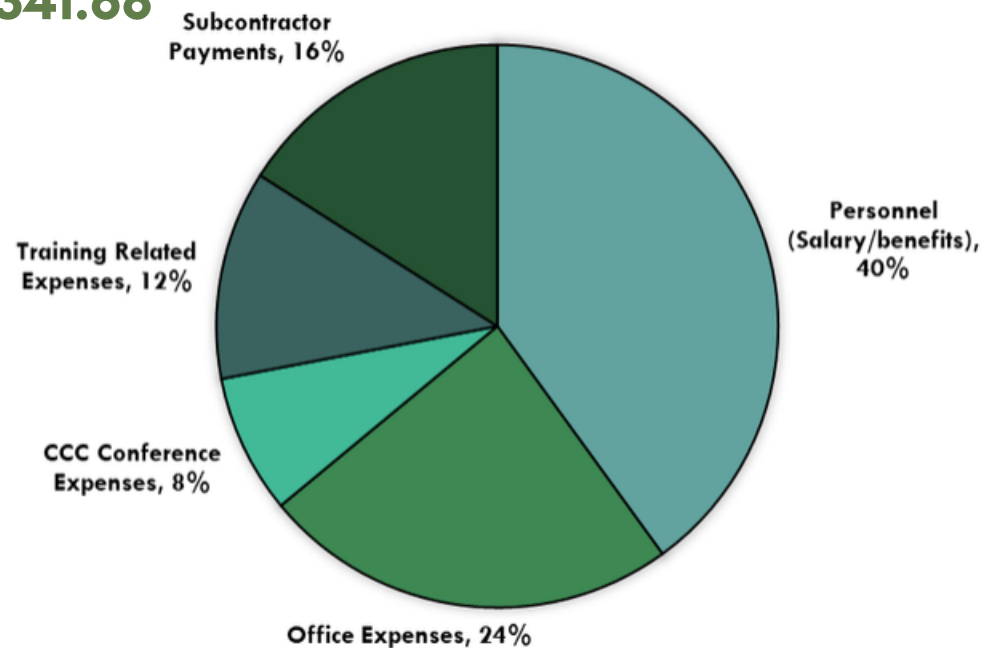
Diane Young Turner



Total Revenue 2019 \$1,658,313.89



Total Expenses 2019 \$1,592,341.68



A YEAR IN REVIEW



Birthday Trio: Colette Anderson, Amy Lane & Annie Raksasa



Gloria Epps & Colette Anderson celebrating Crocktober Fest.



Dr. Covington presents on gender-responsive care.



Kathleen Callahan administers auricular acupuncture at annual WSPIC retreat.



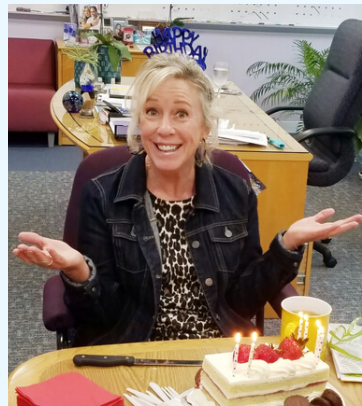
CWC Board of Directors: Emily Aber, Kimberly Selvaggi, Carol Huckaby, Colette Anderson, Maria LaSala & John (Jay) Lawrie



Participants listen to keynote at the Women & Opioids conference.



CWC staff: Sheila K., Colette A., Sharon M., Amy L., Shannon P., Annie R., Emily H., Sharon R., Gloria E. & Kathleen C.



Sharon Molloy's birthday surprise!



Sheila Kinscherf's birthday surprise!



WC-TAG participants celebrate program transition.