

# TRAUMA MATTERS

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## Inside this issue:

Focus on Training	1
03-04 Training Schedule	2
Trauma Trainings	3
"No More Secrets "	4

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## **FOCUS ON TRAINING**

*A PARTNERSHIP BETWEEN THE CT WOMEN'S CONSORTIUM AND  
THE CT DEPARTMENT OF MENTAL HEALTH AND ADDICTION SERVICES*

The Connecticut Women's Consortium (CWC) is a statewide advocacy, policy development and training organization that focuses on women within the behavioral health delivery system. The mission of CWC is to improve behavioral health care services for women and their children.

The training component of the agency is the connective tissue that ensures advocacy and policy development work is operationalized and behavioral health providers have access to training opportunities that enhance the provision of appropriate care for women. Under the direction of Carol Huckaby, the Director of Education and Training, and in collaboration with the Department of Mental Health and Addiction Services, the Consortium has been focusing its training efforts in the areas of trauma and gender specific policy/programming. The Trauma Initiative, which is in its third year of operation, has trained over 1,207 clinicians and case managers from 37 agencies. Efforts are now being made to ensure that those who have been trained continue to receive on-going support, supplemental training and consultation. This maintenance of effort for those who have received trauma training is complemented by expanding training to a broader group of providers. This is being done by offering a workshop entitled "Trauma 101" several times throughout the year. The objective of the Trauma 101 workshop is to help all those who work with women understand trauma and how it affects those who have been traumatized. On a practical level, the training provides guidance on how to ask questions in a supportive and safe manner and then what to do with the information disclosed.

This year the Consortium is also offering training in the area of gender specific programming. The gender specific workshops provide an introduction to female psychosocial development and the concept of and need for gender-specific programming (including female development and females' pathways into the system) as well as more focused and practical information on effective interventions with females, best practices in gender-specific programming, and essential components of gender responsive programs.

Sessions on both topics are being well received. For information on the workshops scheduled this year, go to the Consortium web at [www.womensconsortium.org](http://www.womensconsortium.org) or the Trauma Matters website at <http://www.traumamatters.org>. If you have any questions or suggestions related to the Consortium's training topics and/or calendar, please contact Carol Huckaby at [chuckaby@womensconsortium.org](mailto:chuckaby@womensconsortium.org).

Marijane Carey, Acting Executive Director  
Connecticut Women's Consortium

## CT WOMEN'S CONSORTIUM/DMHAS 2003-2004 TRAINING

### CONSORTIUM TRAININGS

The trainings listed below are open to DMHAS staff and funded agencies and to other community-based, non-profit, and state agencies and medical providers. For more information on trainings please visit the Women's Consortium website [www.womensconsortium.org](http://www.womensconsortium.org).

November 5, 2003

- **Gender Specific Training for Direct Service Staff**  
**"Introduction to Programming for Women"**  
 Presented by Alyssa Benedict, MPH

This one-day training on gender-specific programming for females is aimed at providing participants with an introduction to female psychosocial development and the concept of and need for gender-specific programming (including female development and females' pathways into the system) as well as more focused and practical information on effective interventions with females, best practices in gender-specific programming, and essential components of gender responsive programs. May be repeated in the spring of 2004.

NOVEMBER 13, 2003

FEBRUARY & APRIL, 2004 (Dates TBD)

- **"Psychological Consequences of Childhood and Adult Trauma for Women"**  
 Presented by Ellen Nasper, PhD

In this one day workshop the consequences of childhood and adult trauma for women will be reviewed. The workshop will open with a review of the definition of trauma, the features of Post Traumatic Stress Disorder (PTSD) and other trauma related disorders. Linehan's bio-psychosocial theory which describes why some persons become symptomatic and others do not will be presented. The training is designed to meet the needs of mental health and substance abuse clinicians and case managers whose patients/clients have experienced trauma.

### SPECIAL TOPICS IN TRAUMA

These seven trainings presented by Eileen Russo, MA and Karen Mahoney, MA are only available to individuals that have completed training in one of the three trauma models chosen by DMHAS. All trainings will be held in Havilland Hall at CVH. For more information please go to the trauma matters website @ [www.traumamatters.org](http://www.traumamatters.org) or call Carol Huckaby at 203-498-4184 Ext. 25.

#### Session 1

- **Vicarious Traumatization** 12/11/2003

#### Session 2

- **Working with Adolescents and Young Adult Trauma Survivors** 01/08/2004

#### Session 3

- **Complex Post Traumatic Stress Disorder (PTSD)** 02/19/2004

#### Session 4

- **Special Issues in working with Female Trauma Survivors** 03/11/2004

#### Session 5

- **Case Manager/Outreach Work and Trauma Education** 04/08/2004

#### Session 6

- **Applying Trauma Education to Groups That are not Trauma Focused** 05/13/2004

#### Session 7

- **Special Issues in Working with Male Trauma Survivors** 06/10/2004

## TRAINING ADVISORY COMMITTEE

The Connecticut Women's Consortium's training advisory committee assists with ensuring training offered by the organization is gender sensitive and speaks to the behavioral health issues of women in the state. The committee meets quarterly and is comprised of individuals with backgrounds in substance abuse, mental health, children's issues, domestic violence and education. The goal of the committee is to determine training needs for providers and outreach workers that are unique to women's behavioral health from a cultural and gender perspective, develop a cadre of trainers and offer culturally relevant and gender sensitive training to providers in the behavioral health delivery system that will foster systemic changes for women across their lifespan.

**CT WOMEN'S CONSORTIUM/DMHAS 2003-2004 TRAINING****TRAUMA TRAININGS**

The Connecticut Department of Mental Health and Addiction Services (DMHAS) in collaboration with the CT Women's Consortium is offering additional training in the three Trauma Treatment models chosen by DMHAS as part of their trauma initiative. These trainings will be held in late January and early February as two consecutive days of training and three half-day follow-up sessions over the next three months. Registration and flyers will be mailed out to agencies in mid-November and information will also be available on the following websites, [www.traumamatters.org](http://www.traumamatters.org) or [www.womensconsortium.org](http://www.womensconsortium.org) in mid November. If you have questions about the models or the training, please call Carol Huckaby at 203-498-4184 Ext. 25.

**INFORMATION ON THE TRAUMA MODELS****Similarities: All models . . .**

- o are community-based and were developed with a population very much like ours.
- o have been used with clients of diverse cultures and races and are gender-sensitive.
- o are first-stage treatment models which emphasize safety and stabilization.
- o have been developed by clinicians and researchers who are nationally recognized.
- o endorse separate men's and women's groups.
- o have been translated into Spanish.
- o have a version that was developed for use with adolescents.
- o include an easy to follow guidebook.

**Brief Description of Models:**

**Seeking Safety** (Lisa Najavits) was designed to treat trauma and substance abuse at the same time. It focuses on coping skills to help clients achieve safety in their behavior, thinking, and relationships. Its 25 topics, with client handouts, can be flexibly conducted in any order, including: Compassion, Asking for Help, Setting Boundaries in Relationships, Detaching From Emotional Pain (Grounding), Taking Good Care of Yourself, and Creating Meaning. It is present-focused, and can be used for group or individual treatment. It has achieved positive results in four outcome trials (with women, men, women in prison, and minority women).

The **TARGET** model (Julian Ford) was developed in this state (the mental health version at Capitol Region Mental Health Center and the substance abuse version at Morris Foundation, Rushford, & The Connection). TARGET is strengths-based, explaining PTSD in terms of the body's survival/alarm system and teaching a set of practical skills (FREEDOM steps) to enable participants to gain control of PTSD symptoms. TARGET uses this self-regulatory skills approach and experiential exercises (e.g. creating a life-line) to address topics including self-esteem, anger, grief, shame, re-victimization, and spirituality. TARGET has versions of different lengths: 3-5 sessions, 9 sessions, and 26 sessions. TARGET is being evaluated in a randomized effectiveness study funded by a CSAT co-occurring disorders grant.

The **TREM** model (Maxine Harris) was developed in Washington, DC at Community Connections Inc., a full service agency providing mental health, substance abuse and residential services to a large inner city population. TREM is a three part psycho-educational model focusing on skill building, trauma education, the development of an understanding of the responses to trauma, and group cohesion or support. Each session is built around one of 33 topics and includes experiential and culturally diverse exercises. The model has achieved an 80% retention rate with women who attend at least 75% of the sessions. There are separate versions of TREM for men and women that are highly gender specific. TREM is appropriate for consumers with mental health, co-occurring, or addictive disorders.

## “NO MORE SECRETS” VIDEO AND FACILITATOR’S GUIDE

In October 2000, the Department of Mental Health & Addiction Services (DMHAS) produced the video entitled “Trauma: No More Secrets”. This is a documentary film based on the lives of four women who have experienced trauma and were introduced to the behavioral health system through their addiction and mental health issues. These inspiring women offer a frank discussion of their personal histories of childhood and adult trauma, their means of coping, their experience with substance abuse and mental health treatment providers, and their progress in recovery from a place of despair to one of hope. This moving film, along with a panel discussion with two of the women featured, has become a key element in the training of clinicians in this state. In order to make this film useful as a teaching tool, a companion guidebook for group facilitators was written by Julian Ford, Ph.D., Department of Psychiatry, UConn Health Center, with input from two of the featured consumer/survivors and editing by The CT Women’s Consortium.

“The Trauma: No More Secrets” video and guidebook are now available upon request from the CT Women’s Consortium for a fee of \$16.50 to cover reproduction and mailing costs. For more information please contact Carol Huckaby @ 203-498-4184, Ext. 25.

### Getting into Trauma Matters

- You can access an electronic version of the “*Trauma Matters*” Newsletter at [www.traumamatters.org](http://www.traumamatters.org); [www.dmhas.state.ct.us](http://www.dmhas.state.ct.us); or [www.womensconsortium.org](http://www.womensconsortium.org)
- Do you want to be placed on our mailing list or is there an event or topic you would like covered in this newsletter? Please call “*Trauma Matters*” Editor Carol Huckaby at 203.498.4184, x25 or e-mail her at [chuckaby@womensconsortium.org](mailto:chuckaby@womensconsortium.org).

