HOWARD CENTER
PRESENTS

4TH ANNUAL CONFERENCE

Perspectives on Connection, Compassion, and Belonging

Rev. angel Kyodo williams, Sensei
Author, activist, master trainer,
Founder of Transformative Change

Dr. Laurie Santos
Psychologist, Yale professor, teacher of
happiness and well-being

V (formerly Eve Ensler)
Award winning playwright, activist,
author, and speaker

with event host
Catherine Simonson, LICSW
Howard Center

and moderator
Dr. Jude Smith Rachele
Howard Center and Abundant Sun

MARCH 30, 2021

9:00am–1:00pm

Zoom webinar • CEUs available

howardcenter.org
802-488-6912

United Way of Northwest Vermont

WITH SUPPORT FROM

New England ATTC

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WELCOME!

PERSPECTIVES ON CONNECTION, COMPASSION, AND BELONGING

March 30, 2021 | 9:00 am – 1:00 pm | Zoom webinar
Conference Schedule

9:00 am – 9:15 am	Welcome and Introductions Catherine Simonson, LICSW, Event Host
9:15 am – 10:15 am	Spotlight Video: Arts Collective **V (formerly Eve Ensler)** — Conversation with V moderated by Dr. Jude Smith Rachele, followed by Q & A
10:15 am – 10:30 am	Break
10:30 am – 11:30 am	Spotlight Video: Chanjo by KeruBo **Rev. angel Kyodo williams, Sensei** — Presentation followed by Q & A with Dr. Jude Smith Rachele, Moderator
11:30 am – 11:45 am	Break
11:45 am – 12:45 pm	Spotlight Video: Be a Mr. Jensen **Dr. Laurie Santos** — Presentation followed by Q & A with Dr. Jude Smith Rachele, Moderator *Introduced by Raymond Sanchez, New England ATTC*
12:45 pm – 1:00 pm	Close and Thank You Catherine Simonson, LICSW, Event Host

#HCConf21

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ABOUT THE SPEAKERS

Rev. angel Kyodo williams, Sensei

Called "the most intriguing African-American Buddhist" by Library Journal, angel Kyodo williams is an author, activist, master trainer and founder of Transformative Change. She has been bridging the worlds of transformation and justice since her critically acclaimed book, *Being Black: Zen and the Art of Living With Fearlessness and Grace* was hailed as "an act of love" by Pulitzer Prize winner Alice Walker, and "a classic" by Buddhist pioneer Jack Kornfield. Her newest work, *Radical Dharma: Talking Race, Love & Liberation*, is igniting communities to have the long overdue conversations necessary to become more awake and aware of what hinders liberation of self and society.

Dr. Laurie Santos

Psychologist Dr. Laurie Santos is an expert on human cognition, its origins, and the evolutionary biases that influence our all-too imperfect life choices. She is also knowledgeable in how behavioral change through positive psychology can lead to a happy and fulfilling life. Currently, she is working to positively influence the culture of Yale University by teaching happiness and well-being with a course so meaningful that it became the most popular class taken at Yale in over 316 years. In her course, "Psychology and the Good Life," Santos teaches her 1,200 students about behavioral change through positive psychology. The popularity of the class has prompted Yale to create a free online course. Dr. Santos is the host of the podcast, "The Happiness Lab".

V (formerly Eve Ensler)

V is the Tony Award winning playwright, activist, and author of the Obie award winning theatrical phenomenon, *The Vagina Monologues*, published in over 48 languages, performed in over 140 countries and recently heralded by *The New York Times* as one of the most important plays of the past 25 years, among numerous other honors. V is founder of V-Day, the 20 year old global activist movement which has raised over 100 million dollars to end violence against all women and girls (cisgender, transgender and gender non-conforming), and the founder of One Billion Rising, the largest global mass action to end gender based violence in over 200 countries.

Catherine Simonson, LICSW

Catherine Simonson, LICSW, has dedicated her career to the well-being of Vermonters. As Howard Center's Chief Client Services Officer, her responsibilities include oversight and management of 50+ programs including outpatient counseling, therapeutic schools, residential and crisis programs, and a range of other supports for mental health, substance use, and developmental disabilities. Last year the agency helped more than 19,000 people. Catherine also serves on the Board of the UVM Health Network Home Health & Hospice.

Dr. Jude Smith Rachele

Dr. Jude Smith Rachele is a highly charismatic, dynamic, and insightful presenter. She is the CEO and co-founder of Abundant Sun, a global consulting firm for diversity, equity, and inclusion-based initiatives. Jude has designed numerous programs to help professionals display inclusive behaviors and to understand and respond respectfully to various cultural traditions, behaviors and values. Jude holds a BA in Psychology and a PhD in Business and has been leading Howard Center's Diversity, Equity, and Inclusion initiatives since 2015.

Speaker books will be available for sale online through Phoenix Books. Limited signed copies are available, first-come, first-served.

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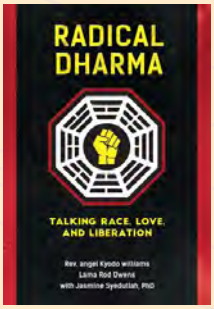
phoenix BOOKS

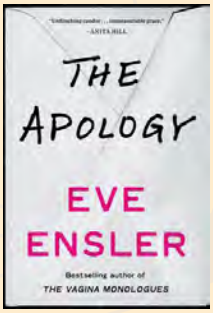
By Rev. angel Kyodo williams — *Being Black: Zen and the Art of Living with Fearlessness and Grace* (Paperback)
In this elegant, practical book, Rev. angel Kyodo williams combines the universal wisdom of Buddhism with an inspirational call for self-acceptance and community empowerment.

$16.00



By Rev. angel Kyodo williams, Lama Rod Owens, Jasmine Syedullah — *Radical Dharma: Talking Race, Love, and Liberation* (Paperback)
Bridging the world of spirit and activism, the authors urge a compassionate response to the systemic, state-sanctioned violence and oppression that has persisted against black people since the slave era.

$12.95



V — *The Apology* (Hardcover)
Remarkable and original, *The Apology* is an acutely transformational look at how, from the wounds of sexual abuse, we can begin to re-emerge and heal. It is revolutionary, asking everything of each of us: courage, honesty, and forgiveness.

$22.00

THE FOLLOWING CEUs HAVE BEEN APPROVED:

Board of Mental Health Practitioners (LCMHC)	3.0 CEUs
Alcohol and Substance Use Counselors (LADC)	3.0 CEUs
Social Work (LICSW)	3.0 CEUs
Board of Psychological Examiners	3.0 CEUs

CEU certificates are available upon request. Please email developmentteam@howardcenter.org.

ABOUT HOWARD CENTER

Since 1865, Howard Center has been providing progressive care and treatment for community members in need. Today, as Vermont's largest designated agency, our 1,600 staff help some 19,000 people each year in over 60 locations throughout Vermont, in collaboration with hundreds of community partners.

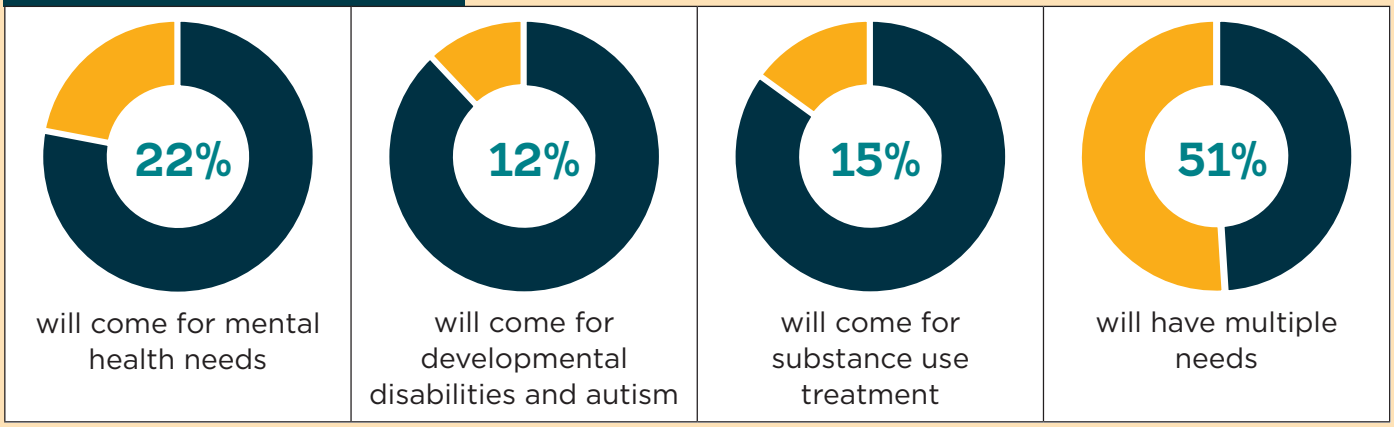
OUR MISSION

We help people and communities thrive by providing supports and services to address mental health, substance use, and developmental needs.

Some of the many services we offer include:

- intake and assessment services
- crisis and counseling services for children, adults, and families
- support services for people with autism and intellectual disabilities
- counseling and medical services for people with substance use disorders
- intensive services for people with serious and persistent mental health challenges
- education and school services for children, youth, and young adults
- residential supports and services

Who We Help



HC Facts and Stats

We work to reduce stigma, every day.

Know the facts. • Educate yourself and talk openly about developmental disabilities, mental health, and substance use disorders. • Be aware of your attitudes and behavior. • Encourage equality between physical and mental illness • **Choose your words carefully.** • Educate others. • Focus on the positive. • Support people. • **Include everyone.**

— Source: NAMI.org; Camh.ca

SUPPORTED BY

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National Life Group Foundation

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New England (HHS Region 1)

ATTC

Addiction Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

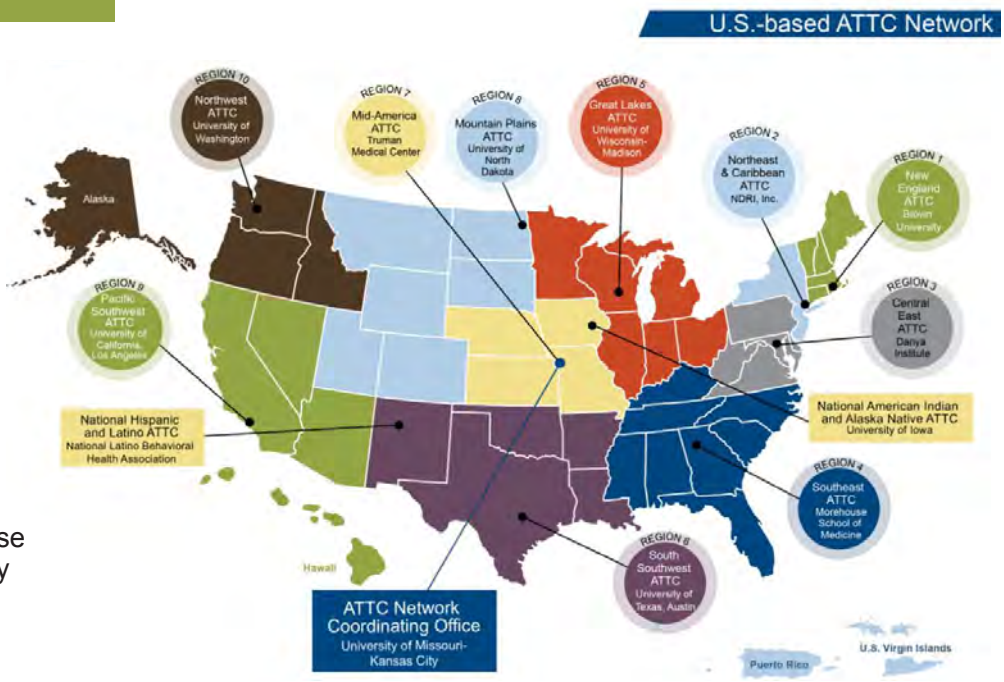
Who We Are

The New England Addiction Technology Transfer Center is part of the national ATTC network comprised of 10 Domestic Regional Centers, 4 Special Focus Area Centers and a Network Coordinating Office. Together the Network serves the 50 U.S. states, the District of Columbia, Puerto Rico, the U.S. Virgin Islands, and several Pacific Islands.

The vision of the ATTC Network is to unify science, education, and service to transform lives through evidence-based and promising treatment and recovery practices.

Mission

- **Accelerate** the adoption and implementation of evidence-based and promising addiction treatment and recovery-oriented practices and services;
- **Heighten** the awareness, knowledge, and skills of the workforce that addresses the needs of people with substance use or other behavioral health disorders; and
- **Foster** regional and national, alliances among culturally diverse practitioners, researchers, policy makers, funders, and the recovery community



Contact Us

New England ATTC
Center for Alcohol and Addiction Studies
Brown University School of Public Health

One Davol Square, Suite 101
Providence, Rhode Island 02903
newengland@attcnetwork.org
401-863-6486

SAMHSA
Substance Abuse and Mental Health Services Administration

We Offer Free Training and Technical Assistance!

A diverse menu of innovative and flexible programs puts the research to work for you and your agency.

These include: The Leadership Development Program, didactic training events, online distance learning courses, technical assistance and program development.

We also develop collaborative relationships with providers and organizations in the treatment, criminal justice, faith, medical, education, and recovery communities

Most training topics can be customized to fit your needs. Visit our website for more information about the services we provide.

Website: attcnetwork.org/centers/new-england-attc

We applaud the Howard Center's unwavering dedication to compassion and support within our community.

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UVMHealth.org/MedCenter

Fidelity Investments® is a proud sponsor of the

Howard Center annual spring conference, *Perspectives on Connection, Compassion, and Belonging*!

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PARTNERS FOR ACCESS

Does your family need help finding a therapist? We can help. **Partners for Access** is a single point of contact for families seeking outpatient mental health services in Chittenden County. Reach out for information: 802-488-7474; partnersforaccess@howardcenter.org

Are you concerned about a friend or loved one?

Download our Free Resource and Information Guide at **howardcenter.org** or call 802-488-6911 if you would like a printed copy.

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Arts Collective Show Schedule for 2021

Artist: Thomas Stetson

Art So Wonderful Gallery | April 17-May 29
Reception: Late May TBA

FlynnDog Gallery | Honoring Christine Pemberton
July-August • Reception: Saturday, July 24

Art Hop | September 2021

Metropolitan Gallery at City Hall | September-October • Reception: TBA

Fletcher Free Library | November-December
Reception: TBA

PLUS Monthly Artist Talks | schedule varies

Email artscollective@howardcenter.org

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"The program has helped me live independently and helps me feel safe. It's comforting to know that they are always there if you need them...who knows where I would be without them."

— SAFETY CONNECTION CLIENT

Safety Connection®

Your community of care

Safety Connection combines innovative technology and professional staff to deliver overnight support to 104 people living independently in the community across the state.

It is designed to offer participants help when needed, prevent crisis, and extend an individual's ability to age in place.

For more information, contact Cathie Buscaglia at 802-488-6535 or cathieb@howardcenter.org.

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Helping Vermonters Live Independently Since 2006

Abundant Sun

Helping companies achieve high performance with organizational justice.

abundantsun.com

National Life Group® Foundation

We believe strong connections are the ties of strong communities.

nationallife.com

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FREE AND OPEN TO THE PUBLIC

Hoarding and Clutter:
Community Support Approaches

HOWARD CENTER presents
THE MARNA AND STEPHEN WISE TULIN
SPRING COMMUNITY EDUCATION SERIES
FREE AND OPEN TO THE PUBLIC

April 6, 2021
2:00-3:30pm

Erin Roelke and Millie Richard

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Next Year's Conference!

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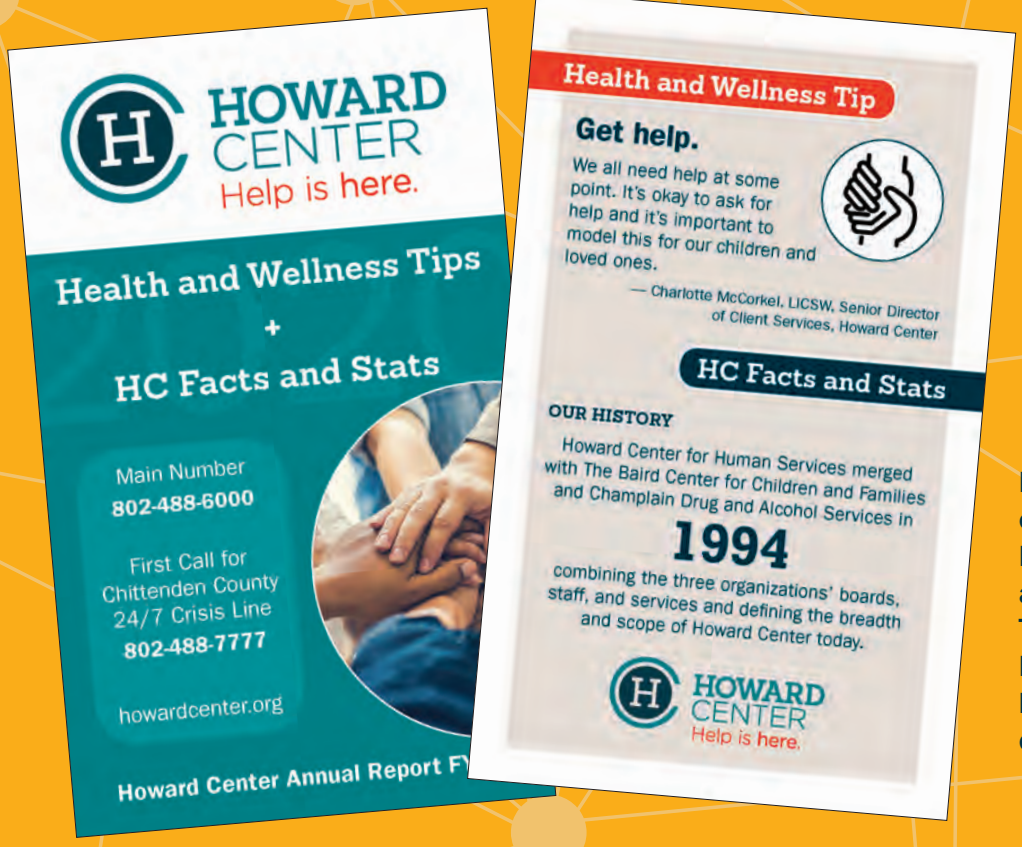
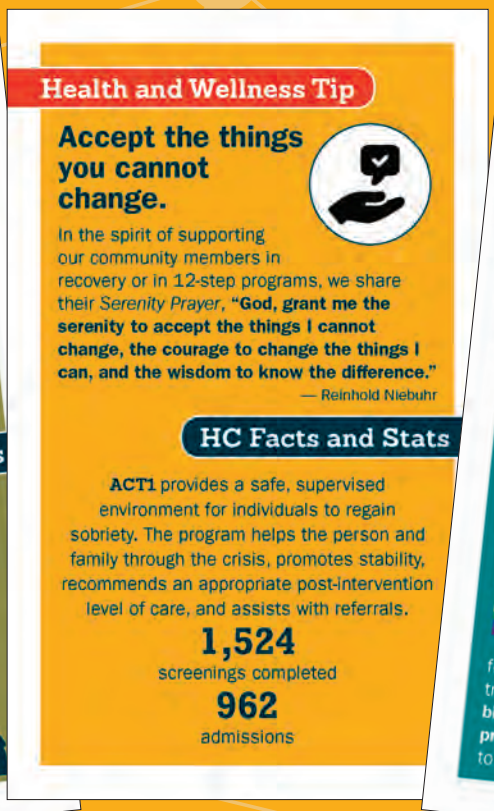
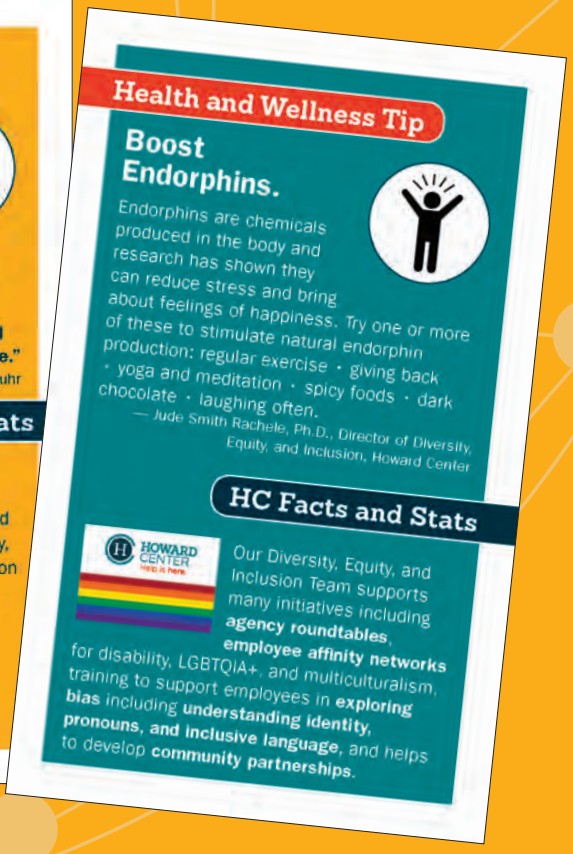
FY20 Annual Report



For a free copy of our Annual Report and Health and Wellness Tips, email Adam Brooks, abrooks@howardcenter.org or call 802-488-6911.





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We respect **WOMEN, MEN** and **NON-BINARY PEOPLE** • We value **BLACK LIVES** • We stand with our **LGBTQIA+ COMMUNITY MEMBERS**. • We celebrate **CHILDREN** • We stand with **IMMIGRANTS**, **REFUGEES**, with **INDIGENOUS PEOPLES**, and **PEOPLE OF ALL FAITHS.** • We support **INDIVIDUALS** and **FAMILIES** challenged by mental health, substance use, and developmental disabilities.

*We stand with our **COMMUNITY**.*

مەلكە بحرم مەب انە • Tất cả đều được chào đón ở đây

Tous sont les bienvenus ici • ကြေနရာမွ အားလုံးကို ဆဆိုပါတယ်။

Dadka kulushoo ha dhawaatheen • *Svi su dobrodošli ovdje*

在這裡歡迎所有人 • **Dhammaan waa la soo dhaweynayaa**

Wote wanakubaliwa hapa • Todos son bienvenidos aquí

सबै जनालाई यहाँ स्वागत छ।

Сви су добродошли овдје • མི་ཚང་མ་ཞེབས་བར་དགའ་བསུ་ཡོད།

HATE HAS NO BUSINESS HERE.

All are Welcome Here.

Adapted from a poster courtesy of The Main Street Alliance #HateHasNoBizHere

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