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CENTER
Help is here.

Vision, Visionaries and Voices

A virtual conference featuring international speakers
Mary Bassett, Anita Hill, Byron Katie, Ethan Nadelmann,
Tara Westover and more.

5TH ANNUAL CONFERENCE

April 7, 2022 | 9:00am–4:00pm

**Confronting Stigma. Improving Access.
Continuing Advocacy. Advancing Policy. Giving Voice.**

A day of inspiration and learning, featuring the
diverse perspectives of our international speakers.



MARY T. BASSETT, MD, MPH
*physician and public
health leader*



ANITA HILL
*advocate for
equality and
civil rights*



BYRON KATIE
*creator of
"The Work"*



ETHAN NADELMANN
*founder of the
Drug Policy
Alliance*



TARA WESTOVER
*bestselling
author,
"Educated"*

With event host Catherine Simonson, LICSW and moderator Jude Smith Rachele, PhD

WITH SUPPORT FROM



New England (HHS Region 1)

ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



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Vision, Visionaries and Voices

April 7, 2022 | 9:00 am – 4:00 pm | Zoom webinar

— CONFERENCE SCHEDULE —

9:00 am – 9:15 am	Welcome: Catherine Simonson, LICSW, Event Host
9:15 am – 9:35 am	Howard Center film: <i>Helping our Community Thrive</i>
9:35 am – 10:35 am	Dr. Mark Levine, VT Department of Health, introduces Dr. Mary Bassett MARY T. BASSETT, MD, MPH Presentation followed by Q&A moderated by Dr. Jude Smith Rachele
10:35 am – 10:50 am	Break
10:50 am – 11:50 am	Ray Sanchez, New England ATTC, introduces Ethan Nadelmann ETHAN NADELMANN Presentation followed by Q&A moderated by Dr. Jude Smith Rachele
11:50 am – 12:20 pm	Lunch Break 12:05 Spotlight video: KeruBo – <i>Healing Immigrant Communities through Song</i>
12:20 pm – 1:20 pm	BYRON KATIE Presentation followed by Q&A moderated by Dr. Jude Smith Rachele
1:20 pm – 1:35 pm	Break
1:35 pm – 2:35 pm	TARA WESTOVER Moderated conversation with Dr. Jude Smith Rachele followed by Q&A
2:35 pm – 2:45 pm	Break
2:45 pm – 3:45 pm	ANITA HILL Presentation followed by Q&A moderated by Dr. Jude Smith Rachele
3:45 pm – 4:00 pm	Conference close: Catherine Simonson, LICSW, Event Host

#HCCConf22

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ABOUT THE SPEAKERS

Mary T. Bassett MD, MPH,



was confirmed as the Acting Commissioner of Health by the New York State Senate on January 20, 2022. She previously served as Director of the François-Xavier Bagnoud (FXB) Center for Health and Human Rights at Harvard University and FXB Professor of the Practice of Health and Human Rights in the department of Social and Behavioral Sciences at the Harvard T.H. Chan School of Public Health. Prior to that, she served as Commissioner of the New York City Department of Health and Mental Hygiene, Director for the Doris Duke Charitable Foundation's African Health Initiative and Child Well-Being Prevention Program; and as Deputy Commissioner of Health Promotion and Disease Prevention at the New York City Department of Health and Mental Hygiene. Early in her career, Dr. Bassett served on the medical faculty at the University of Zimbabwe and went on to serve as Associate Director of Health Equity at the Rockefeller Foundation's Southern Africa Office. After returning to the United States, she served on the faculty of Columbia University, including as Associate Professor of Clinical Epidemiology in the Mailman School of Public Health. Dr. Bassett received a B.A. in History and Science from Harvard University, an M.D. from Columbia University's College of Physicians and Surgeons, and an M.P.H. from the University of Washington.

Anita Hill



The youngest of 13 children from a farm in rural Oklahoma, Anita Hill received her J.D. from Yale Law School in 1980. She began her career in private practice in Washington, D.C. Before becoming a law professor, she worked at the U.S. Education Department and Equal Employment Opportunity Commission. In 1989, Hill became the first African American to be tenured at the University of Oklahoma, College of Law, where she taught contracts and commercial law. She has made presentations to hundreds of business, professional, academic and civic organizations in the United States and abroad. Hill's new book, *Believing: Our Thirty-Year Journey to End Gender Violence*, is a new manifesto about the origins and course of gender violence in our society; a combination of memoir, personal accounts, law, and social analysis, and a powerful call to arms from one of our most prominent and poised survivors.

Byron Katie



In 1986, at the bottom of a ten-year spiral into depression and self-loathing, Byron Katie woke up one morning in a state of joy. She realized that when she believed her stressful thoughts, she suffered, but that when she questioned them, she didn't suffer, and that this is true for every human being. Her simple yet powerful process of self-inquiry, which she calls The Work, consists of four questions and the turnaround, which is a way of experiencing the opposite of what you believe. Katie has been bringing The Work to millions of people for more than thirty years. Her public events, weekend workshops, intensives, and nine-day School for The Work have brought freedom to people all over the world. Her books include the bestselling *Loving What Is, I Need Your Love—Is That True?*, *A Thousand Names for Joy*, and *A Mind at Home with Itself*. For more information, visit thework.com.

Ethan Nadelmann



Described by *Rolling Stone* as “the point man” for drug policy reform efforts and “the real drug czar,” Ethan Nadelmann is widely regarded as the outstanding proponent of drug policy reform both in the United States and abroad. He founded and directed first The Lindesmith Center and then the Drug Policy Alliance from 1994 to 2017, during which time he and his colleagues were at the forefront of dozens of successful campaigns to legalize marijuana and advance other alternatives to the war on drugs. Ethan has authored two books on the internationalization of criminal law enforcement (*Cops Across Borders* (with Peter Andreas) and *Policing The Globe*), published extensively, and spoken publicly in roughly forty states and forty countries. His TED Talk on ending the drug war has over two million views, with translations into 28 languages. Ethan currently hosts the leading podcast on all things drugs: *PSYCHOACTIVE*.

Tara Westover



Tara Westover is an American author. Born in Idaho to a father opposed to public education, she never attended school. An older brother taught her to read, and after that her education was erratic and haphazard, with most of her days spent working in her father's junkyard or stewing herbs for her mother. She was seventeen the first time she set foot in a classroom. After that first encounter with education she pursued learning for a decade, graduating magna cum laude from Brigham Young University in 2008 and subsequently winning a Gates Cambridge Scholarship. She received an MPhil from Trinity College, Cambridge in 2009 and in 2014 was awarded a PhD in history. In 2018, she published her memoir, *Educated*, which explores her struggle to reconcile her desire for education and autonomy with her desire to be loyal to her family. *Educated* was an instant commercial and critical success, debuting at #1 on the New York Times bestseller list and remaining on the list for more than two years.

ABOUT THE EVENT HOST AND MODERATOR

Catherine Simonson, LICSW, Event Host



Catherine Simonson, LICSW, has dedicated her career to the wellbeing of Vermonters. As Howard Center's Chief Client Services Officer, her daily responsibilities include oversight and management of more than 50 clinical programs including residential programs, outpatient

counseling, therapeutic schools, crisis programs, and a range of other supports for mental health, substance use, and developmental disabilities. The agency serves 19,000 people each year.

Catherine joined Howard Center in 1994 and spent more than 22 years as a social worker leading and expanding child and family programming, beginning with a program delivering school social work services that has expanded into a team of more than 60 clinicians working in every school in Chittenden County.

Community partnerships have been a critical focus of her work, including leading interagency teams designed to improve the community response to unmet mental health and substance use disorder needs. Another focus area has been leadership development, with a goal of developing and retaining highly ethical inclusive leaders prepared to navigate change.

Catherine most recently led an initiative to embed cultural liaisons into the agency's access and intake process to ensure readily available, accessible care for our refugee and immigrant communities.

Dr. Jude Smith Rachele, Moderator



Dr. Jude Smith Rachele is the CEO and co-founder of Abundant Sun, an international consulting firm.

She is a social entrepreneur, academic, artist, and a public speaker. Originally from the USA, Jude has for decades lived and worked internationally between the UK, Europe, and the Americas. She is a highly experienced, charismatic, dynamic, and

insightful leader.

Jude started her career as a diversity and inclusion trainer, but has since dedicated herself to cultural transformation driven specifically by data analytics, business ethics, leadership and governance. She has designed numerous programs to help professionals display inclusive behaviors, to understand and respond respectfully to various cultural traditions, behaviors and values, and most importantly to improve their ethical decision-making processes. Jude holds a BA in Psychology and a PhD in Business. She is the author of many articles, and of her own recent book *Dismantling Diversity Management: Introducing an Ethical Performance Improvement Campaign*. Jude has been a regular commentator on Vermont Public Radio delivering several powerful and insightful commentaries on contemporary issues. She has also been leading Howard Center's Diversity, Equity, and Inclusion initiatives since 2015.



WHEN HELP IS HERE, VERMONTERS CAN THRIVE.

From one nonprofit to another,
we're proud of the work you do,
and we're honored to support
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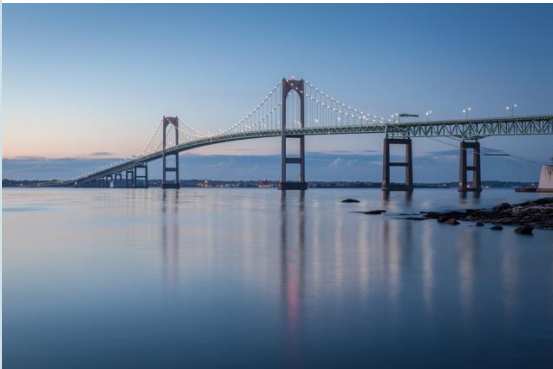
bluecrossvt.org



New England (HHS Region 1)

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Who We Are

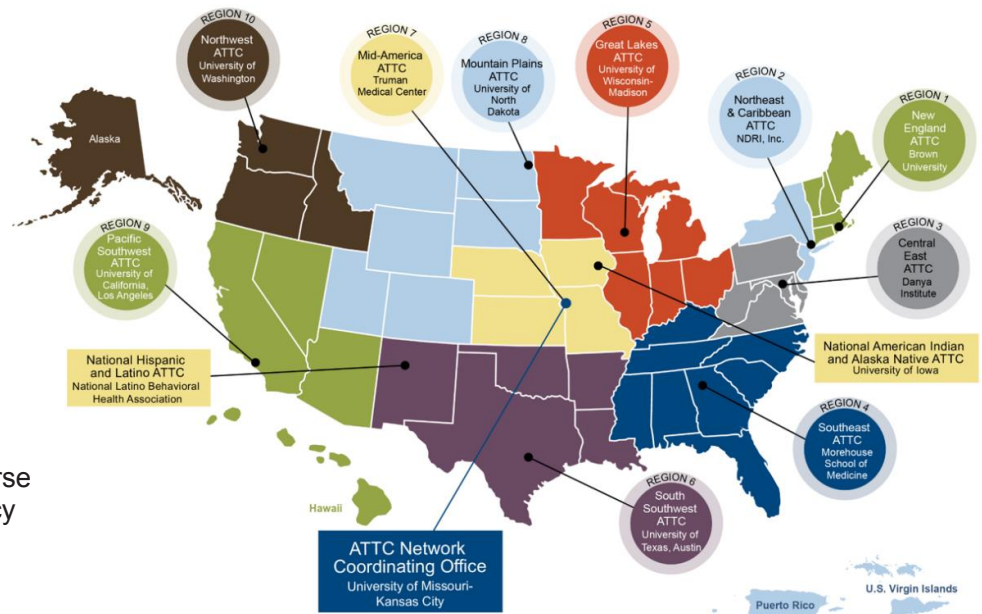
The New England Addiction Technology Transfer Center is part of the national ATTC network comprised of 10 Domestic Regional Centers, 4 Special Focus Area Centers and a Network Coordinating Office. Together the Network serves the 50 U.S. states, the District of Columbia, Puerto Rico, the U.S. Virgin Islands,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

U.S.-based ATTC Network



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

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Substance Abuse and Mental
Health Services Administration



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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

OTHER HIGHLIGHTS

FILM: Healing Immigrant Communities through Song

This film is about KeruBo's personal testimony of a near-death experience and the eye-opening outcomes that led her to use creative arts to bring about healing while educating immigrant communities about public health.

KeruBo is a Vermont-based singer/songwriter born in Kendu Bay, Kenya. She has been a working musician for more than 20 years. Her musical influences range from traditional African music, to gospel, blues, and Afro-Jazz. She released her first album mid-last year. She named it: "Hali ya Utu" is Swahili for the state of humanity. KeruBo challenges the human condition and the need to reconnect to what "utu," or brotherhood, really means. This album is a culmination of years of writing and performing that speaks to her experience and mission for social justice. Every song tells a story, from lamenting the struggles of life, to encouraging words of self-acceptance.

KeruBo is also a member of the Windows to A Multicultural World Teaching Artist team at the Clemmons Family Farm. She engages middle and high school students on social issues where she shares her heritage and cultural ways of life through song writing workshops.

Her other profession is Case Management/Cultural Broker with AALV (The Association of Africans Living in Vermont). Her primary role is to provide social services, assess and identify specific

needs and connect to clinicians at UVM and other mental health providers where needed. She also manages a group of Congolese women who have survived domestic violence and sexual violence.

FILM: Howard Center, Helping Our Community Thrive

This short film highlights the agency's mission through the stories of clients, family members, supporters, board members, and staff. Additionally, it offers perspective on the range of needs in our community and the breadth and depth of the services and supports available at Howard Center. We hope you enjoy it.

Howard Center Arts Collective

The Howard Center Arts Collective works collaboratively to ensure that there are opportunities for artists with lived experience to connect, create, and exhibit work. We strive to create a supportive, non-hierarchical community that fosters mutuality, creative expression, and empowerment.

We value the transformative power of the creative process on a personal, social, and systemic level, and we acknowledge that we are stronger when everyone has a voice.

We are proud to share artwork from the Arts Collective membership in the various slideshows throughout the day. Questions about artwork should be directed to artscollective@howardcenter.org.



Community Starts Here.

Thank you, Howard Center, for all the ways, big and small, that you support our community.

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MEDICAL CENTER

UVMHealth.org/MedCenter

SPEAKER BOOKS

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

HOW TO ORDER:

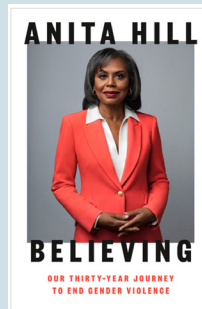
Click the book cover you want to order to access the Phoenix Books weblink or contact Phoenix Books with questions.

Free domestic shipping for books on orders of \$30 or more.
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Burlington: M-Sat 10-7, Sun 11-6. 802-448-3350

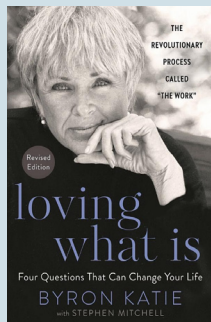
Essex: M-Sat 10-6, Sun 10-5. 802-872-7111

Rutland: M-Sat 10-6, Sun 11-4. 802-855-8078



Believing: Our Thirty-Year Journey to End Gender Violence (Hardcover) **\$30.00 By Anita Hill**

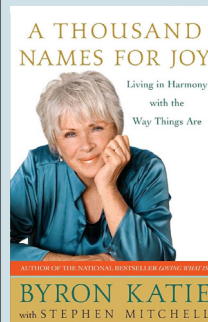
From the woman who gave the landmark testimony against Clarence Thomas as a sexual menace, a new manifesto about the origins and course of gender violence in our society; a combination of memoir, personal accounts, law, and social analysis, and a powerful call to arms from one of our most prominent and poised survivors.



Loving What Is, Revised Edition: Four Questions That Can Change Your Life (Paperback) **\$17.99**

By Byron Katie, Stephen Mitchell

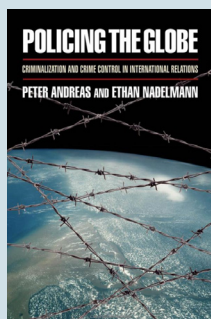
In 2003, Byron Katie first introduced the world to The Work with the publication of *Loving What Is*. Nearly twenty years later, *Loving What Is* continues to inspire people all over the world to do The Work; to listen to the answers they find inside themselves; and to open their minds to profound, spacious, and life-transforming insights. The Work is simply four questions that, when applied to a specific problem, enable you to see what is troubling you in an entirely different light.



A Thousand Names for Joy: Living in Harmony with the Way Things Are (Paperback) **\$16.99**

By Byron Katie, Stephen Mitchell

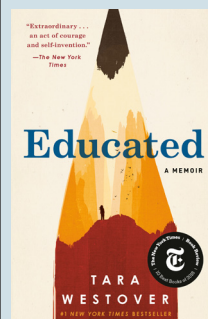
In her first two books, *Loving What Is* and *I Need Your Love – Is That True?* Byron Katie showed how suffering can be ended by questioning the stressful thoughts that create it. Now, in *A Thousand Names for Joy*, she encourages us to discover the freedom that lives on the other side of inquiry.



Policing the Globe: Criminalization and Crime Control in International Relations (Paperback) **\$28.95**

By Peter Andreas, Ethan Nadelmann

In this illuminating history that spans past campaigns against piracy and slavery to contemporary campaigns against drug trafficking and transnational terrorism, Peter Andreas and Ethan Nadelmann explain how and why prohibitions and policing practices increasingly extend across borders. The internationalization of crime control is too often described as simply a natural and predictable response to the growth of transnational crime in an age of globalization. Andreas and Nadelmann challenge this conventional view as at best incomplete and at worst misleading.



Educated: A Memoir (Available in Hardcover \$28.00 or Paperback \$18.99)

By Tara Westover

Born to survivalists in the mountains of Idaho, Tara Westover was seventeen the first time she set foot in a classroom. Her family was so isolated from mainstream society that there was no one to ensure the children received an education, and no one to intervene when one of Tara's older brothers became violent. When another brother got himself into college, Tara decided to try a new kind of life. Her quest for knowledge transformed her, taking her over oceans and across continents, to Harvard and to Cambridge University. Only then would she wonder if she'd traveled too far, if there was still a way home.

THE FOLLOWING CEUs HAVE BEEN APPROVED:

Board of Mental Health Practitioners (LCMHC)	5.0 CEUs
Alcohol and Substance Use Counselors (LADC)	5.0 CEUs
Social Work (LICSW)	5.0 CEUs
Board of Psychological Examiners	5.0 CEUs
Certified Recovery Coaches	5.0 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.

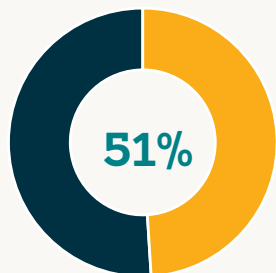
OUR MISSION

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

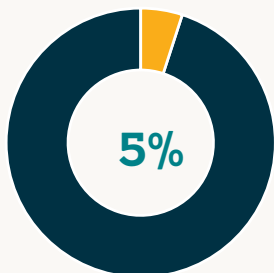
SOME OF THE MANY SERVICES WE OFFER INCLUDE:

- 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

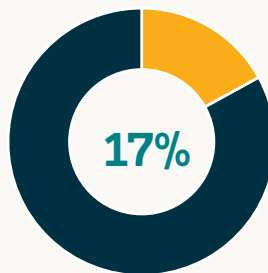
Who We Help



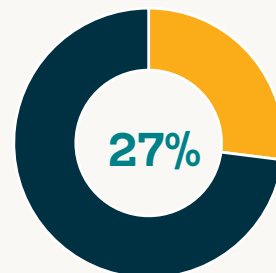
will come for mental health needs



will come for developmental disabilities and autism



will come for substance use treatment

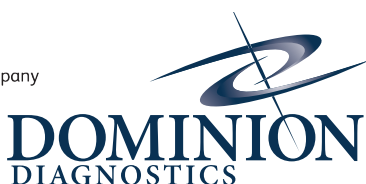


will have multiple needs

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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

SPEAKER PRESENTATION INFORMATION

“Pulling Back the Curtain: COVID-19 and Historic Health Inequities”

Mary T. Bassett MD, MPH



Since the beginning of recorded health data in the United States, Black Americans have consistently experienced poorer health outcomes and shorter life expectancy than their white counterparts due to the enduring impact of structural racism. This pattern has continued through COVID-19, when during the most recent Omicron surge, hospitalization rates among Black New Yorkers were twice that of white New Yorkers.

In this presentation, we will discuss the multitude of factors underlying structural racism, how they negatively impact communities of color in New York State and around the country, and actionable steps that healthcare providers, public health officials, and others must take to make meaningful and enduring change in the fight towards health equity and justice.

“Drug Policy Reform: Past, Present, and Future”

Ethan Nadelmann



Dr. Nadelmann will discuss the evolution of drug policies in the US, the harms that result from punitive prohibitionist policies, and the range of alternatives for better treating drug use and addiction as matters of health rather than criminal justice. He will focus in particular on four sets of psychoactive drugs: cannabis, opioids, psychedelics and nicotine.



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“What if relief from suffering, depression, and discontent were as simple as questioning your thoughts?”

Byron Katie



The Work is a structured inquiry process that investigates the relationship between thoughts and suffering. It facilitates the dissolution of dysfunctional beliefs and behavior patterns, leading to freedom from anxiety, stress, and anxiety-producing stories about the past and future. This professional training will enable participants to deeply experience The Work in their personal lives and to more effectively integrate The Work into their profession and client-centered therapy.

At this event, Byron Katie will guide participants through this powerful practice of questioning the mind's stressful thinking.

“Reconciling with a Traumatic Childhood”

Tara Westover



Through a discussion moderated by Dr. Jude Smith Rachele, Director of Diversity, Equity, and Inclusion, Howard Center and CEO of Abundant Sun, Tara Westover will discuss her memoir about her experiences growing up in poverty and isolated from much of society with survivalist parents who were suspicious of doctors, hospitals, schools, and the government.

Tara Westover will discuss her view that her father may be bipolar, her mother may have suffered a brain injury, and that her brother was abusive toward her. Their paranoid and controlling behavior presented exceptional challenges and she will reflect on the ways these issues impacted her own mental health and wellbeing. She will share how the conditions of her youth and upbringing shaped her life experience and how, in spite of never attending school as a child, she navigated her way into college and later to graduate school.



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“Our Critical Need to Eliminate Gender Violence and Inequality”

Anita Hill



Gender-based violence is as present today as it was when Anita Hill first testified at the Thomas confirmation hearing in 1991. However, years of reckoning with gender-based violence have brought us to a better understanding of the problem and closer to eliminating it. We now recognize that gender violence is not just one behavior, but a range of behaviors—from so-called micro-aggressions to horrific crimes. We now know that racism, homophobia, transphobia and ethnic and other biases compound the harm and limit victims’ ability to address it.

In this talk, Hill sheds light on the cultural, systemic and endemic nature and impact of gender violence. She also offers solutions, some individual, some public policy, learned from a lifetime of advocacy and her personal search for answers.



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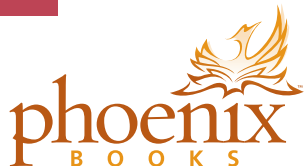
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Marsh McLennan Agency supports the Howard Center's mission of helping people and communities thrive by providing support and service to address mental health, substance use, and developmental needs.

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Arts Collective Show Schedule for 2022

Artist: Thomas Stetson



Burlington International Airport
March 15 - May 31

Fletcher Free Library
June 30 - July 29

UVM Fleming Museum
September 1 - December 31

PLUS Bi-monthly Artist Talks
Schedule varies

For more information, email
artscollective@howardcenter.org



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New England (HHS Region 1)

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Weekend Format



Vermont Association of
Addiction Treatment
Providers



United Way
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Northwest Vermont



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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."

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Safety Connection combines innovative technology and professional staff to deliver overnight support to 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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www.howardcenter.org

WITH SUPPORT FROM:

THE
University of Vermont
MEDICAL CENTER



THE UPSTANDERS, AN INDIEFLIX FILM ABOUT CYBERBULLYING

Film followed by panel discussion and Q & A with Michelle Fane, LCMHC, Howard Center, Logan Cross, the Big Picture Program, SBHS, and more. With support from Champlain Community Services.

May 4, 2022 | 6:00-7:30 pm | Zoom webinar panel with Q&A. Registration required at www.howardcenter.org.



HOW CAN WE MAKE VERMONT MORE WELCOMING AND INCLUSIVE FOR OUR DIVERSE COMMUNITY?

Jacob Bogre, Association for Africans Living in Vermont, Dr. Marissa N. Coleman, The University of Vermont Medical Center, Yasamin Gordon, City of Winooski, Tino Rutanhira, The Vermont Professionals of Color Network, and moderator Dr. Jude Smith Rachele, Howard Center and Abundant Sun

May 18, 2022 | 6:00-7:30 pm | Zoom webinar panel with Q&A. Registration required at www.howardcenter.org.

ZOE'S RACE

MAKING HOMES ACCESSIBLE

HOWARD CENTER

Sunday August 28, 2022
Oakledge Park, Burlington

12TH ANNUAL!

* SAVE THE DATE *

FREE 1K Fun Run
8:30 AM

5K Walk/Run
9:00 AM

10K Run
9:00 AM

FUN • FOOD • MUSIC

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**HOWARD
CENTER**
Help is here.

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, INDIGENOUS PEOPLES**, and **PEOPLE OF ALL FAITHS and ETHNICITIES**. • We support **INDIVIDUALS** and **FAMILIES** challenged by mental health, substance use, and developmental disabilities.

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

الجميع مرحب به هنا • Tất cả đều được chào đón ở đây

Tout le monde est le bienvenu ici • အားလုံးကို ဖိနပ်ရမှ ကြိုဆိုပါတယ်

Dadka kulushoo ha dhawaatheen • Ovdje su svi dobrodošli

歡迎各位 • **Dhammaan waa la soo dhaweynayaa**

Wote wanakubaliwa hapa • Todos son bienvenidos aquí

Сви су добродошли овде • མི་ཚང་མ་ཕེབས་པར་དགའ་བསུ་ཡོད།

सबै जनालाई यहाँ स्वागत छ।

**HATE HAS NO BUSINESS HERE.
All Are Welcome Here.**

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



**HOWARD
CENTER**
Help is here.

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New England (HHS Region 1)

ATTC

Addiction Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

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Vermont • C2, A Xerox Business Solutions
Company • Dominion Diagnostics • Fidelity
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