



**HOWARD
CENTER**

PRESENTS

BREAKING BARRIERS

Finding Purpose & Possibilities Together

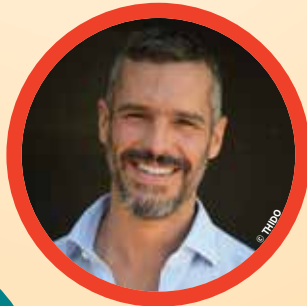
6TH ANNUAL CONFERENCE | APRIL 19, 2023 | 8:30am-4:30pm

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

Please join us for a day of inspiration and learning, featuring
the diverse perspectives of our international speakers.



NADINE BURKE HARRIS, MD
*award-winning physician,
researcher, and public
health leader*



BJ MILLER, MD
*physician
and author*



ANNA MALAIKA TUBBS, PhD
*bestselling author,
advocate, and educator*



DACHER KELTNER, PhD
*psychology professor
and author*



JEFFREY SWANSON, PhD
*psychiatry professor,
researcher, and author*

With event host Beth Holden, MS, LCMHC, LADC, 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 Administrator



OUTPATIENT RECOVERY



BREAKING BARRIERS

Finding Purpose & Possibilities Together

APRIL 19, 2023 | 8:30 am – 4:30 pm

— CONFERENCE SCHEDULE —

7:30 am – 8:30 am	Continental breakfast Registration and check-in
8:30 am – 9:00 am	Welcome Beth Holden, MS, LCMHC, LADC Event Host; Special guest remarks; Live musical performance by KeruBo
9:00 am – 10:00 am	BJ MILLER, MD followed by Q&A moderated by Dr. Jude Smith Rachele
10:00 am – 10:15 am	Break Book signing and sales
10:15 am – 11:15 am	ANNA MALAIKA TUBBS, PhD followed by Q&A moderated by Dr. Jude Smith Rachele
11:15 am – 11:30 am	Break Book signing and sales
11:30 am – 12:30 pm	Ray Sanchez, New England ATTC, introduces NADINE BURKE HARRIS, MD followed by Q&A moderated by Dr. Jude Smith Rachele
12:30 pm – 1:30 pm	Lunch break Spotlight videos Book signing and sales
1:30 pm – 1:45 pm	Spotlight video: Howard Center Arts Collective film
1:45 pm – 2:45 pm	JEFFREY SWANSON, PhD followed by Q&A moderated by Dr. Jude Smith Rachele
2:45 pm – 3:00 pm	Break Book sales
3:00 pm – 4:00 pm	Suzanne Tremblay, SaVida Health introduces DACHER KELTNER, PhD followed by Q&A moderated by Dr. Jude Smith Rachele
4:00 pm – 4:30 pm	Conference close Book signing and sales

Some of today's subject matter may be sensitive. Please take care of yourself.

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ABOUT THE SPEAKERS

Nadine Burke Harris, MD



Dr. Nadine Burke Harris is an award-winning physician, researcher and public health leader who has spent her career on the front lines of some of our world's most pressing public health challenges. As California's first-ever Surgeon General, she helped guide the state's

COVID response, co-chairing the committee to recommend vaccine allocation and helping California achieve the lowest cumulative mortality of any large state. Amid the throes of the COVID pandemic, Dr. Burke Harris successfully launched a first-in-the-nation statewide effort to train over 20,000 primary care providers on how to screen for Adverse Childhood Experiences (ACEs) and respond with trauma-informed care.

Dr. Burke Harris' career has been dedicated to serving vulnerable communities and combating the root causes of health disparities. After completing her MPH at Harvard and residency at Stanford, she founded a clinic in one of San Francisco's most underserved communities, Bayview Hunters Point. It was there that Burke Harris identified Adverse Childhood Experiences as a major risk factor affecting the health of her patients and applied research from the CDC and Kaiser Permanente to develop a novel clinical screening protocol. In 2011, she founded the Center for Youth Wellness to advance pediatric medicine, raise public awareness, and transform the way society responds to children exposed to ACEs and toxic stress. In this role, she founded the Bay Area Research Consortium on Toxic Stress and Health and led the first-ever randomized-controlled trial to validate ACE screening and assess treatment of toxic stress.

Dr. Burke Harris served as a committee member and co-author for the National Academies of Sciences, Engineering and Medicine for the consensus report *Vibrant and Healthy Kids: Aligning Science, Practice and Policy to Advance Health Equity*, published in 2019; and as a member of the American Academy of Pediatrics' National Advisory Board for Screening. Her work has been profiled in best-selling books, including *How Children Succeed* by Paul Tough and *Hillbilly Elegy* by J.D. Vance, as well as in Jamie Redford's feature film, *Resilience*. She has also been featured on NPR, CNN, and Fox News as well as in *USA Today* and *The New York Times*. Dr. Burke Harris' TED Talk, "How Childhood Trauma Affects Health Across the Lifetime," has been viewed more than 10 million times. Her book, *The Deepest Well: Healing the Long-Term Effects of Childhood Adversity*, was called "indispensable" by *The New York Times*.

Dr. Burke Harris is the recipient of the Arnold P. Gold Foundation Humanism in Medicine Award presented by the American Academy of Pediatrics and the Heinz Award for the Human Condition. She was named one of 2018's Most Influential Women in Business by the San Francisco *Business Times* and as one of *Capitol Weekly's* Top 100 most influential people in 2020.

Dacher Keltner, PhD



Dr. Dacher Keltner's research focuses on the biological and evolutionary origins of compassion, awe, love, beauty, power, social class, and inequality. As a Professor of Psychology at the University of California, Berkeley, and director of the Berkeley Social

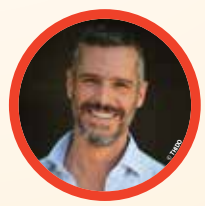
Interaction Lab, he is a leading scholar in the study of emotion, including a new project on awe around the globe, as well as power, class, and inequality. Dacher also serves as the Faculty Director of the Berkeley Greater Good Science Center. In 2020, along with Michael Pollan and others, he co-founded the UC Berkeley Center for the Science of Psychedelics. The center conducts research using psychedelics to investigate cognition, perception, emotion, and their biological bases in the human brain.

Dacher is the author of *The Power Paradox*, as well as the bestseller, *Born to Be Good: The Science of a Meaningful Life and The Compassionate Instinct*. He has published over 190 scientific articles, including seminal works on the psychology of awe (Keltner & Haidt, 2003) and is the co-author of two textbooks. He is also co-editor of *The Gratitude Project: How the Science of Thankfulness Can Rewire Our Brains for Resilience, Optimism, and the Greater Good*. He has written for *The New York Times Magazine*, *London Times*, and *Utne Reader*, and his research has been covered in *TIME*, *Newsweek*, *The Wall Street Journal*, *The New York Times*, CNN, NPR, and the BBC, as well as many other outlets. His new book is *Awe: The New Science Of Everyday Wonder and How it Can Transform Your Life* (Penguin Random House, January 3, 2023).

Dacher has collaborated on projects at Facebook and Google and served as a scientific consultant for Pixar's film *Inside Out*. He is featured in Tom Shadyac's documentary *I Am*. He has twice presented his research to His Holiness the Dalai Lama as part of a continuing dialogue between the Dalai Lama and scientists. Dacher has received outstanding teacher and research mentor awards from UC Berkeley, and seen 20 of his PhD students and post-doctoral fellows become professors.

Dacher is an outstanding speaker who has received several national research and teaching awards. *Wired* magazine has rated the podcasts of his "Human Emotion" course as one of the five best academic podcasts in the country. *The Utne Reader* named Dacher as one of its 50 Visionaries of 2008. In April 2020, he was voted into the American Academy of Arts & Sciences.

BJ Miller, MD



Dr. BJ Miller is one of the pre-eminent speakers on patient-centered care, palliative, and end-of-life care. Drawing on his expertise as a physician, a former Executive Director of the Zen Hospice Project, and as a patient, he is an advocate for a healthcare system that

maximizes quality of life and minimizes unnecessary suffering.

Dr. Miller is the CEO of Mettle Health, a company he co-founded with the aim to provide personalized, holistic consultations for any patient or caregiver who needs help

(continued on next page)

navigating the many practical, emotional, and communication issues that come with serious or chronic illness, end of life and disability. He is the Dream Foundation Honorary Medical Chair, the only national dream-granting organization for terminally-ill adults.

His TED Talk, “What Really Matters at the End of Life,” about keeping the patient at the center of care and encouraging empathic end-of-life care, has garnered over 15 million views to date and is ranked among the most viewed talks on the platform.

His first book, *The Beginner’s Guide to the End: Practical Advice for Living Life and Facing Death*, is a comprehensive and compassionate guide to dying — and living fully until you do. There are plenty of self-help books for mourners, but nothing in the way of a modern, approachable and, above all, useful field guide for the living. Written from the perspective of an insider in the medical system and as a fellow patient himself, Dr. Miller offers an honest, compassionate, and detail-oriented survey that provides guidance on all related experiences that come up when one is dying, and will bring optimism to empower readers with the knowledge, resources, and tools that all of us will inevitably need.

Dr. Miller was Executive Director of the Zen Hospice Project from 2011-2016, where he helped develop and share a pioneering model of human-centered end-of-life care.

Raised in Chicago, Dr. Miller studied art history as an undergraduate at Princeton University. After several years working in both the art and disability-rights non-profit communities, he enrolled at UCSF, where he completed his MD as a Regents’ Scholar in 2001. He completed his internal medicine residency at Cottage Hospital in Santa Barbara, California, where he served as chief resident. He completed his fellowship in Hospice & Palliative Medicine at Harvard Medical School, with his clinical duties split between Massachusetts General Hospital and Dana-Farber Cancer Institute.

Among the various awards he has received, Dr. Miller won the William Osler Distinguished Teaching Award, as well as the AAHPM/Project on Death in America Palliative Medicine Community Leadership award.

Jeffrey Swanson, PhD



Dr. Swanson is a professor in Psychiatry and Behavioral Sciences at Duke University School of Medicine and a faculty affiliate of the Wilson Center for Science and Justice at Duke Law School.

He earned a PhD in sociology from Yale University and completed a postdoctoral fellowship in mental health services and policy research at Duke and the University of North Carolina at Chapel Hill.

Dr. Swanson is the author or coauthor of over 250 publications focused on the epidemiology of violence and serious mental illnesses, effectiveness of community-based interventions and services for adults with schizophrenia and other serious psychiatric disorders, laws and policies to reduce firearm-related violence and suicide, involuntary outpatient commitment, and psychiatric advance directives. He received the 2020 Isaac Ray Award from the American Psychiatric Association and

the American Academy of Psychiatry and Law for outstanding contributions to the psychiatric aspects of jurisprudence. He received the 2011 Carl Taube Award from the American Public Health Association for outstanding contributions to mental health services research.

Swanson serves on the Executive Steering Committee of the Consortium for Risk-Based Firearm Policy. He previously served as a member of the John D. and Catherine T. MacArthur Foundation Research Network on Mandated Community Treatment and the Methods Core of the Robert Wood Johnson Foundation Public Health Law Research Program. He has delivered prestigious endowed lectures including the P. Browning Hoffman Memorial Lecture in Law and Psychiatry at the University of Virginia School of Law and the Raymond W. Waggoner Lecture on Ethics and Values in Medicine at the University of Michigan.

Dr. Swanson has discussed his research on numerous national TV appearances, including CNN, the PBS News Hour, MSNBC, CBS News, and Bloomberg News, and his research has been featured in *The New York Times*, *The Washington Post*, *Time Magazine*, *The New Yorker*, and other national news outlets. He frequently serves as a consultant to public policymakers at the state and national levels.

Anna Malaika Tubbs, PhD



Dr. Anna Malaika Tubbs holds a PhD in Sociology and a Masters in Multidisciplinary Gender Studies from the University of Cambridge, in addition to a Bachelors in Medical Anthropology from Stanford University. Anna’s research,

writing, and talks are centered on gender and race issues in the U.S., especially as these relate to the erasure of Black women. Anna’s debut book, *The Three Mothers: How the Mothers of Martin Luther King, Jr, Malcolm X, and James Baldwin Shaped a Nation*, is a *New York Times* bestseller, as well as a *New York Times* Editor’s Choice and an Amazon Editor’s Pick. Anna was also previously the First Partner of Stockton, California. In her role, she co-authored the “Report on the Status of Women in Stockton” to help guide future policy decisions with the experiences of diverse women in mind. Her work has been featured on/in CBS This Morning, Good Day LA, Oprah Daily, *People Magazine*, *USA Today*, *The Skimm*, *Fortune Magazine*, MSNBC, C-Span, NPR, *Forbes*, The 19th News, GMA.com, Yahoo News, *The Washington Post*, *Southern Living Magazine*, and more. Anna has a TED Talk, *How Moms Shape the World*.

**Some of today’s subject matter may be sensitive.
Please take care of yourself.**

ABOUT THE HOST AND MODERATOR

Beth Holden, MS, LCMHC, LADC



Our host, Beth Holden, is a Licensed Clinical Mental Health Counselor and a Licensed Alcohol and Drug Counselor in the state of Vermont. She holds a Master of Science degree in community counseling from the University of Vermont. She has worked as a clinician, supervisor, and administrator in the mental health and substance use fields with adults, youth, and families for 30+ years.

Beth is Howard Center's Chief Client Services Officer and previously held the position of Director of Home and Community Services, as well as serving in the Children's Co-Director role in the state designated agency system. She has specialty training in emergency mental health services, co-occurring disorders, trauma integrated practice, managing suicidality, and supervision.

Beth is a believer and supporter of community mental health services and provides leadership in developing increased competencies for all staff providing integrated services, trauma informed practice, and suicide care. She is level two trained in EMDR, a certified state of Vermont Attachment, Regulation and Competency (ARC) trainer and has been a clinical supervisor for 25+ years. Beth is an experienced presenter and provides workshops on many topics related to trauma-informed practice and mental health. She has also served as an instructor for the UVM Graduate Counseling Program and taught classes on trauma-informed care and counseling children and adolescents. She previously served her

disciplines on the Vermont Addictions Professionals Association Board and the UVM Graduate Counseling Program Advisory Board.

Jude Smith Rachele, PhD



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 in 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 a recent book, *Dismantling Diversity Management: Introducing an Ethical Performance Improvement Campaign*. Jude has been a regular commentator on Vermont Public, delivering several powerful and insightful commentaries on contemporary issues. Jude and the Abundant Sun team have been supporting Howard Center's Diversity, Equity, and Inclusion initiatives since 2015. Jude will serve as our conference moderator.

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**.*

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歡迎各位 • Dhammaan waa la soo dhaweynayaa
Wote wanakubaliwa hapa • Todos son bienvenidos aquí
Сви су добродошли овде • མི་ཚང་མ་ཤེས་པ་པར་དགའ་བསུ་ཡོད།
सबै जनालाई यहाँ स्वागत छ।



Who We Are

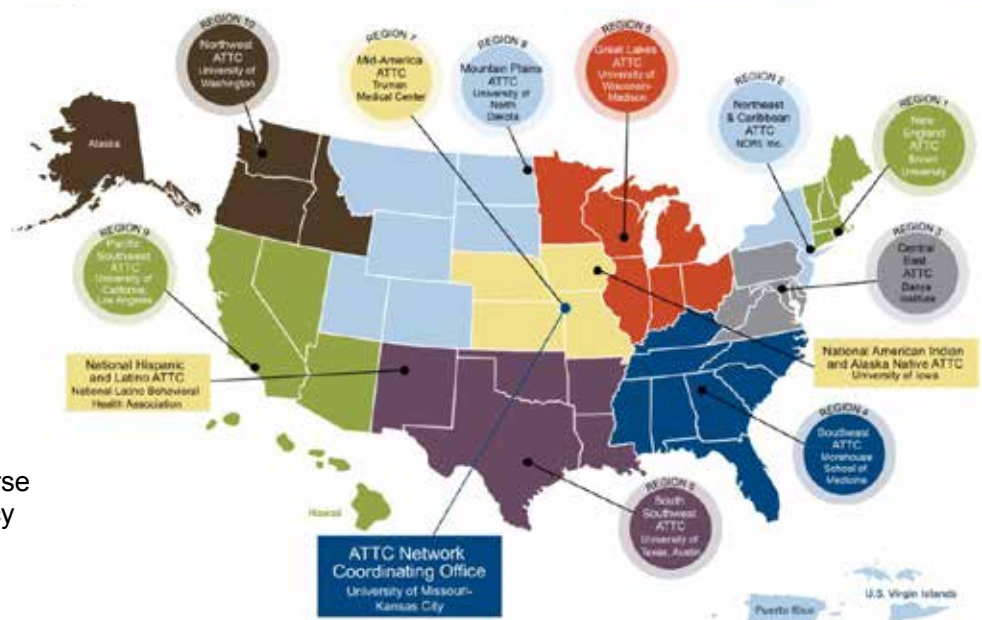
The New England Addiction Technology Transfer Center is part of the national ATTC network comprised of 10 Domestic Regional Centers, 4 Special Focus Area Centers and a Network Coordinating Office. Together the Network serves the 50 U.S. states, the District of Columbia, Puerto Rico, the U.S. Virgin Islands, 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
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newengland@attcnetwork.org
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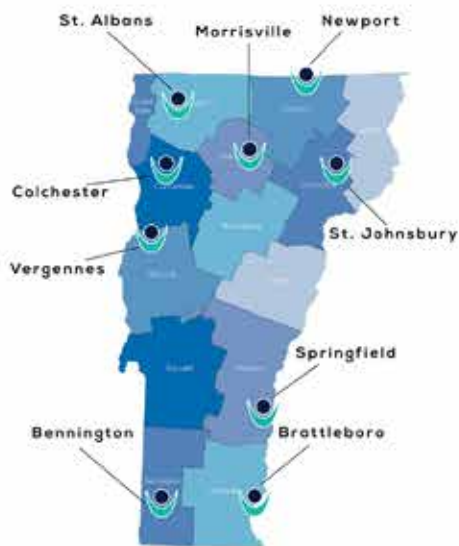
We also develop collaborative relationships with providers and organizations in the treatment, criminal justice, faith, medical, education, and recovery communities

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



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SPEAKER PRESENTATION INFORMATION

“Adverse Childhood Experiences (ACEs) and Toxic Stress”

Nadine Burke Harris, MD



Dr. Burke Harris’s presentation will include an overview of ACEs and Toxic Stress, including how common they are, what it means to experience them, and how people respond to them. She will discuss the long-term impacts of ACEs and toxic stress on individuals and share recommendations from *Roadmap for Resilience: The California Surgeon General’s Report on Adverse Childhood Experiences, Toxic Stress and Health*.

“Awe, Transcendence, and Psychedelics”

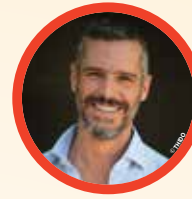
Dacher Keltner, PhD



Dr. Keltner will outline how experiences of awe enable better mental and physical health. He will outline studies of how awe does this through shifts in the body, sense of self, community, and meaning. He then will apply this thinking to the latest science of psychedelics, exploring the promise and perils of these new medicines.

“Irreducible”

BJ Miller, MD



Dr. Miller will discuss the current state of palliative and end-of-life care and speak about living well with illness and disability. With a passion for minimizing unnecessary suffering and maximizing quality of life, he will share his views on creating a healthcare system that prioritizes and delivers patient well-being.

“Gun violence, mental illness, and the law: Balancing risk and rights for effective policy solutions”

Jeffrey Swanson, PhD



Dr. Swanson will describe firearm-related violence and suicide in America as a major population health problem, and as a complex puzzle for public policy and practice. The lecture will present research evidence to support practical solutions that balance risk and rights. The presentation will highlight one promising ‘puzzle piece’ in particular—the Extreme Risk Protection Order, a civil court order to temporarily remove firearms from persons who are deemed to pose a significant risk of

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harming others or themselves. Importantly, the new laws are designed to appropriately balance public safety concerns with the right to possess a gun—without stigmatizing people with mental illness or criminalizing the respondent—and using a process that may enable the person to obtain necessary treatment and support. New research evidence will be presented on the implementation and effectiveness of these laws, especially in preventing gun suicides.

“The Power of Recognition” Anna Malaika Tubbs, PhD



Dr. Anna Malaika Tubbs’s presentation will draw on stories from the lives of the mothers of Martin Luther King, Jr., Malcom X, and James Baldwin, to highlight the importance of giving recognition where it is due. Seeing someone is humanizing them. Dr. Tubbs will

share the stories of these three women—whose lives have largely been hidden—as a basis for a discussion about correcting marginalization by first recognizing the lives and contributions of those who are traditionally overlooked and underrepresented, like Black women and mothers. She will ask participants to think about and pay attention to these groups and think about the impact and intent behind denying them recognition.

THE FOLLOWING VERMONT CEUs HAVE BEEN APPROVED OR ARE PENDING*:

Board of Mental Health Practitioners (LCMHC)	5.0 CEUs	Approved
Alcohol and Substance Use Counselors (LADC)	5.0 CEUs	Approved
Social Work (LICSW)	5.0 CEUs	Approved
Board of Psychological Examiners	5.0 CEUs	<i>Pending</i>
Certified Recovery Coaches	5.0 CEUs	Approved

CEU certificates are available following the conference by emailing DevelopmentTeam@howardcenter.org.

**pending at time of printing*

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Network: Hilton Honors Meeting
Password: Meeting1



Community Starts Here.

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

THE
University of Vermont
MEDICAL CENTER

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OTHER HIGHLIGHTS

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.

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.



FILM: *Call and Response: Personal Reflections on the Fleming Collection*

This film depicts the unique collaboration between the Howard Center Arts Collective and the Fleming Museum. Arts Collective artists created work inspired by a piece from the museum collection. Each of the 16 exhibiting members used the museum's online collections database to identify artwork of personal interest, from which they drew inspiration to create something new. The exhibit was on view in 2022, and the artist's works are included in today's presentation.



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and we're honored to support
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MUSICAL PERFORMANCE

KeruBo is a singer/song-writer and Afro-Jazz artist, born in Kendu Bay, Kenya, who now lives in the Burlington, Vermont area. KeruBo is engaged in social work as a case manager at a local NGO, which is focused on helping refugees.



She has more than 20 years of experience performing all over the world in music festivals. Her style of music is a blend of African traditional music, with inflections of Brazilian samba/bossanova, jazz, and blues. Her love for music began at a very young age. She is the middle child of seven children who sang a cappella together with their parents.

Her debut album, titled “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. The album is a culmination of years of writing and performing that speaks to KeruBo’s mission for social justice. Every song tells a story, from lamenting the struggles of life, to encouraging words of self-acceptance.

KeruBo is a case manager, women’s groups coordinator, and TST-R Provider at the Association of Africans Living in Vermont in Burlington, Vermont. She uses the Trauma Systems Therapy for Refugees method in her work and is passionate about representation among marginalized groups that have been deeply impacted by inadequate social structures.



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SPEAKER BOOKS

Books are available for sale at the conference or online through Phoenix Books. See conference agenda for book signing schedule.

<p>HOW TO ORDER ONLINE:</p> <p>Click the book cover you want to order to access the Phoenix Books weblink or contact Phoenix Books with questions.</p>  <p>Free domestic shipping for books on orders of \$40 or more. Orders under \$40 will incur a \$5 shipping fee.</p> <p>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</p>		<p><i>The Deepest Well: Healing the Long-Term Effects of Childhood Trauma and Adversity</i> (Available in Paperback \$15.99) By Nadine Burke Harris</p> <p>“A powerful—even indispensable—frame to both understand and respond more effectively to our most serious social ills.”—<i>New York Times</i></p>
 <p><i>Awe: The New Science of Everyday Wonder and How It Can Transform Your Life</i> (Available in Hardcover \$28.00) By Dacher Keltner</p> <p>In <i>Awe</i>, Dacher Keltner presents a radical investigation and deeply personal inquiry into this elusive emotion. Revealing new research into how awe transforms our brains and bodies, alongside an examination of awe across history, culture, and within his own life during a period of grief, Keltner shows us how cultivating awe in our everyday life leads us to appreciate what is most humane in our human nature.</p>		<p><i>Born to Be Good: The Science of a Meaningful Life</i> (Available in Paperback \$16.95) By Dacher Keltner</p> <p>In this startling study of human emotion, Dacher Keltner investigates an unanswered question of human evolution: If humans are hardwired to lead lives that are “nasty, brutish, and short,” why have we evolved with positive emotions like gratitude, amusement, awe, and compassion that promote ethical action and cooperative societies?</p>
 <p><i>The Power Paradox: How We Gain and Lose Influence</i> (Available in Paperback \$16.00) By Dacher Keltner</p> <p>A revolutionary and timely reconsideration of everything we know about power. Celebrated UC Berkeley psychologist Dr. Dacher Keltner argues that compassion and selflessness enable us to have the most influence over others and the result is power as a force for good in the world.</p>		<p><i>The Compassionate Instinct: The Science of Human Goodness</i> (Available in Paperback \$17.95) By Dacher Keltner</p> <p>Leading scientists and science writers reflect on the life-changing, perspective-changing, new science of human goodness.</p>
 <p><i>A Beginner's Guide to the End: Practical Advice for Living Life and Facing Death</i> (Available in Paperback \$20.99) By BJ Miller</p> <p>“A gentle, knowledgeable guide to a fate we all share” (<i>The Washington Post</i>): the first and only all-encompassing action plan for the end of life.</p>		<p><i>The Three Mothers</i> (Available in Hardcover \$28.99 or Paperback \$17.99) By Anna Malaika Tubbs</p> <p>In her groundbreaking and essential debut <i>The Three Mothers</i>, scholar Anna Malaika Tubbs celebrates Black motherhood by telling the story of the three women who raised and shaped some of America's most pivotal heroes.</p>



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Help New England ATTC continue to support professional educational events and address the needs of our region by completing a brief evaluation.





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

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



We are grateful for the Howard Center's investment in advancing a sustainable Vermont through their critical services.



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.

OUR VISION







Howard Center is a national leader in the delivery of integrated and seamless community-based supports for individuals, families, and communities in need. Help is here.

OUR VALUES








- Clients are at the heart of our decision making.
- We are committed to individual and collective well-being and success.
- We are responsible stewards of the resources entrusted to us.
- We are steadfast in our practice and pursuit of excellence.



Who We Are

 19,513* Neighbors helped in FY22	 24/7/365 Round-the-clock service	 60+ Howard Center locations
 1,600 Howard Center employees	 5th Largest Employer in Chittenden County	 12th Largest Employer in Vermont

How We Help: Individuals Served*

 5,338 in Outpatient Services	 1,895 in Medication Assisted Treatment	 4,384 in Crisis Services
 1,813 in School-Based Services	 2,197 in Community-Based Support	 929 in Residential Services
		 473 in Employment Programs

* These numbers from FY22 include 11,513 individuals enrolled as clients and thousands of others who receive support and services from Howard Center, including our Community Outreach, Street Outreach, Safe Recovery, and crisis programs, without officially enrolling as clients.



“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 combines innovative technology and professional staff to deliver overnight support to people living independently in communities throughout Vermont.

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

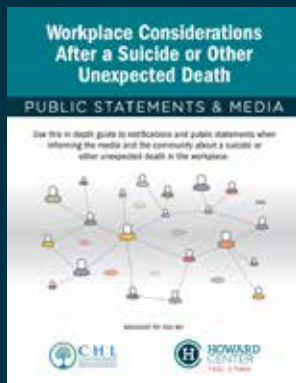
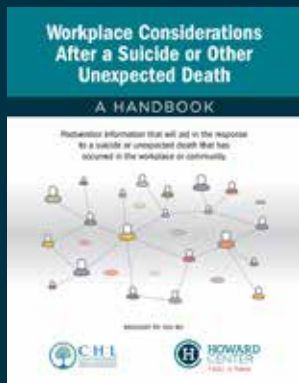
For more information, contact Cathie Buscaglia at 802-488-6535 or cathieb@howardcenter.org.



Helping Vermonters Live Independently Since 2006

Suicide Impacts Everyone.

Resources available at howardcenter.org



Sometimes, Change is Necessary.

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Same Day Screening Results.
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Specializations in:

Integrated Mental Health & Substance Use Counseling for Children, Youth, and Families and Adults

Preparation for Licensure:

VT LCMHC, LADC
(most content for LADC)

Learn more:

Admissions@VermontState.edu

— **OneCare Vermont** —
Supporting providers to deliver high-quality, coordinated care to Vermonters



Arts Collective Show Schedule for 2023



Artist: Amjed Jumaa

City Market Co-Op, South End location
March and April 2023

FlynnDog Gallery
June and July 2023

Metropolitan Gallery at Burlington City Hall
October and November 2023

PLUS Bi-monthly Artist Talks
Schedule varies

For more information, email
artscollective@howardcenter.org



SUPPORTER



FRIEND



ALLY



HOWARD CENTER presents

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FREE AND OPEN TO THE PUBLIC

RACIAL TRAUMA AND GENERATIONAL HEALING

With Howard Center's Diversity, Equity, and Inclusion Director Catarina Campbell, M.Ed. Presentation followed by Q&A.

May 18, 2023 | 7:00-8:00 pm

Zoom webinar with Q&A.

Registration required at howardcenter.org.



802-488-6912

www.howardcenter.org

WITH SUPPORT FROM

THE
University of Vermont
MEDICAL CENTER



HOWARD
CENTER
Help is here.

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



JOIN OUR TEAM!



Join our team to make a difference in your community. Howard Center has over 50 programs serving our community, and we have opportunities for everyone to be part of our team. We are hiring now for jobs that start *immediately*.

Apply Today!

**Sign-on bonuses available
for select positions**



Full-time, Part-time, and Substitute Positions Available • Flexible Schedules • Competitive Compensation • Great Benefits, including 36 days of paid time off • Inclusive Work Culture



OUR MISSION

We embrace our Champlain tradition as an institution that prepares students to excel through radically pragmatic career-focused education. We are a supportive learning community that advances society by delivering uniquely future-focused academic programs, transformative hands-on experiences, and meaningful connections and collaborations that engage the passions of our students to create a better world.



CHAMPLAIN COLLEGE

Center for Community & Social Justice

**Connecting you
to the services
you need.**



VT Helplink
Alcohol & drug support center

802.565.LINK
VTHelpLink.org



*Improving lives and
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www.HomeShareVermont.org

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RACE**

MAKING HOMES ACCESSIBLE
HOWARD CENTER

Sunday August 27, 2023
Oakledge Park, Burlington

13TH 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

802-488-6535
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THANK YOU SUPPORTERS



Abundant Sun • BCBSVT - BlueCross BlueShield of Vermont • Champlain Toxicology Lab • Champlain College Center for Community and Social Justice • Dominion Diagnostics • Fidelity • Janssen Pharmaceuticals, Inc. • HomeShare Vermont • Marsh McLennan Agency • NAMI National Alliance on Mental Illness • New England Addiction Technology Transfer Center • NVU/VTSU Graduate Programs in Counseling • OneCare Vermont • Peak Outcome Partners • Phoenix Books • SaVida Health Outpatient Addiction Recovery • Safer Society Foundation • University of Vermont Medical Center • VELCO • Vermont Department of Health Division of Substance Use Programs • Vermont Medical Society • VTDigger • VT Helplink



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