Beyond Trauma:  
A Healing Journey for Women

Featuring:  
Carol Ackley and Christine Smith, MA

February 4 & 5, 2019

February 4, 2019 – 9:00am to 1:00pm General Session
February 4, 2019 1:00 – 4:00 Beyond Trauma Curriculum
February 5, 2019 – 9:00am to 4:00pm Beyond Trauma Cont.

Kellogg Hotel & Conference Center  
219 S Harrison Rd, East Lansing, MI 48824

This event is sponsored by the Michigan Department of Health and Human Services, Behavioral Health & Developmental Disabilities Administration, Office of Recovery Oriented Systems of Care, and facilitated by Community Mental Health Association of Michigan. If you have questions, please contact Annette Pepper at apepper@cmham.org or call 517-374-6848.
**General Session: February 4, 2019 – 9:00am to 1:00pm: Who Should Attend:** Individuals who work with families impacted by substance use disorder and trauma. This includes family dependency court personnel – judges, attorneys, prosecutors; child welfare staff – Children’s Protective Services, Foster Care; public health – home visitors, infant mental health; substance use disorder programs – prevention, treatment and recovery service providers.

**Beyond Trauma Curriculum Training February 4, 2019 1:00 – 4:00 and February 5, 2019 – 9:00am to 4:00pm Beyond Trauma Cont.: Who Should Attend:** Prepaid Inpatient Health Plans’ Women’s Treatment Coordinators, Clinical Supervisors, Clinicians, and Case Managers in Designated Women’s Programs in Michigan. All registrations will be reviewed and approved by MDHHS before being confirmed. Must participate in both training days.

**Overview:** While research and clinical experience indicate a high incidence of trauma and co-occurring disorders in women’s lives, counselors and clinicians often struggle with the realities of providing treatment. This workshop is based on the newly revised evidence-based treatment curriculum, *Beyond Trauma: A Healing Journey for Women*. This twelve-session intervention is designed for use in outpatient, residential, and criminal justice settings. Cognitive-behavioral techniques, mindfulness, body-focused exercises, expressive arts, and the principles of relational therapy are integrated in this strength-based approach. The curriculum also has a psycho-educational component that teaches women what trauma is, its process, and its impact on both the inner self (thoughts, feelings, beliefs, values) and the other self (behavior and relationships, including parenting). This workshop includes demonstration of techniques that counselors can use to help clients develop coping skills, as well as emotional wellness. The newly revised six session *Healing Trauma* intervention is also discussed.

This presentation will discuss the definition of trauma as well as the physical and mental responses to traumatic situations. Short- and long-term symptomology will be discussed. The principles of trauma-informed care will also be discussed.

**Topics:**
- Five core values of trauma-informed services
- Physical and mental symptomology
- Trauma and gender differences
- ACE study
- Trauma-specific resources
- Vicarious trauma

**Learning Objectives**
- Discuss essential elements in trauma-specific services for women
- Explicate the process of trauma
- Provide specific treatment interventions

**Carol Ackley:** Carol Ackley, as the former executive director of River Ridge Treatment Center, developed and implemented gender responsive, trauma-informed, co-occurring treatment services in the Twin Cities Metro area. During her sixteen years in that position, Ms. Ackley created, implemented, and supervised outpatient and residential substance abuse treatment for adults and educational services for adolescents and adults in the Twin Cities Metropolitan area. Ms. Ackley was educated at the University of Wisconsin and the College of St. Catherine. She has worked in the substance abuse field for over twenty-five years as a licensed alcohol and drug counselor in the state of Minnesota. She has developed numerous seminars and workshops on women’s issues and substance abuse, addictive disorders, cooccurring disorders, trauma-informed services, the impact of addiction on family systems, and the vulnerability of the adolescent brain to substance abuse. She is a national speaker on multiple issues relating to substance abuse and her lecture on "Brain Chemistry of Addiction" has been used widely to educate business, behavioral health and social services, academia, corrections, and judicial personnel, as well as clients and their families about addictive disease, treatment, and prevention. In addition, she has served as a reviewer for the Treatment Improvement Protocols (TIP) series for the National Institute of Health and has provided a leadership role in MNFRESH, a statewide consortium of providers of behavioral health services for women and their families. Ms. Ackley has done consulting work with National Institute of Corrections (NIC).

**Christine Smith, MA:** Christine has over ten years of experience working with families from American Indian and African American backgrounds at both the local non-profit and state levels. Her non-profit experience was providing culturally relevant services for parents participating in the Minnesota Family Investment Program. Through the state she has worked with Tribal communities who have experience health and income disparities to design programs rooted in cultural wisdom and strengths. She has been training on the topic of historical trauma for 10 years and for the past 2 years training on understanding Adverse Childhood Experiences across the state. More recently she is providing consultation to the Office of Family Assistance and other national organizations on two generation approaches. She holds a Masters from Concordia University in the area of Family Life Education and Bachelors in Communication from Augsburg College.
Substance Abuse Professionals: Community Mental Health Association is approved by the Michigan Certification Board for Addiction Professionals (MCBAP) to sponsor educational training for professional certification. CMHAM maintains the responsibility for the program and content.

Substance abuse professionals participating in February 4, 2019 – 9:00am to 1:00pm - GENERAL SESSION will receive 3 (Specific) contact hours.

Substance abuse professionals participating in the Beyond Trauma Curriculum on February 4, 2019 1:00 – 4:00 & February 5, 2019 – 9:00am to 4:00pm Beyond Trauma will receive 12 (Specific) contact hours.

Certificate Awarded: At the conclusion of this two-day training, turn in your Certificate of Attendance form to the CMHAM Staff to be approved. You will turn in the top sheet & retain the bottom sheet which serves as your certificate. No other certificate will be given.

Those who arrive late or depart early will forfeit their continuing education. No exceptions will be made.

Evaluation/Grievance: There will be an opportunity for each participant to complete an evaluation of the course and the instructor. If you have any issues with the way in which this conference was conducted or other problems, you may note that on your evaluation or you may contact CMHAM at 517-374-6848 or through our webpage at www.cmham.org for resolution.

February 4, 2019 – 9:00am to 1:00pm - GENERAL SESSION is COMPLIMENTARY.

February 4, 2019 1:00 – 4:00 Beyond Trauma Curriculum & February 5, 2019 – 9:00am to 4:00pm Beyond Trauma Cont. CURRICULUM TRAINING registration fee is $25 PER PERSON (COST SHOWN INCLUDES COFFEE & LUNCH). Payment will be required prior to attendance. Payment methods available in advance and onsite: credit card, check or exact cash. If payment has not been received, fees will be collected at registration the day of the event unless alternate arrangements are preapproved by CMHAM. Purchase Orders are not considered payment.

CLICK HERE TO REGISTER

Cancellation Policy: If you do not cancel and do not attend, you are still responsible for full registration fee. Substitutions are permitted at any time. Cancellations must be received in writing at least 10 business days prior to the conference for a full refund less a $5 administrative fee. If cancellation is received less than 10 business days prior to the training, no refund will be given. Cancellation and Substitution Process: Simply sign into your account, click "View My Registrations," click the event and click, "Edit" for a substitution, or "Cancel Order" and follow the prompts.

Overnight Accommodations: Kellogg Hotel & Conference Center, 219 S Harrison Rd, East Lansing, MI 48824. Call 517-432-4000 and mention that you are with CMHA to receive a discounted rate of $85 + tax per night. Parking at the Kellogg Hotel and Conference Center is $12/day (parking will not be validated).