

BIOGRAPHICAL INFORMATION FOR INSTRUCTORS: Spring 2024

Stephen R. Andrews LCSW, LADC, CCS is a storyteller, trainer, therapist and author. He maintains a compassion-focused practice in Portland, Maine and facilitates a variety of mutual aid support groups. A member of the International Motivational Interviewing Network of Trainers (MINT) since 2003, he became a certified MINT trainer in 2019.

Billy Bromage, MSW, has been working at the Yale Program for Recovery and Community Health since 2012. He focuses on working alongside people in mental health and substance use recovery and people experiencing homelessness to engage with and shape their community. This work includes civic engagement and community-building projects like Project Connect and Focus Act Connect Every-day (FACE), as well as support for groups doing advocacy and community organizing from a lived experience perspective including Witnesses to Hunger and the Unhoused Activists Community Team (U-ACT). In addition, he designs classes for psychiatry residents in partnership with New Haven community leaders and activists as a faculty member of the Social Justice and Health Equity curriculum in the Yale Department of Psychiatry. Billy was a core faculty member in the two-year Recovering Citizenship Learning Collaborative (RCLC), which was spearheaded by the Connecticut Department of Mental Health and Addiction Services (DMHAS).

Bridgett Williamson is currently the Co-Director of the Citizens Project in New Haven, Connecticut, for Yale's Program for Recovery & Community Health. She has worked in the field of Peer Support Services for approximately eleven years. Her work began as a peer mentor for Columbus House, Inc. in New Haven, Connecticut. She has been with Yale-PRCH since 2007, starting first as a casual employee, and since 2013, she has been employed by Yale as a Research Assistant. Her contribution to the work of citizens-oriented care, community organizing, and peer support has influenced the field nationally and internationally. Bridgett has presented in Montreal and Glasgow. Bridgett was a core faculty member in the two-year Recovering Citizenship Learning Collaborative (RCLC), which was spearheaded by the Connecticut Department of Mental Health and Addiction Services (DMHAS). According to Bridgett, "I love my work, I can be myself. I don't have to pretend. When I'm working with my peers, I meet them where they're at. I know that I'm not always going to connect with people right away, but in time, once they see that I'm not going anywhere, the walls come down."

Anthony Cretella, R.N., is a Registered Nurse who has worked as a Medical / Surgical Nurse since 2010 in the state's largest hospital systems. Previous to coming to Department of Mental Health and Addiction Services he worked in Connecticut's Department of Corrections as a Nurse and Facility Staff Educator. While with CT Department of Mental Health and Addiction Services he has functioned as a Nurse Consultant and Clinical Educator.

Dr. Brian Fuehrlein graduated from the M.D. Ph.D. program at the University of Florida in 2008, adult psychiatry residency program at the University of Texas Southwestern Medical Center in 2012 and addiction psychiatry fellowship at Yale University in 2013. He is currently an Associate Professor and the director of the psychiatric emergency room at the VA Connecticut. Dr. Fuehrlein has a strong interest in medical student and resident education, particularly surrounding addiction psychiatry and serves on multiple local and national committees in this role. In 2017 he was awarded the Irma Bland award for excellency in psychiatry resident education through the APA. In 2018 he was awarded the Clerkship Faculty Teaching Award for Outstanding Medical Student Educator and Role Model. He is also passionate about emergency psychiatry and substance use disorders and has presented and published his work surrounding opioid use disorder in the emergency room setting. In 2019 he was inducted into the American College of Psychiatrists, an organization that recognizes excellence in clinical practice, research, academic leadership, or teaching.

Tara Hall, Author, Coach and Certified Transformational Trainer in the Success Principles who creates and facilitates highly engaged and experiential trainings, workshop; hosts and moderates speaking engagements for educational settings, businesses and professional development conferences. Conducts customized trainings with an emphasis on *leadership* development, organizational culture, staff engagement, communication and coaching for personal and professional development. Trainings are conducted in person and virtually.

Dr. Kristina Hallett is a board-certified specialist in clinical psychology and a Fellow of the American Academy of Clinical Psychology. She is currently an Associate Professor in Graduate Psychology and the Director of Clinical Training at Bay Path University. She has a private practice in Suffield, Connecticut. Dr. Hallett has over 25 years of experience providing psychotherapy, consultation, and supervision to medical and mental health professionals in addressing relationship and major life issues with a specialty in complex trauma and dissociative disorders. In addition to psychotherapy, Dr. Hallett provides Executive Coaching - the fast track to leadership, confidence and work-life synergy. Her specialty is assisting driven professionals and entrepreneurs to become stress-smart by harnessing the positive power of stress to increase resilience, productivity, and well-being. She is the author of the international best-sellers *Own Best Friend: Eight Steps to a Life of Purpose, Passion, and Ease* and *BE AWESOME! Banish Burnout: Create Motivation from the Inside Out*. Dr. Hallett recently released a co-authored workbook, *Trauma Treatment Toolbox for Teens*. She is also the co-author of *Millennials' Guide to Relationships: Happy and Healthy Relationships are Not a Myth!* She received her Ph.D. in Clinical Psychology from the University of Massachusetts at Amherst. She has been the Director of the Brightside Counseling Associates, Director of Children's Services at Providence Behavioral Health Hospital, Director of Mental Health Services at Osborn Correctional Institution and Director of Internship Training for the Connecticut Department of Mental Health and Addiction Services at River Valley Services.

Haner Hernandez, is Puerto Rican, bilingual, and has worked for over 34 years in the health and human service field developing, implementing, and evaluating culturally and linguistically intelligent youth and adult health prevention, intervention, treatment, and recovery support programs. He is a master trainer and facilitator and provides individualized technical assistance and support to organizations that provide Substance Use Disorder and gambling prevention, intervention, treatment and recovery supports. Also, Dr. Hernández has over 30 years of experience in delivering addiction counseling and clinical supervision to professionals in the field. Haner is a person in long-term recovery (35+ years) from addiction and is committed to eliminating health disparities by participating in processes the build equity. Currently he serves on the Peer-Led Advisory Board of the National Addiction Peer Recovery Center of Excellence. Dr. Hernandez was appointed to SAMHSA Bringing Recovery Supports to Scale Technical Assistance Center Strategy (BRSS TACS) steering committee in 2014 and the Criminal Justice Policy Committee in 2018. He has served a consultant to several federally-funded initiatives in the areas of behavioral workforce development, HIV/AIDS, Substance Use Disorders prevention and treatment, military service members, their families and TBI and PTSD, and pediatric asthma. Dr. Hernández serves as faculty at the New England School of Addiction Studies since 1998, has taught a number of undergraduate and graduate courses, and has presented at several national and state conferences. Dr. Hernández serves as President of the Board of Directors of the Massachusetts Board for Voluntary Certification of Drug and Alcohol Counselors, was appointed to the Springfield Public Health Council in 2006 and served on the Massachusetts Governor's Latin American Advisory Commission in Massachusetts from 2000-2004. Haner earned his GED in prison, a Bachelor of Science in Human Services from Springfield College and a Master of Education with concentrations in Counseling Psychology and Addiction Studies from Cambridge College in Massachusetts. His doctoral degree was earned at the School of Public Health and Health Sciences at the University of Massachusetts, Amherst. His major was Community Health Education, and his minor was Social Justice Education. In addition, Mr. Hernandez holds an advance Certification in Drug and Alcohol Counseling at the reciprocal level, is licensed in Massachusetts, and is a Certified Prevention Specialist.

David Howe, L.C.S.W., has over 40 years of experience in the mental health and addiction recovery field as an administrator, psychiatric clinician, consultant and trainer. He served as Director of Recovery Services and Consumer Affairs Director from 2007-2014 at Connecticut Valley Hospital. During that time, he was twice honored with the State of CT Distinguished Managerial Services Award for his administrative oversight, research and implementation of Person-Centered Recovery-Oriented Services. Known for his ability to effectively improve systems through creative problem solving, he pioneered a collaborative patient/staff committee that implemented significant reduction in the use of restraint and seclusion on inpatient units. He has developed and implemented a variety of innovative recovery-oriented initiatives that have ongoing influence on services and culture at CVH and the surrounding state mental health and addiction community. David is Clinical Director of the St Vincent DePaul Mission of Waterbury and is a member of the adjunct faculty in Psychiatry at the Yale School of Medicine.

Samia Hussein, M.P.H., Director of OMHE with the Office of the Commissioner. She received her Master's in Public Health from the University of Connecticut and her Undergraduate degree from Central CT State University. She has experience developing training curriculum and facilitating workshops in various settings and has worked with diverse populations.

Bob Jope, LMHC, Bob has been a member of the Motivational Interviewing Network of Trainers since 2010. He teaches Motivational Interviewing (MI) as an adjunct faculty member at Salve Regina University, Rhode Island College, and University of Massachusetts; he is also a consultant with the Addiction Technology Transfer Center at Brown University and works as an MI coder for a nationally-recognized coding lab. Bob is the lead trainer for Jope Consulting Services, has taught MI at agencies all over New England, and consults internationally on teaching and coding the method. Holding a Master's degree in Clinical Psychology, Bob has worked in the mental health, child welfare, and substance abuse fields for the past twenty-five years. He was originally trained in MI by Stephen Andrew in 2007, and has since trained with Ali Hall, Alan Lyme, Bill Miller, and Terri Moyers. Bob has also developed and taught program-specific MI training applications and has trained thousands of people in various levels of Motivational Interviewing.

Cynthia Martin is an accomplished leader with over 20 years' experience in diversity, equity and inclusion education, consulting, strategic planning, and project management. Excellent facilitator with strong platform skills and curriculum development. Led over 500 skill-based educational programs for over 25,000 people across industry, age, and all levels of employment. Recognized as an expert in social justice education, empowering others to change.

Ruta Mazelis joined the nationally renowned Sidran Institute in 2004 while continuing her role as editor of The Cutting Edge newsletter, which she founded in 1990. She is a popular speaker and trainer who presents nationally on behalf of Sidran on issues surrounding self-inflicted violence, trauma, and trauma-informed care. She frequently consults to the Center for Mental Health Services on topics related to trauma, including trauma-informed care, co-occurring disorders, retraumatization in systems of care, self-injury, and criminal-justice involved survivors. She provided extensive technical assistance to the SAMHSA Women, Co-occurring Disorders and Violence Study, served as a program manager for the National Center for Trauma Informed Care, and is currently on the board of the National Trauma Consortium.

Ms. Mazelis, herself a trauma survivor, has worked as a substance abuse and mental health care provider in inpatient and outpatient settings. In addition to The Cutting Edge newsletter, and editing the web site, healingselfinjury.org, she has published numerous articles and contributed to research studies about self-inflicted injury, the impact of trauma, and transforming mental health care.

Sara Merrick-Albano, E-RYT 500, C-IAYT, With a gentle spirit and a firm belief in yoga's transformative potential, Sara is dedicated to guiding those facing chronic pain and psychosomatic pain disorders. As a co-founder of Yoga Therapy Associates, her vision is clear: to make the healing essence of yoga accessible and resonant. With a tailored approach that draws from traditional yoga practices infused with contemporary neuroscience insights, Sara offers specialized online yoga therapy. She also sees clients in person in Watertown and Trumbull. Her commitment is to each individual's journey, ensuring that every session is a step towards holistic wellness.

Pamela Mulready is a licensed professional counselor and a licensed alcohol and drug counselor who has extensive experience providing clinical services for individuals with substance use disorder and/or mental health conditions. She specializes in trauma-informed care and has additional training in medication assisted treatment, recovery supports, and substance use prevention. She has clinically supervised teams of licensed behavioral health clinicians providing partial hospital, intensive outpatient, and outpatient programming in multiple nonprofit settings in Connecticut. She is a SMART Recovery and SMART Recovery Family and Friends Program facilitator trainer as well as a Recovery Support Specialist.

Mary-K O'Sullivan, LMFT, LADC, LPC, has been working as a Clinical Manager and Clinical Trainer for over 30 years. She has worked in both the private and public sectors in the fields of criminal justice, substance use disorders, co-occurring disorders and clinical supervision in both inpatient and outpatient programs. She has worked as a trainer for the Department of Corrections, the Judicial Department, the Department of Children and Families, the Department of Social Services, UCONN Medical School, the Department of Education, and the Department of Mental Health and Addiction Services in the State of Connecticut as well as working as a Clinical Preceptor for the SARP program at the Groton Naval Submarine Base. She has trained both Nationally and Internationally including spending 10 years training with David Powell, PhD. and spending time in Singapore assisting their treatment system leaders in developing skills in co-occurring disorders treatment. She currently provides training and/or clinical supervision and oversight to Private Non-profits, DOC staff, DCF staff, DOL staff, CSSD staff including adult and juvenile probation officers, parole officers, juvenile residential services staff, bail staff, women's and family matters staff, clinicians, case managers, and medical staff.

Kim Platt, L.C.S.W., L.A.D.C., has over sixteen years of experience as a clinician, program director and consultant in the behavioral health field. She serves as faculty at Manchester Community College and maintains a private practice.

Ed Renaud, L.C.S.W, Ph.D., began his career at the Veterans Administration and has worked with survivors of trauma for over twenty years. He has published on the topics of attachment characteristics in combat veterans and working with trauma survivors in forensic settings. He is currently the Director of Social Work and Multicultural Services at Connecticut Valley Hospital.

Christine Saari, MA, E-RYT 200, C-IAYT, Navigating her own path through anxiety and trauma has instilled in Christine a deep-seated passion for helping others find their way. As a co-founder of Yoga Therapy Associates, Christine specializes in aiding those with anxiety and trauma, emphasizing practices that are both empowering and approachable. Her strength lies in her ability to listen and adapt, individualizing yoga therapy to resonate with each person's unique needs and preferences. Offering online and in-person sessions in Madison and New Haven, Christine's approach is a blend of empathy, expertise, and genuine desire to guide others towards healing.

Donald Scherling, Psy.D., L.A.D.C., is a Senior Clinical Consultant, Health Educator, Behavioral Health Wellness Coach, assistant in the Care for Caregivers Yoga program, & a Clinical Faculty member in the Department of Psychiatry & Behavioral Sciences at Berkshire Medical Center in Pittsfield, MA. Dr. Scherling is a certified trainer for the Question, Persuade, Refer (QPR Institute), the Suicide Prevention Resource Center (SPRC), and a Senior Clinical Consultant and Trainer with the Connecticut Dept. of Mental Health & Addiction Services, the CT Women's Consortium and other regional and state-wide agencies in the Northeast.

Shane Scott is a licensed clinical social worker and a Connecticut native. Shane received his Master's Degree from University of Connecticut School of Social Work in 2012. He believes that compassion, understanding, and fostering a holistic approach are an integral part of the healing process. As a dynamic and skilled social worker, Shane brings a vast array of experience beginning in 2005, where he began his career with working in with youth and families across the life span and in a variety of settings, including schools and communities. In addition, Shane has experience working with individuals that are experiencing depression, anxiety, trauma, and substance abuse conditions. Shane also has a strong passion and skill in working with individuals experiencing gender and sexual identity issues. Shane also has a talent with facilitating trainings, workshops, and coaching other professionals. Shane has a strong passion for personal and professional growth and has a strong passion as being a Social Worker. Shane also enjoys music, movies, and traveling, and physical exercise.

Raymond Tafrate, Ph.D., is an associate professor and clinical psychologist at Central Connecticut State University, as well as a fellow and supervisor at the Albert Ellis Institute for Behavior Therapy. He is also an author, consultant and trainer.

David Tolin, Ph.D., is the Founder and Director of the Anxiety Disorders Center at the Institute of Living, and an Adjunct Professor of Psychiatry at Yale University School of Medicine. He was the 2014 President of the Clinical Psychology Division of the American Psychological Association, and a principal investigator for the National Institutes of Health. He received the Award for Lifetime Contribution to Psychology from the Connecticut Psychological Association. Dr. Tolin is the author of over 150 scientific journal articles, as well as the books *Doing CBT: A Comprehensive Guide to Working with Behaviors, Thoughts, and Emotions* and *Face Your Fears: A Proven Plan to Beat Anxiety, Panic, Phobias, and Obsessions*. Dr. Tolin has been featured on the reality TV series *Hoarders*, *The OCD Project*, and *My Shopping Addiction*, and has been a recurrent guest on *The Oprah Winfrey Show*, *The Dr. Oz Show*, and *Anderson Live!*

Aviva Vincent, Ph.D., L.M.S.W., V.S.M., earned her doctoral degree from Case Western Reserve University, Veterinary Social Work Certificate from the University of Tennessee, a fellowship with *Animals in Society*, and trained at The Institute for Interdisciplinary Salivary Bioscience Research, "spit camp". She is an instructor in the Veterinary Social Work and Veterinary Human Support Certificate Program at the University of Tennessee, Knoxville. Her research interest includes exploring the physiological impact of the human-animal bond; specifically, the potential animal support to reduce fear and anxiety in stressful situations. She is co-founder and owner of *Healing Paws LLC*, the only VSW practice in Northeast Ohio. Dr. Vincent is on the advisory board of the Center for Human Animal Education Research and Education at Ohio State University, board of directors for the International Association of Veterinary Social Workers, and is founder of the human-animal interactions workgroup with the National Association of Social Workers-Ohio chapter. Dr. Vincent is a contributor to the forthcoming volume *The Comprehensive Guide to Interdisciplinary Veterinary Social Work, and Career Paths in Human-Animal Interaction for Social and Behavioral Scientists*.

Elsa Ward, MS, CAC, is the Director of Recovery and Community Affairs, for Connecticut's Department of Mental Health and Addiction Services (DMHAS). She represents DMHAS in national organizations and events as well as helping to ensure meaningful contact, input, and dialogue with diverse representatives of the recovery community throughout Connecticut. Prior to coming to DMHAS, Ms. Ward held a variety of roles over the past 22 years in the private non-profit world, primarily focused on helping those with co-occurring disorders. This has included more traditional settings such as residential, intensive outpatient and detox, then branching out into homeless outreach and engagement programs, supportive housing, peer recovery support and then designing and implementing a paid work apprentices program for people with barriers preventing them from competitive employment. Ms. Ward has an Associate degree in Drug and Alcohol Counseling and is a Certified Addictions Counselor (CAC) and Bachelor and Master Degrees in Human Services. Ms. Ward brings with her the very essence of empowering people with MH/SUD/COD towards change.

Brenda Westberry is the President and founder of Westberry Consulting where she has been involved in developing and conducting workshops, trainings, staff development programs and courses for non-profit and for-profit agencies throughout the country. Brenda has lent her experience to organizations in the field of Criminal Justice, Addiction Services, Human Services, Behavioral Health and Business and Staff Development. Brenda is a retired Chief Adult Probation Officer for the State of Connecticut Judicial Branch. She has served over 35 years in the field of Criminal Justice working with addiction treatment agencies and key community organizations while servicing diverse criminal justice populations. Brenda served as the Coordinator and Lead Trainer for the Court Support Services Division encompassing both adult and juvenile staff and administration. During her career with the Connecticut Judicial Branch, Brenda was involved with numerous projects specializing in the implementation of evidenced based practices conducted by the National Institute of Corrections, JSAT (Justice System Assessment & Training) and Yale University division of Psychiatry. Brenda has also been a lead trainer in Motivational Interviewing Coaching, Feedback and Coding. Brenda is an adjunct professor in the Sociology, Anthropology, Criminology and Social Work Department at Eastern Connecticut State University. She is also a trainer and consultant for the New England Alcohol Technology Transfer Center at Brown University (ATTC-NE), Adcare -New England School of Addiction Studies and the Advanced School of Best Practices. Brenda is a consultant and trainer through Adcare for the Black Addiction Counselor Education program. Brenda holds a Master's Degree in Sociology and a Bachelor of Science Degree in Justice and Law Administration.

Lisa Wiborg, L.I.S.W-S, V.S.W., completed her graduate degree in Social Work at The Ohio State University and her post-graduate certification in veterinary social work from the University of Tennessee. She has worked in direct clinical settings such as hospital social work, hospice care, and private adoption. Lisa is currently implementing her expertise on the human-animal bond in her current work in hospice. She has also developed a private practice, Healing Paws LLC which focuses on providing social work support into veterinary clinics in Northeast Ohio. Together with her Clinical Scholars Team, she will be implementing an evidenced based program to reduce compassion fatigue and burnout in veterinary medicine and promote the utilization of mental health services in the field. Lisa is currently the lead medical social worker for her hospice agency and continues to focus on education and support in the veterinary social work.

Patricia D. Wilcox, L.C.S.W., is the Vice President of Strategic Development at Klingberg Family Centers in New Britain, CT. At Klingberg she was a clinician and the Clinical Director before obtaining her current position in 2005. She specializes in the treatment of traumatized children and their families and has presented extensively on this topic at several conferences including the Child Welfare League of America, the National Association of Social Workers, the International Society for Traumatic Stress Studies, the Black Administrators in Child Welfare, the Alliance for Children and Families, and the American Association of Children's Residential Centers. Ms. Wilcox is the creator of the Restorative Approach, a trauma and relationship-based approach to congregate care treatment of children and the author of Trauma Informed Care: The Restorative Approach published by NEARI Press. She is a trainer for the Risking Connection® trauma training program and an adjunct faculty at the University of Connecticut School of Social Work and St. Joseph's University School of Social Work. Ms. Wilcox was selected as the Social Worker of the Year by NASW/CT in 2011.

Laura Zeppieri is a licensed professional counselor and licensed alcohol and drug counselor, advanced alcohol and drug counselor, international co-occurring gambling specialist and grief counselor--certified. She specializes in codependency in her work with loved ones and family members of people with alcohol and substance use and/or co-occurring mental health disorders. Laura's care is trauma-informed and she has over 26 years of experience in the field of alcohol and substance use disorders working with children, adolescents, young adults and adults in varied levels of outpatient care: Pre-Trial Alcohol Education programs, DUI multiple-offender programs, partial hospital, intensive outpatient, relapse prevention, and individual counseling comprising also unresolved grief and gambling disorder. Laura facilitates mental health support groups for special populations and has been involved in local and regional prevention efforts for over 15 years. She is a founding member of the mental health ministry at her parish church. Laura is a SMART Recovery and SMART Recovery Family and Friends Program facilitator trainer.